

# Disaster Preparedness Plan for People with Disabilities



## **Disclaimer:**

This checklist is not legal advice. If you need legal advice, consult a qualified attorney.

## **Note:**

It is important to acknowledge getting personally prepared can be overwhelming, time consuming, and costly.

Try not to be discouraged! You don't need to know or have everything to be prepared for a disaster, but it is important to know what you will do, how you will do it, and who is a part of your support network if a disaster or emergency impacts you.

You don't have to do everything at once, try doing what you can – when you can. Even just thinking about your risks and your plan is part of your preparedness!

## **What You'll Find in this Planning Document**

- Disability Rights in Disasters
- Staying Informed Resources
- Emergency Kit Checklist
- Disability-Related Preparedness Checklist
- Your Planning Guide

# Disability Rights in Disasters

## Disability Rights are NEVER suspended in Disasters!

**Whenever disaster-related programs and services are provided to the general public, they must be accessible to and inclusive of people with disabilities.**

- Shelters cannot deny you entry because you have a disability.
- You have the right to enter shelters that are physically accessible and ADA compliant.
- You have the right to equally effective communication (i.e. ASL interpreters, large print, braille, assistive technology).
- You have the right to request reasonable modifications to policies and practices.
- You have the right to bring your service animal with you in a shelter, disaster recovery center, or other public places providing disaster-related programs and services.
- You have the right to not go into a facility (nursing facility or institution) if you don't want.

# Staying Informed Resources

## Sign up for local emergency alerts

### Download the FEMA App

Available on Google Play and Apple App Store.

You can also download the app via text message.

Android device: text ANDROID to 43362.

Apple device: text APPLE to 43362.

Learn more at <https://tinyurl.com/a9rjfxfd>

### Download the Red Cross Emergency App

Available on Google Play, Apple App Store, and Amazon Appstore.

Or you can text: "GETEMERGENCY" to 90999.

Learn more at <https://tinyurl.com/PIDS-RC-App>

### Know how to find a shelter near you

Text SHELTER and your ZIP Code to 43362  
(Example text: "Shelter 84770")

Call Red Cross: 1-800-733-2767

You can also look online at the American Red Cross Shelter Map:  
<https://tinyurl.com/ycknxnyt>

## Other Resources

- **Ready Resources**  
Online: [www.ready.gov](http://www.ready.gov)
- **Poison Control**  
Call: 1-800-222-1222  
Online: [www.poison.org](http://www.poison.org)
- **Disability & Disaster Hotline**  
Call or Text: 1-800-626-4959  
Email: [hotline@disasterstrategies.org](mailto:hotline@disasterstrategies.org)

# My Emergency Kit

You can check these items off if you have them in your kit

This list is adapted from FEMA suggestions

Water (one gallon per person per day for at least three days, for drinking and sanitation)

Food (at least a three-day supply of non-perishable food); Ex: canned meat or tuna, dried or canned vegetables, cereal, peanut butter

Manual can opener

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert

Flashlight and extra batteries

First aid kit

Whistle or bell (to signal for help)

Masks (N95 or KN95)

Plastic sheeting and duct tape

Local maps

Moist towelettes, garbage bags and plastic ties

Cell phone with chargers and a backup battery

Soap, hand sanitizer, disinfecting wipes, other sanitation supplies

Prescription medications

Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives

Prescription eyeglasses and contact lens solution

Infant formula, bottles, diapers, wipes and diaper rash cream

Animal food and extra water for your pet, service animal, and/or emotional support animal

Sleeping bag or warm blanket for each person

Any extra money to spare

# My Emergency Kit

Complete change of clothing appropriate for your climate, and sturdy shoes

Fire extinguisher

Matches in a waterproof container

Period hygiene supplies

Personal hygiene items

Paper cups, plates, paper towels and plastic utensils

Paper and pencil, pen, and/or marker

Books, games, puzzles, fidget devices, or other stimulating or distracting activities or devices

**Build your kit to meet your needs.**

**Prepare a go bag to survive at least 3 days.**

**Keep your kit in a cool, dry place, out of direct sunlight.**

**Prepare a 2-week shelter-in-place kit**

**Check on and update your supplies (as needed) every 6 months**

**Know escape routes and places where disaster services are provided. In a fire or other emergency, you may have to suddenly evacuate.**

# My Disability Preparedness

## What equipment do I use?

Wheelchair or scooter

Speech device

Walker

White cane

Hearing aids

Commode chair

Hoyer lift

Breathing machine (ventilator, respirator)

Oxygen, suction, or home dialysis equipment

Write in other

## What equipment needs power to function?

Wheelchair or scooter

Hearing aids (batteries)

Speech device

Hoyer lift

Breathing machine (ventilator, respirator)

Medicine that needs to be kept refrigerated (i.e. insulin, biologics)

Write in other

## What other supplies do I use?

Urinary and/or bowel supplies

Gloves and wipes

Adult diapers

Wound care supplies

Bed pads (CHUX)

Write in other

# My Disability Preparedness

**What are my important documents?** (Note: keep paper copies in a water-proof bag and save all documents electronically.)

List of emergency contacts

Insurance policies

House deed, mortgage, or lease

Bank account records

Health insurance and primary doctor information

Birth certificate and social security card (if applicable)

Prescription medication details

Dietary requirements

Information on my customized equipment

My emergency plan document

Write in other

**Notes and Comments**

# My Emergency Plan

**My plan for sheltering-in-place is**

**My plan for evacuating is**



# **My Emergency Plan**

**My plan if power is out for an extended period of time**

**My communication plan (support network and contact information)**

# Notes and Comments