

Disaster and Emergency Readiness Training for Children and Young People with Health Challenges, Disabilities and Access and Functional Needs

Supplementary Materials and Ideas for Trainers

Draft: For Discussion Only

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Introduction

This module focuses on emergency preparedness and disaster readiness for children with disabilities and health challenges. It is critical that all members of a community have an understanding of the disasters and emergency situations they may be vulnerable to. Everyone needs to carefully put together a plan for how to deal with specific situations, and have put together a kit of emergency supplies. Having a plan in place, and having emergency supplies on hand will assist in surviving a disaster or emergency.

It is important to consider the members of your community that will be unable to put together their own plans and emergency supply kits. One of the most vulnerable populations in an emergency are children with disabilities. Children need to be involved in emergency preparation discussions, and need to have someone put together an emergency supply kit for them. This is especially true for children with disabilities, as there are unique considerations and limitations they may have in emergency situations. Children with disabilities may have difficulty moving from one location to another, have urgent or persistent medical needs, have difficulty communicating or have trouble with transitioning to different situations. A disaster can present all these difficulties at once.

Knowing what to do can help maintain calm in the family and keep them safe. Protecting yourself and your children when disaster strikes requires, above all else, planning ahead. This module focuses on the importance of proper preparation: assembling a survival kit (or “GoBag”), making an emergency plan with your family and tips/tricks on how to stay informed. We’ve compiled resources for children with disabilities and their parents/caregivers to best manage communications, including various checklists for proper documents, personal and medical information and equipment needed. [Note: The contents herein are beta (draft) versions and have been developed exclusively for educational purposes.]

Opener: Think-Pair Share Expand

[Think-pair-share-expand is a collaborative learning strategy where learners work together to solve a problem or add to solutions. This strategy requires learners to (1) think individually about a topic the instructor wants to raise; and (2) share ideas with a single colleague, and then the group.]

To be prepared for future disasters and emergencies, families that include children with disabilities and special healthcare need to go beyond the usual mantra of “pack a go bag, store some stuff, have plans for communication and evacuation and stay informed.” Their children will usually be especially vulnerable during an emergency, and require more layers of readiness to be truly prepared.

Knowing what to do in the event of an emergency can help maintain calm in the family and keep the children safe. Protecting children with special challenges when disaster strikes requires, above all else, planning ahead. Planning ahead may include the following steps:

- (1) Involving your family in making an emergency plan. This could include where to meet in the event of an emergency, who the main point of contact would be. Practice this emergency plan at least twice a year.**
- (2) Preparing a health and/or communication passport in advance. This passport would detail the specific health needs and methods of communication for a child with disabilities.**
- (3) Preparing a kit or to go bag, keeping in mind special materials that would assist a child with unique disabilities.**

The above steps are only a few of the things families that include kids with special challenges need to think about. On the back of this page, please jot down a couple of other steps you would want families that include kids with special challenges to take when preparing for future emergencies.

