

Personal Emergency Plan Information

Make sure you have a plan in case of an emergency. Before an emergency, sit down with others such as family, caregivers, and friends and decide how you will get in contact with each other, where you will go and what you will do in an emergency. **Keep a copy of this plan in an emergency supply kit or another safe place where you can access it in the event of a disaster.** Do not return this form to your case manager.

Personal Contact Information				
Write your personal contact information to tell others in an emergency.				
YOUR NAME		TELEPHONE NUMBER	E-MAIL ADDRESS	
STREET ADDRESS		NEAREST CROSS STREET		
Emergency Contact Information				
Identify the name, telephone number and e-mail address of people to contact in an emergency.				
LOCAL CONTACT NAME		RELATIONSHIP		
TELEPHONE NUMBER	CELL PHONE NUMBER	E-MAIL ADDRESS		
LOCAL CONTACT NAME		RELATIONSHIP		
TELEPHONE NUMBER	CELL PHONE NUMBER	E-MAIL ADDRESS		
OUT-OF-TOWN CONTACT NAME		RELATIONSHIP		
TELEPHONE NUMBER	CELL PHONE NUMBER	E-MAIL ADDRESS		
In the event of a disaster, who will check to see if you are okay?				
NAME	RELATIONSHIP	TELEPHONE NUMBER	E-MAIL ADDRESS	
NAME	RELATIONSHIP	TELEPHONE NUMBER	E-MAIL ADDRESS	
Emergency Meeting Locations				
Identify locations to meet family, friends, and caregivers in an emergency				
EVACUATION LOCATIONS		TELEPHONE NUMBER		
NEIGHBORHOOD MEETING PLACE		TELEPHONE NUMBER		
REGIONAL MEETING PLACE		TELEPHONE NUMBER		
Important Medical Contact Information				
PRIMARY DOCTOR	TELEPHONE NUMBER	MEDICATION NAME	DOSE	FREQUENCY
PHARMACIST	TELEPHONE NUMBER			
Identify adaptive equipment you need in an emergency:				
What should people know about you or your home if they come to help in an emergency?				

Emergency Planning Tips

Get Prepared:

People who take time to plan and prepare for emergencies and disasters increase their chance of surviving until help can arrive.

During an emergency the general public may be advised by state and local officials to remain at home. Individual with disabilities, like everybody else, should be prepared to take care of themselves at home for at least three (3) days. Your home may need to be your shelter until help can arrive. This home checklist can help you develop a plan to prepare yourself in an emergency.

Be sure to have a battery operated radio with extra batteries. Listen to updates from officials about whether you should stay at home or leave for a shelter. Your battery operated radio is your best bet to listen for information from officials since power and telephone service may not be working.

Don't take for granted that help will come. Make your personal emergency plan. If you will need support during an emergency, include the people who will help you in your plan. Check in with them regularly to make sure they are still available to assist you in an emergency.

Make sure your emergency plan is kept up to date and that the dates on your emergency supplies for batteries and food have not expired.

Assistance Programs:

Ask about special assistance programs available in the event of an emergency. Many communities ask people with a disability to register, usually with the local fire or police department, or local emergency management office so needed help can be provided quickly in an emergency. If you are dependent upon electricity for medical equipment, be sure to also register with your local utility company.

Prepare for different types of emergencies

When developing your plan; consider the impact of different types of emergencies (Fire, earthquake, wind storm, Tsunami, etc.) Develop your plan so that you will have sufficient supplies and supports available to meet your needs during the emergency.

Emergency Supplies:

In the event of an emergency or natural disaster, you should have the following supplies stored in a place where you can easily get to them:

- Battery operated radio
- Flashlight and extra batteries
- First aid kit
- Extra batteries for radio
- Sleeping bag/extra blankets
- Cash (change & small bills)
- Telephone not needing electricity
- Comfort Items
- Specialized foods
- Signaling device such as a whistle and mirror
- A non-electric can opener that you are able to use
- Water: 1 gallon per person per day for at least 3 days
- At least 3 days of packaged food that is easily prepared
- Extra supply of medications you need to take (2 weeks)
- Food and water for your animals or pets
- Barbecue or camp stove and heavy duty aluminum foil
- Paper plates and plastic forks, spoons, knives
- Extra change of clothing, gloves and sturdy shoes
- Waterproof matches, candle, and fuel for cooking
- Copies of important papers (insurance information, etc.)
- Toys, books, puzzles, games