

Disaster and Emergency Readiness Training for People with Disabilities

Supplementary Materials and Ideas for Trainers

Curated and compiled by Harvey Pressman, Christina Lukeman, and Rachel Dickinson



Included in this Module

<u>Introduction</u>	3
<u>Opener: Think-Pair-Share</u>	3
<u>Annotated Curated Videos</u>	4
<u>Annotated Guides and Publications</u>	5
<u>Downloadable and Adaptable Online Materials (Not in PDF)</u>	7
<u>Fillable Forms</u>	8
<u>Free Pamphlets and Checklists</u>	9
<u>Possible Sub-topics</u>	10
<u>Possible Class Handouts</u>	10
<u>Suggested Group Activities</u>	11
<u>Related Android Apps</u>	12
<u>Attachment A: Disaster Preparation for Individuals with Disabilities</u>	14
<u>Get Informed</u>	14
<u>Make a Plan</u>	14
<u>Get your benefits electronically</u>	15
<u>Build a Kit</u>	15
<u>Tips for People who are deaf or hard of hearing:</u>	15
<u>Tips for People who are blind or have low vision:</u>	15
<u>Tips for People with a Speech Disability:</u>	16
<u>Tips for People with a mobility disability:</u>	16
<u>Tips for individuals who may need behavioral support:</u>	16
<u>Additional Items:</u>	17
<u>Associated Content</u>	17
<u>Attachment B: Disability and Health Emergency Preparedness Tools and Resources</u>	18
<u>Resources for People with Disabilities and their Caregivers</u>	18
<u>Resources for Emergency Managers</u>	21
<u>Resources for First Responders</u>	22
<u>Resources for Community-based Organizations</u>	23
<u>Basic Preparedness Tips:</u>	25
<u>Developing a Disaster Preparedness Plan:</u>	25
<u>Evacuating your home - some important things to remember:</u>	26
<u>Autism Speaks Resources & Information:</u>	27

Introduction

For the millions of Americans who have physical, medical, sensory or cognitive disabilities, emergencies such as fires, floods and earthquakes present a real challenge. The same challenge also applies to the elderly and other special needs populations. Emergencies can happen at a moment's notice; when an emergency occurs, mobility challenges and hearing, learning, or seeing disabilities can add complications and can create specific needs that individuals need to address to be able to respond to an emergency.

Protecting yourself and your family 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 people with disabilities and their 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

[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.]

If you had a disability, how might a disaster affect you? Could you make it on your own for at least three days? After a disaster, you may not have access to a medical facility or even a drugstore, so it’s crucial to plan for the resources you use regularly, and what you would do if those resources are limited or not available. Here are a few things you may want to think about:

- Plan ahead for accessible transportation that you may need for evacuation or getting to a medical clinic. Work with local services, public transportation or paratransit to identify your local or private accessible transportation options.

- Inform your support network where you keep your emergency supplies; you may want to consider giving one member a key to your house or apartment
- If you are dependent on dialysis or other life-sustaining treatment, know the location and availability of more than one facility.
- If you use medical equipment in your home that requires electricity, talk to your doctor or health care provider about how you can prepare for its use during a power outage.
- Be ready to explain to first responders that you need to evacuate and choose to go to a shelter with your family, service animal, caregiver, personal assistant, and your assistive technology devices and supplies.

The above steps are only a few of the things people with special challenges, access and special needs might need to think about. On the back of this page, please jot down a couple of other steps you might expect people and be prepared to share ideas with colleagues.

Annotated Curated Videos

- **3 Easy Steps to Prepare for an Emergency**: Straightforward video by the Red Cross that teaches families how to become disaster/emergency prepared. Would be good as an intro video for the module.
 - (<https://www.youtube.com/watch?v=MzaGbHkndts>)
- **Family Communications Plan and Emergency Kit**: This video teaches youth about making a family communications plan and emergency kit. The video covers what questions to ask when making a plan, what to put in an emergency kit, and ideas for getting families together to make a plan or kit.
 - (<https://www.youtube.com/watch?v=LviZ4pZrqu8>)
- **We Prepare Everyday**: Introductory video that covers a 3-step plan to emergency preparedness and shows various people with disabilities preparing in different ways. Includes closed captioning and ASL interpretation.
 - (https://www.youtube.com/watch?v=dcnCQ_pdVCY)