List of annotated curated videos

- **Disaster Dodger Video Series (6 short films):** Good intro video for kids on emergency preparedness basics. Brief synopsis on each video is as follows. **This video series is geared towards children. These videos do not necessarily need to be fully watched during the class, but could be briefly previewed and discussed as a tool to facilitate a discussion between adults and children about how to be prepared in the event of an emergency.**
 - Video 1: Introduction to Emergency Planning – teaches children the difference between a disaster, an emergency, and a hazard; what types of emergencies to prepare for; and the protective actions to take
 - Video 2: Family Communications Plan and Emergency Kit – teaches children about family emergency communications plans and disaster supply kits. **This video is particularly relevant and could be shown during the class.**
 - Video 3: Fire Emergencies – teaches children about how to stay safe and evacuate if a fire occurs
 - Video 4: Earthquakes – teaches children what to do during an earthquake and how they can prepare before an earthquake happens
 - Video 5: Severe Weather – teaches children what to do during different types of severe weather, such as tornadoes, hurricanes, and extreme heat or cold, and how they can prepare before severe weather occurs
https://www.youtube.com/playlist?list=PL720Kw_OojLXAc3P4kZMAbaQiyYCSXit
- **FEMA Accessible: CDC Helping Children with Disabilities During an Emergency:** 2-ish minute video that goes through emergency preparedness basics, particularly for children with disabilities. Conducted in spoken English and American Sign Language. <https://www.youtube.com/watch?v=wqw22ixcQRQ> **Excellent introduction and overview of the topic, could be the first video shown.**
- **3 Easy Steps to Prepare for an Emergency:** Straightforward video by the Red Cross that teaches families how to become disaster/emergency prepared. <https://www.youtube.com/watch?v=MzaGbHkndts> **Clear presentation and an actionable list of things to do to prepare.**
- **Prep Talks - Children and Disasters:** Dr Lori Peek's PrepTalk brings to life the progress, ongoing challenges, and possibilities in reducing the vulnerability of children to disasters. Through her experience working directly with children, including a young survivor of Hurricane Katrina, Peek gives emergency managers five specific ideas to reduce the vulnerability of children to disasters right now. https://www.youtube.com/watch?v=R7gMetv_9bQ **This video is long, around 20 minutes. It might be better offered as a resource, than shown in its entirety during the class.**

List of annotated curated downloads

- **Youth Emergency Preparedness:** Full overviews, lesson plan, activities, and workshops planned out for various age groups below. [NOTE: This is extremely well done; highly recommended trainers can heavily lean on this content and adapting for each age group, when delivering training directly to children]
 - [GRADES 9-12](#)
 - [GRADES 6-8](#)
 - [GRADES 3-5](#)
 - [GRADES 1-2](#)
- **[Student Tools for Emergency Planning \(STEP\)](#):** is a classroom-based emergency preparedness curriculum for 4th and 5th graders in an easy, ready-to-teach format. In this program, students will learn about disasters, emergencies, and hazards, and how to create a disaster supply kit and family emergency communication plan.
 - Full program and activity book [here](#)
 - Full resource guide (with options to filter based on language, age group and material content) [here](#)
- **Get Ready! Materials:** one-pagers made by the American Public Health Association (APHA) specific to different events to help people prepare for all types of disasters and hazards. Includes a fact sheet, how to be prepared and what to do before/after the emergency. Spanish resources available where listed.
 - **Tornadoes:** [ENGLISH](#) / [SPANISH](#)
 - **Hurricanes:** [ENGLISH](#) / [SPANISH](#)
 - **Drought:** [ENGLISH](#) / [SPANISH](#)
 - **Tsunami:** [ENGLISH](#) / [SPANISH](#)
 - **Earthquake:** [ENGLISH](#) / [SPANISH](#)
 - **Flood:** [ENGLISH](#) / [SPANISH](#)
 - **Wildfire:** [ENGLISH](#) / [SPANISH](#)
 - **Heat Waves:** [ENGLISH](#) / [SPANISH](#)
 - **Landslides:** [ENGLISH](#) / [SPANISH](#)
 - **Power Outages:** [ENGLISH](#) / [SPANISH](#)
 - **Sheltering in Place:** [ENGLISH](#) / [SPANISH](#)
 - **Safe Buildings:** [ENGLISH](#) / [SPANISH](#)
 - **Keeping Food & Water Safe:** [ENGLISH](#) / [SPANISH](#)
 - **Evacuation:** [ENGLISH](#)
- **Preparedness Information for people with disabilities:** list of one pagers/ fact sheets to get basic tips on getting ready for emergencies. Can access via the PDFs below and also download recordings or ASL via [this website](#). (for visually impaired).
 - **General Infor for people with Disabilities:** [ENGLISH](#) / [SPANISH](#)

