

Where will you, your family, your friends or personal care attendants be when an emergency or disaster strike?

You and those you care about could be anywhere. How will you find them? How will you know they will be safe?

Emergencies and disasters strike quickly and without warning. What would you do if basic services such as water, gas, electricity and/or phones were no longer working?

**Plan for your own safety:**

1. **Get informed**
2. **Make a plan**
3. **Assemble a kit**
4. **Maintain your plan and kit**

***Knowing what to do is your best protection and your responsibility.***

Do you regularly need assistance with personal care such as bathing or grooming?

Do you use special utensils?

Do you have medical equipment that is dependant on electricity?

Do you or someone in your household know how to connect and start a backup power supply?

If you use an electric wheelchair or scooter, do you have a manual wheelchair for backup?

Do you need a specially equipped vehicle for transportation?

Do you need help getting groceries, medications and other supplies?

Do you have an alternate escape route if debris is blocking the main exit?

If you are vision or hearing impaired, do you have a support network set up to check on you?

Do you have a service animal or pet?

**For answers to these questions and more in-depth information, get a copy of “Disaster Preparedness for People with Disabilities” (A5091) from the American Red Cross or visit:**

**[www.redcross.org/services/disaster/beprepared/disability.pdf](http://www.redcross.org/services/disaster/beprepared/disability.pdf)**

These websites will supply additional information:

[www.access-board.gov](http://www.access-board.gov)

[www.aoa.dhhs.gov](http://www.aoa.dhhs.gov)

[www.ncd.gov](http://www.ncd.gov)

[www.nod.org/emergency](http://www.nod.org/emergency)

[www.prepare.org](http://www.prepare.org)

[www.aapd.com](http://www.aapd.com)

[www.afb.com](http://www.afb.com)

[www.nad.org](http://www.nad.org)

[www.easter-seals.org](http://www.easter-seals.org)

[www.fema.gov](http://www.fema.gov)

The Access Board

DHHS Administration on Aging

National Council on Disability

National Organization on Disability

Prepare.org

American Association for People with Disabilities

American Foundation for the Blind

National Association for the Deaf

Easter Seals

FEMA

... from Preparing for Disaster for People with Disabilities and Other Special Needs available through FEMA or The Red Cross