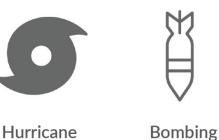


Heatwave







## **READY NOW!**

Snowstorm

Emergency Preparedness Tool Kit for People with Disabilities

2nd Edition



Oregon Office on Disability and Health (OODH)
University Center for Excellence in Developmental Disabilities (UCEDD)

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## **Acknowledgments**

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- The American National Red Cross
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For alternative formats of the toolkit, please contact: ucedd@ohsu.edu

The READY NOW! Emergency Preparedness Tool Kit for People with Disabilities 2nd Edition can be found online at: <a href="https://www.ohsu.edu/EmergencyPrepDisability">www.ohsu.edu/EmergencyPrepDisability</a>

## Why an Emergency Preparedness Tool Kit?

"Emergency preparedness" is a plan to prepare you if there is an emergency. People of any gender, race, or disability will need to plan for emergencies such as floods, snowstorms, fires or terrorist attacks. It is an important part of being responsible. People with disabilities may have more needs to consider in an emergency. If you have a disability, you may need extra planning to be ready for an emergency.

This tool kit is a guide to help you get ready. You can use the tools and checklists in this handbook as a step-by-step guide to making an emergency plan.

Making an emergency plan and getting things to put in your emergency tool kit is a big job.

Your plan may include family, friends, neighbors and organizations that can support you and help you make decisions.

Your tool kit does not have to be perfect, but it is important to plan ahead.

Because everyone's situation is different, not all subjects of emergency preparedness are covered in this guide. Think about your own needs and plan ahead for what you will need to stay safe.

Remember: A plan you started is better than no plan. You can do it!

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## **Emergency Preparedness Tool Kit Checklist**

Below is a list of important information to review as you get ready for an emergency. Put a check in the box after you finish each section.

10 Steps to Emergency Preparedness Tab 1
What Emergencies Can You Expect Tab 2
Personal Ability Self-Assessment Tab 3
How to Develop a Personal Support Group Tab 4
Emergency Contact List Tab 5
Neighbor Contact List
Medical Information List
Emergency Information List
Emergency Telephone List
Emergency ID Cards
Emergency PapersTab 6
Tips for Specific Disabilities
Disability-Related Supplies and Equipment
Should I Stay or Should I Go? Tab 8
Emergency Go Bags
72-hour Emergency Supply Kit
What Food Items to Include?
Emergency Supply Kit Check List
Prepare Your Service Animals and Pets Tab 9
Emergency Evacuation PlansTab 10
Summary Checklist for Personal Emergency Preparation Tab 11
Resources Tab 12

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