- **Preparedness tips for people with HEARING disabilities:** [ENGLISH](#) / [SPANISH](#)
- **Preparedness tips for people with VISION disabilities:** [ENGLISH](#) / [SPANISH](#)
- **Preparedness tips for people with MOBILITY disabilities:** [ENGLISH](#) / [SPANISH](#)
- **Preparedness tips for people with COGNITIVE disabilities:** [ENGLISH](#) / [SPANISH](#)
- **How to Create an Emergency Stockpile for families:** [ENGLISH](#) / [SPANISH](#). Useful, practical how-to guide of what you need to know when creating your emergency stockpile. Contains tips and tricks for families.
 - Also useful (for mothers) is [How to Stockpile on a Budget](#) (same document in [Spanish](#) as well) – containing tips and trips for preparing on limited financial resources
- **[Prepare with Pedro](#):** kid-oriented activity book designed by FEMA and the American Red Cross, this book is meant to teach young children and their families about how to stay safe during disasters and emergencies. The book follows Pedro the penguin around the U.S. and offers safety advice through crosswords, coloring pages, matching games, etc. Available for download in 6 languages. Info at how to download in other languages [here](#).
- **[Preparing for Disaster for People with Disabilities and other Special Needs:](#)** comprehensive guide to emergency preparedness including action checklists, evacuation plan activities and ways to get informed on changing weather conditions. **Written for adults but can be relevant for children as well.**
- **[FEMA’s Guide to Considerations for Special Needs Students/Staff:](#)** A list of considerations for schools with students with disabilities/special needs to help them prepare for disaster
- [SPANISH] **[Cómo ayudar a los niños después de un desastre \(“How to help kids after a disaster”\)](#):** Spanish language 1 pager that instructs parents/caregivers on what they should do (and how they should act) with children after an emergency. Goes through various behavior tendencies that a child can exhibit post-emergency and how parents can help their children after an emergency. .
- **[Emergency Preparedness Guide for Highschool Students](#) (same document in [Spanish as well](#)):** guidebook that contains project ideas, how to hold a food drive, readiness quiz, emergency preparedness tips and other ideas for teachers.
- **[Get Ready! Teach Kids about Being Prepared:](#)** Lesson plan ideas that share information on standard emergency preparedness procedures. **Not anything special, but they have some fun games (i.e. Bingo p. 4-9, among others) that could prove useful if teaching this module to children directly.**

URL's for on-line material not in PDF but downloadable and adaptable

- [Sesame Street Fire Safety Program \(for preschool children\)](#): The Sesame Street Fire Safety Program curriculum for preschoolers is available in both English and Spanish. The curriculum includes an educator's guide for teachers, a CD of songs and stories, a family guide, a coloring and activity booklet, and a poster. The program includes easy-to-use lessons, games and activities to help reinforce important fire safety messages and show children what to do if there's a fire and ways to prevent fires from starting. And children's lovable, furry Sesame Street friends will help engage children each step of the way! By sharing this information while children are young, you instill lifelong fire safety habits Fire departments can order up to five kits per department. **Schools/day care centers can order one kit per organization (FREE).**
- [\[Blog\] Emergency Preparedness for Families with Special Needs](#): Blog written in 2013 about a mother with a child with special needs. Could be great for other parents to read as it feels very relatable. Includes information that should be present in the "vital document".
- [Disaster facts](#): kid-oriented disaster facts on primary disasters (ie earthquakes, floods, hurricanes, tsunamis, volcanoes, wildfires and winter storms). Each disaster page has an "About" section containing a brief description with key words to know, as well as "Am I at Risk?" section and "What Can I do?" section.
- [Common Disasters Across the US](#): Clickable map showing common disasters in different parts of the country and how to prepare for each
- [Full list of Types of Emergencies \(ENG / SPA\)](#): Clickable icons lead to more information on (and how to best prepare for) emergencies such as earthquakes, fires, floods, heat waves, etc.
- [Emergency Preparedness Kit Ready](#): information on what to include in an emergency preparedness kit and an online quiz to test preparedness

Forms that can be filled out

- [Red Cross Family Disaster Plan \(Also Available in Spanish\)](#): This template form helps keep your family and pet information in one place, as well as establishing an action plan and emergency task list. Instructions in [ENG](#).
- [American Red Cross Emergency Contact Card](#): downloadable card to fill in emergency contact information for family members
- [Emergency Information Form for Children with Special Needs](#): This form acts as a database for all medical information of the child, including diagnosis, allergies, immunizations, etc. Completed example [here](#) for reference.
- [FEMA Family Communication Plan - Important Information \(Parents\)](#): This one-page front and back form keeps all of your family's information in one place, including

your emergency meet-up locations, work contacts, school contacts, and medical contacts. See [here](#) to download this resource in other languages. **[THIS ONE](#)** is more kid-oriented and would be better for children to fill out directly.

