

Emergency Support Group



Flood



Fire



Lightning



Terrorism



Heatwave



Snowstorm



Hurricane



Bombing

Tab 4

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Emergency Support Group

Pick three or more people to be your emergency contacts. They can check on you during an emergency to be sure you are okay and provide help. You should have more than one person so if someone is not available, you can still get help.



People you may want to include in your personal support group:

- Family
- Friends
- People you work with
- Personal care attendant
- Neighbors
- Roommates
- People who go to your church, temple or place of worship

Important things to discuss with your personal support group:

- How would you communicate if your phone was not working? How will you stay warm or cool and have food if your electricity is out? What if both of these happen at the same time?
- Pick one communication method at a time and practice it.
- Give a set of your keys to someone you trust.

Show your support people where you keep your emergency supplies.

- Share copies of your escape plan, emergency documents and health information card with your support people.
- Let your support people know when you will be out of town.
- Practice your emergency plans with your support people to make sure they are able to help you.
 - Are they strong enough to help you transfer, lift or carry any needed equipment?
 - Can they communicate clearly?
 - Can they guide you safely?
 - Place reminders on your calendar to check that your support people are still able to help you.

Source: Krumpe A., White E., Virginia Leadership Education in Neurodevelopmental Disabilities. *Emergency Preparedness Tool Kit for People with Disabilities*, 2007. Retrieved November 2008 from partnership.vcu.edu/media/partnership2022/resource-downloads/Emergency_Prep_Toolkit_FINAL_April_2007.pdf