

***Let's Make A Plan!***



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***Personal Preparedness Plan***



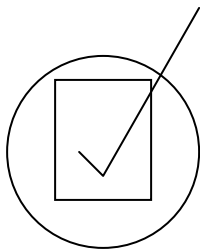
**WORKBOOK**

In an emergency, people help each other. List some ways that you might be able to help others, and some ways that you might need some help.

I can offer:



I may need help with:



In this Workbook, there will be lists of items for you to consider and come back to. Circle a box if you need to come back to it. After this Workshop, once you have completed the item, check the box. That way you will know that any box that is circled and checked is a completed item in your plan.



Gather Information

I have insurance policies for:

Medication information:

Name	Dosage	Dr. Contact Information	Pharmacy Number
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I am allergic to:

Assistive/adaptive technology:

Name of device	Serial Numbers	Size	Weight	Dr. who Prescribed
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- medical records, advanced directives or health care proxies
- passport and driver's license
- birth certificate, social security card and will
- marriage license, deeds, and stocks/bonds
- picture of myself holding sign with my name (and picture of animal)

Veterinarian Name & Number:

- I can find and shut off my utility valves



### My Checklist of Emergency Supplies

- non-perishable food with manual can-opener
- water (1 gallon per person per day, plus animal water)
- flashlight and radio with batteries, if needed
- standard telephone
- thermometer
- sanitation and hygiene items
- cleaning supplies for equipment and area
- batteries (hearing-aids, wheelchairs, oxygen, cell phones, etc.)
- signaling device (whistle, horn, beeper, bell, light)
  
- cash and checks
- change of clothing to fit the weather
- sunscreen
- prescriptions: medicines, eye-glasses
- jumper cables or specific recharging device for car's cigarette lighter
  
- other \_\_\_\_\_
  
- other \_\_\_\_\_
  
- other \_\_\_\_\_



Ideas for Individuals with Emotional and/or Mental Disabilities:

- keep a personal safety plan
- take my sensory tools with me
- help with setting up wellness or quiet room at shelter
- other \_\_\_\_\_



Ideas for Individuals with Mobility Disabilities:

- heavy gloves to use while wheeling around over glass and debris
- patch kit to repair flat tires
- spare cane or walker
- back up lightweight manual chair
- other \_\_\_\_\_

Ideas for Individuals with Developmental or Cognitive Disabilities:

- communication devices and spare batteries
- paper and writing materials
- favorite item to help me maintain focus while waiting in lines
- other \_\_\_\_\_



### Ideas for Individuals with Sensory Disabilities:

- paper with pens or pencils for writing notes
- extra batteries for tape recorders, portable TTYs, etc.
- extra pair of dark glasses, if medically required
- folding mobility cane
- National Weather Radio (NWR)
- other \_\_\_\_\_

### Ideas for Individuals with Chemical Sensitivities, Breathing Conditions:

- towels, masks, industrial respirators or other supplies to filter air supply
- N95-rated particulate filter mask
- beware of fumes from idling emergency and other vehicles
- other \_\_\_\_\_



### Ideas for Owners of Pets or Service Animals:

- food, medicine, and favorite toy for your service animal
- plastic bags, disposable gloves, and other items for animal's care
- cage/carrier labeled with contact information
- identification tags, consider microchip implant
- veterinary records and proof of ownership
- first aid kit and manual (call your vet)
- leash, collar, harness, muzzles (for dog or cat)
- stakes and tiedown
- litter, litter pan, litter scoop; Newspaper (for bedding or litter)
- no-spill food and water dishes
- other \_\_\_\_\_



My Personal Network (during an emergency):

Name	Contact Information	Relationship
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100 Mile Emergency Contact List:

Name	Contact Information	Relationship
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Possible Ideas for a Phone Tree:



Other Peoples' Plans To Learn:

Name	Contact Information	Relationship
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I can minimize the risk of danger and be safer by:

- cut trees away from property or power lines
- test carbon monoxide and smoke alarms
- place fire extinguishers around house
- store chemicals and flammable products away from heat sources
- clean and repair chimneys, flue pipes, connectors, and gas vents
- always evacuate when told to
- mobile homes: review your contract with the mobile park –  
    who is responsible for removal of home if it is damaged in a storm?
- other \_\_\_\_\_
- other \_\_\_\_\_





During an event, I can:

- be aware of my reaction
- be aware of others' reactions
- be gentle with myself and others
- review common reactions to emergencies and seek help:

anxiety, crying, anger, flashbacks, sleep disruption  
headaches, nausea, chest pains, tremors, rapid breathing  
heart palpitations, confusion, inability to communicate  
indecisiveness, increase use of alcohol/drugs, family problems

- other \_\_\_\_\_

When I return home or once the power goes back on, I will:

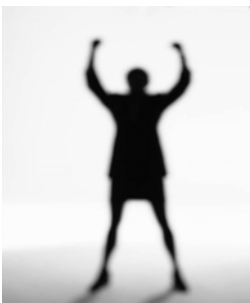
- check for gas smell (don't enter a home if you smell gas)
- avoid contaminated waters – touching and drinking
- avoid driving through deep puddles and drive slowly  
(puddles may be deep and may have electrical current in them)
- check for structural, plumbing and/or electrical damage
- trash old food
- record any damage and take photos
- watch for mold growth
- consult a contractor before you rebuild
- reach out to others for support
- consider volunteering
- exercise
- other \_\_\_\_\_
- other \_\_\_\_\_

## Practicing My Personal Preparedness Plan

- evacuate different ways out of a building
- use the equipment I would use in an emergency
- include my personal network in my drills
- quickly explain to people the best way to help me
- make index cards that list:
  - medical conditions and allergies
  - medications
  - help I might need
  - immunization dates
  - communication or speech-related issues
  - adaptive equipment
  - sanitary needs
- keep gas in the car and have essentials on hand
- other \_\_\_\_\_
- other \_\_\_\_\_

## Maintaining My Personal Preparedness Plan

- try plan at school, work, restaurants, libraries, independent living centers, clubhouses, etc.
- update information lists, supplies, and contacts each month
- learn about drills in your community and try to participate
- other \_\_\_\_\_



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## **Workbook Appendix**

- 1. 9-1-1 DISABILITY INDICATOR FORM  
Individual Record**
- 2. Massachusetts Department of Public Health  
Flu: What You Can Do –  
Caring for People at Home  
Fever and the Flu**