- **[Create Your Family Communication Plan](#)**: This resource from FEMA includes not only fillable forms for family communication, but also includes instructions for how to create and practice your plan.
- **[Family Planning Emergency Form](#)**: form to be filled out by the entire family together. Contains comprehensive planning information on each family member.
- **[Medical Emergency Wallet Card](#)**: wallet-sized card containing personal and medical information about the individual
- **[America's PrepareAthon – Ready Cards](#)**: family emergency communication plan that contains household information, emergency meeting information, important numbers and school/caregiver/childcare/workplace emergency plans

Available free pamphlets/checklists and how to obtain

- **[Emergency Preparedness General Checklist](#)**: This checklist can help a family prepare for natural disasters and/or emergencies before they occur. It includes general items you may want to include in you GoBag (if you need to evacuate) or HomeKit (if you are home and have to wait on emergency assistance after a natural disaster)
- **[How to Make a Home Fire Escape Plan](#)**: kid-friendly checklist showing procedures that should be taken into account in creating an escape plan and a grid space to draw a floor plan of the home and map of the escape route
- **[Are You Ready? Emergency Checklist for Kids](#)**: emergency supplies list to help kids build an emergency kit at home with supplies that last for at least three days
- **[Are You Ready? Emergency Checklist for Kids \(for Parents\)](#)**: emergency supplies list to help adults build an emergency kit for their children
- **[Helping Children Cope](#)**: Disasters can leave children and teens feeling frightened, confused and insecure. Their responses can be quite varied. It's important to not only recognize these reactions, but also help children cope with their emotions. Useful reading on this:
 - [Tips for Talking with and helping Children & Youth after a Disaster or Traumatic Event: A Guide for Parents, Caregivers and Teachers](#):
- **[“Are We Ready for an Emergency?”](#)**: checklist for kids to ask their parents in order to gauge how ready their family is for an emergency. Has talking points as well for each question as well.

List of possible sub-topics

- Planning + preparedness for more specific disasters (i.e. fire, earthquake, flood). Examples can be found [here](#).
- Preparing a go-bag
- Making a family evacuation and communication plan
- What information a child should have memorized (if possible) in the event of an emergency if they are not with a caretaker.
- How you could prepare yourself to help a child with disabilities in the event of a disaster? Consider the possibilities if this was a child you knew well, or if the child was a stranger.
- Discuss how a child with disabilities should be involved with putting together an emergency plan, and how this discussion could be unnerving to them. Consider ways to approach the discussion thoughtfully and reassuringly. How can this conversation end with the child feeling empowered to adapt to a disaster situation and not in fear of a disaster happening. What communication needs to happen, what tools and resources could be provided? Are there comforting elements you could integrate into this discussion and integrate into the actual emergency plan?
- Preparing your house for evacuation

Possible class handouts

- [Are You Ready?](#) (ENG) + [Estás Preparado?](#) (SPA): Basic information for kids on emergency preparedness, written at a child level
- [Are You Ready?](#) Information for pregnant women and families with infants on preparedness
- **Making Your Escape Guide in a [Multi-Family Dwelling](#), [Apartment Complex](#) and [Single Family Home](#):** instructional guide on how to make an escape plan in your unique home
- [Visual Communications Tool](#): great visual communications tool for kids with disabilities. Could be printed and included in GoBags of participants.
- [A Winter Preparedness Take for Kids: Anita's Story](#): Short story that tells the tale of Anita, a young girl whose family is facing a winter storm. Comes with a test at the end to test material retention.

