

DISASTER PREPAREDNESS for
PEOPLE WITH DISABILITIES

*YOU SHOULD BE READY TO
MEET YOUR SPECIFIC
DISABILITY-RELATED NEEDS*

1. You should plan on storing sufficient oxygen, medications, battery power, feeding supplies, etc. for at least seven days after a disaster.
2. Establish a Personal Support Network consisting of family, friends, neighbors to check on you and assist you in an emergency. Do not rely on one or two people. Train these people on how they can best assist you and how to use any specialized equipment.
3. Emergency health information card – which will communicate to rescuers what they need to know about you if they need to quickly evacuate you. This card should include:

- a) Medications- copies of prescriptions
- b) adaptive equipment
- c) blood type
- d) allergies and sensitivities
- e) insurance numbers-social security number
- f) immunization dates
- g) health provider information

Make several copies of this card and put in supply kits; wheelchair backpack; with your network.

CONTACT THE AMERICAN RED CROSS

FOR MORE INFORMATION

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NAME: _____

MAJOR DISABILITY CONCERNS

PERSONAL NETWORK CONTACTS:

NAMES AND TELEPHONE #'S:

ADAPTIVE EQUIPMENT THAT MUST GO WITH ME:

OTHER THINGS YOU SHOULD KNOW ABOUT ME:

NAME: _____

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