Suggested group activities

- Looking up relevant disasters that occur close to home. What are they? What do they mean? First have the class guess ideas, then the moderator could use a resource like [this](#) or [this](#) (more kid friendly). Could do in a large group or smaller groups.
- [Home Fire Escape Plan](#): Graph to draw your home's floor plan and plot your home fire escape routes. In English and Spanish. Could be done by children individually or as a family.
- My **"What do I do" Plan**. Kids write out a 3-4 step plan of what they would do in an emergency. Could use [this resource](#) as lecture material and [this resource](#) as a template.
 - Sub idea: Make it a bit more of an art project by making the 3-4 step plan into a magnet that they could each put on their refrigerator to see every day.
- [American Red Cross Emergency Contact Card/Medical Emergency Wallet Card](#): downloadable card to fill in emergency contact information for family members – children could fill out their own emergency card to keep at home in a safe place. Moderator could also talk about where to keep them (as they don't have wallets).
- [Ready 2 Help Cards](#): Ready 2 Help is a card game that helps youth ages 8 and up understand how they can help in emergency situations. In this game, players respond to emergencies by following five simple steps to stay safe and make a difference until help arrives: Stay safe, stay calm, get help, give info, and give care. Download and print the game and companion book from the link.

Related android apps

- [Flood: American Red Cross](#): Free app to prepare a family and home for a flood, includes interactive quizzes and simple step-by-step advice (also available in Spanish)

Games for Kids

- [Build a Kit!](#) Join Gayle and her friends in gathering supplies needed to prepare for an emergency. Go through each level and pick the correct items for you and your family.
- [Disaster Master Game](#): Step into the heart of the action and help the team face everything from home fires to earthquakes. This game tests know-how of the user in a wide range of emergencies.
- **Other Free Games for Kids (in PDF – to print and share)**
 - [Full pack [here](#), each document is individually linked below]
 - [Brain Teasers](#)
 - [Connect the Dots](#)
 - [Crossword Puzzle](#)
 - [Memory Game](#)
 - [Word Scramble](#)
 - [Word Search](#)
 - [Emergency Preparedness Crossword Puzzle for Kids](#):

Attachment A: Emergency Preparedness for Families with Special Needs

When Hurricane Katrina hit, Julie thought she was ready. She always had an emergency kit prepared because her son Zac needs medical supplies and equipment to keep him happy and healthy. Zac has spina bifida, a major birth defect of the spine; hydrocephalus, which means he has extra fluid in and around the brain; and, a number of food and drug allergies. He has sensitivities to changes in temperature and barometric pressure. Therefore, she always made sure they had a week's worth of supplies and medicine ready when it was time to evacuate. "There is a very delicate medical balance," she said. "When he has an issue, the dominos tend to fall quickly."

As communities around the Gulf braced for Katrina, Julie's family left New Orleans for Baton Rouge with their one week reserve of Zac's medical supplies including catheters, feeding tubes, and special medications. But like most families facing the devastation of this hurricane, they ended up being gone for much longer. "It was a very challenging time for so many people, but especially for families of children with special health care needs, like ours," said Julie. "Zac is a unique guy who needs a lot of support." "Now, we always keep a one month supply of Zac's supplies in our emergency kit," she said. "It's critical. It's life and death for us." Her insurance pays for this stockpile of emergency supplies. She also keeps a document of Zac's daily needs and medical history in print and electronic format. This vital document includes:

- **Daily plan of care**
- **How to use his medical equipment**
- **Recipe for formula**
- **Catheterization schedule**
- **Allergy information: food and medication allergies, type of reaction, and what to do if he has a reaction**
- **Surgeries**
- **Diagnoses by body system**
- **List of his doctors with contact information**
- **Equipment providers**
- **Pharmacist**

- Medications and supplies including stock numbers and basic descriptions of products for comparable substitutions
- Allergy information
- Insurance information
- Case manager for his Medicaid waiver
- Since he is over 18 – legal documentation of “continuing tutorship” which allows parents to make medical decisions for him.
- Biographical sketch including his likes/dislikes; hobbies/interests; and triggers-things that will disturb him.

Julie urges families with children who have special needs to know what emergencies are likely in their area. For Julie’s family, they know the areas that flood and prepare for hurricanes and tornados. Also they live in an area that is home to many chemical factories and a nuclear plant, so they prepare for plant explosions, nuclear reactor accidents, and fires. “Preparing and planning can give you peace of mind,” she said. “Get a kit. Make a plan. Be informed. It applies to everyone, especially to those of us who care for children with special needs.”

Children with Special Healthcare Needs in Emergencies

Children with special healthcare needs may be more vulnerable during an emergency. They may have difficulty moving from one location to another, urgent or persistent medical needs, difficulty communicating or have trouble with transitioning to different situations. A disaster can present all these difficulties at once. Knowing what to do can help maintain calm in your family and keep them safe

Attachment B: Children *After* Disasters

It's important to remember that some children may never show distress, while others may not give evidence of being upset for several weeks or even months after an emergency. Other children may not show a change in behavior, but may still need your help.

Children may exhibit the following behaviors after a disaster:

- **Be upset over the loss of a favorite toy, blanket, etc., which is important to them.**
- **Change from being quiet, obedient and caring to loud, noisy and aggressive, or change from being outgoing to shy and afraid.**
- **Develop night-time fears (nightmares, fear of the dark or sleeping alone).**
- **Be afraid the event will reoccur.**
- **Become easily upset.**
- **Lose trust in adults. After all, their adults were not able to control the disaster.**
- **Revert to younger behavior (bed wetting, thumb sucking).**
- **Want to stay close to parents. Refuse to go to school or daycare.**
- **Feel they caused the disaster because of something they said or did.**
- **Become afraid of wind, rain or sudden loud noises.**
- **Have symptoms of illness, such as headaches, vomiting or fever.**
- **Worry about where they and their family will live.**

Things parents can do to help their children:

- **Talk with the children about how they are feeling. Assure them that it's OK to have those feelings.**
- **Help children learn to use words that express their feelings, such as "happy", "sad", or "angry."**
- **Children should not be expected to be brave or tough. Tell them it's OK to cry.**
- **Don't give children more information than they can handle about the disaster.**
- **Assure fearful children you will be there to care for them; consistently reassure them.**
- **Go back to former routines as soon as possible. Maintain a regular schedule.**

- **Reassure children that the disaster was not their fault.**
- **Let children have some control, such as choosing clothing or what meal to have for dinner.**
- **Re-establish contact with extended family.**
- **Help your children learn to trust adults again by keeping promises you make.**
- **Help your children regain faith in the future by making plans.**
- **Get needed health care as soon as possible.**
- **Spend extra time with the children at bedtime.**
- **Make sure children eat healthy meals and get enough rest.**
- **Allow special privileges for a short period of time, such as leaving the light on when they go to bed.**
- **Find ways to emphasize to your children that you love them.**
- **Allow children time to grieve losses.**
- **Develop positive anniversary activities to commemorate the event. These may bring tears, but they are also a time to celebrate survival and the ability to get back to a normal life.**

Attachment C: Disaster Preparedness For Children with Special Nutrition Needs

You work hard every day to make sure your child meets their nutrition needs. Have you ever thought about how you can prepare to meet your child's nutrition needs during a disaster?

Families of children with special nutrition needs will have to take additional steps to prepare for disasters and consider things such as special formulas, feeding equipment, additional supplies and special skills that would not be needed by the typical family. The following checklist will help your family prepare for your child's special nutrition needs in case of a disaster.

Basic Preparedness for your Child's Special Needs:

- %. Complete an emergency information form for your child with the help of a health care provider: www.aap.org/advocacy/blankform.pdf**
- %. Complete a care plan form that describes your child's daily care routine: <http://cshcn.org/download-documents>**
- %. Keep a copy of these forms with your child (in a back pack or wheelchair bag) and in your child's emergency kits. Provide these forms to those who may care for your child in your absence.**
- %. Have a two week supply of any special formula and water (1 gallon of water per person per day).**
- %. Have a two week supply of medications, both prescription and non-prescription.**
- %. Rotate formula and medications in your disaster kit on a regular basis to avoid spoiling.**
- %. Purchase back-up batteries or a generator to power equipment that may require electricity.**
- %. Have a back up of supplies you will need to feed or care for your child (feeding bags and tubing, syringes, mic-key buttons, catheters, etc.).**
- %. Prepare smaller emergency travel kits in case you have to evacuate your home.**
- %. Purchase a battery powered or hand-cranked weather radio.**
- %. Keep extra formula or a travel kit in your car.**

%o. Store extra supplies at school or child care programs.

%o. Contact your local police and fire departments and let them know you have a child with special needs.

%o. Get a medical alert and/or identification bracelet for your child.

www.medicalert.org/

Preparing for your Child's Special Nutrition Needs:

%o. Create a plan to stay two weeks ahead on your child's supply of formula and medications. Mark dates on your calendar and leave reminders cards with your child's formula and medications.

%o. Know how to measure your child's formula without a scale. This includes knowing how to use measuring cups to prepare formula.

%o. Learn how to prepare your child's formula without power. This may include having hand shakers or battery powered hand blenders as part of your disaster kit.

%o. If you use a feeding pump, have back-up equipment on hand to give feedings with feeding bags or syringes if your child can tolerate feedings without a pump.

(Created by Russell J. Owen, Nutrition Trainee and Sharon Feucht, MA, RD, CD)

%o. Have contact information for suppliers of formula and medical equipment. Know their emergency plan and ask for their cell, home, and pager numbers and email addresses. Include this information in your care plan.

%o. Talk with your health care provider about alternative formulas and foods your child may have. Make a list of these items and include this information in your disaster kits and emergency information forms.

%o. Speak with your child's health care provider about how to ration formula and food in times of shortage.

%o. Know your child's limitations and include this information in your care plan.

%o. Identify families in your area who have similar needs as your own . Finding families who use similar formulas and/or medical equipment may be very helpful.

Have a Disaster Plan for your Family:

%o. Prepare a family emergency plan -

FEMhttp://www.ready.gov/sites/default/files/FamEmePlan_2012.pdf

%o. Prepare disaster kits for every member of your family

<http://www.redcross.org/>

‰. Decide on family meeting places. Pick one place in your neighborhood and one place outside of your neighborhood. Include this information in your family emergency plan.

‰. Know the emergency plan for your child care program or school. Provide them with copies of your family/child emergency plan and a small supply kit. Ask them to provide you with emergency contact information, such as phone numbers and email addresses.

‰. Pick an out-of-state contact who can be reached most times of the day and provide them with your child's emergency information forms. Include their contact information in your family emergency plan.

‰. Identify people who are willing to help your family in an emergency. Make them aware of your family plan and your child's care plan.

‰. Emergency shelters will allow you to use their resources during an emergency even if you are not staying there. You may be able to recharge batteries, store items that need refrigeration, and receive medical care at shelters that provide these services.

‰. Text messaging and e-mail maybe the best way to communicate during an emergency. Local calling may not be possible, but long distance calling may work.

Additional Resources:

‰. Disaster Preparedness Resources:

- www.redcross.org/
- www.ready.gov/america/index.html
- www.doh.wa.gov/phepr/default.htm

‰. Emergency Resource Guide (preparedness guidelines for individuals with disabilities and

types of disasters to prepare for):

- <http://www.doh.wa.gov/Emergencies/>

‰. Additional Preparedness Forms for Children with Special Health Care Needs:

- <http://cshcn.org/download-documents>
- For the Above Link we recommend the Following Forms: 1) Activities of Daily Living 2) Equipment and Supplies List 3) Getting to Know Me

‰. Medical Alert Bracelets: • www.medicalert.org/