- **Emergency Preparedness for People with Disabilities:** ASL and closed-captioned video that covers the basics on how to prepare for a disaster or potential evacuation.
 - (<https://multimedia.illinois.gov/idhhc/Planning-08.html>)
- **Wash Your Hands:** Video explaining how to break the germ cycle and stop the spread of COVID-19. The video includes ASL interpretation.
 - (<https://multimedia.illinois.gov/idhhc/idhhc-wash2-2020.html>)

Annotated Guides and Publications

- **Be Red Cross Ready Guide:** Comprehensive guide that goes into what to do before, during and after emergencies such as fires, earthquakes, floods, tsunamis, landslides and biological/chemical threats.
 - (https://www.redcross.org/content/dam/redcross/local/NCCR/148816preparednessguide_web.pdf)
- **Get Ready! Toolkit:** This toolkit helps people with disabilities prepare for an emergency, including making an emergency plan and putting together an emergency kit. Page 25-31 could be printed and completed by the participant/caregiver.
 - (<http://dhss.alaska.gov/dph/wcfh/Documents/disability/GetReadyWebaccessible.pdf>)
- **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.
 - (https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness___Disaster_Recovery/General_Preparedness___Recovery/Home/A4497.pdf)
- **Get Prepared Emergency Preparedness Guide for People with Disabilities/Special Needs:** Comprehensive document that contains information on how to create a personal support network, emergency kit checklist, service animal and emergency kit checklist, and overall tips for people with special needs.
 - (<https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/pplwthdsblts/pplwthdsblts-eng.pdf>)

- **[FEMA's Guide to Evacuating the Special Needs Population](https://training.fema.gov/programs/emischool/el361toolkit/assets/evacuatingspecialneedspopulation.pdf)**: This guide talks about barriers to evacuation, planning for evacuation procedures and the use of drills for preparation.
 - (<https://training.fema.gov/programs/emischool/el361toolkit/assets/evacuatingspecialneedspopulation.pdf>)

- **[FEMA's Guide to Considerations for Special Needs Students/Staff](https://training.fema.gov/programs/emischool/el361toolkit/assets/specialneedsconsiderations.pdf)**: A list of considerations for schools with students with disabilities/special needs to help them prepare for disasters.
 - (<https://training.fema.gov/programs/emischool/el361toolkit/assets/specialneedsconsiderations.pdf>)

- **[Women with Disabilities in a Pandemic \(COVID-19\)](https://www.unwomen.org/-/media/headquarters/attachments/sections/library/publications/2020/policy-brief-women-with-disabilities-in-a-pandemic-covid-19-en.pdf?la=en&vs=1531)**: This resource from UN Women gives ideas and advice to those supporting women and women with disabilities during the COVID-19 pandemic. It includes some of the specific challenges that women may face during the pandemic, and how to ensure that resources and support reach women and women with disabilities.
 - (<https://www.unwomen.org/-/media/headquarters/attachments/sections/library/publications/2020/policy-brief-women-with-disabilities-in-a-pandemic-covid-19-en.pdf?la=en&vs=1531>)

- **[COVID-19 and the Rights of Persons with Disabilities](https://www.ohchr.org/Documents/Issues/Disability/COVID-19_and_The_Rights_of_Persons_with_Disabilities.pdf)**: This newsletter from UN Human Rights outlines examples of promising practices from around the world to support persons with disabilities during the COVID-19 pandemic and key actions that you can take to support persons with disabilities during the pandemic. Topics include access to healthcare, income and livelihood, education, and special considerations for those living in institutions.
 - (https://www.ohchr.org/Documents/Issues/Disability/COVID-19_and_The_Rights_of_Persons_with_Disabilities.pdf)

- **[Emergency Evacuation Planning Guide for People with Disabilities](https://www.nfpa.org/-/media/Files/Public-Education/By-topic/Disabilities/EvacuationGuidePDF.ashx)**: This guide, prepared by the National Fire Protection Agency (NFPA), is organized around the five general categories of disabilities (1) mobility impairments, (2) visual impairments, (3) hearing impairments, (4) speech impairments, and (5) cognitive impairments. It includes a personal emergency evacuation planning checklist to help customize a plan.
 - (<https://www.nfpa.org/-/media/Files/Public-Education/By-topic/Disabilities/EvacuationGuidePDF.ashx>)

- **Preparedness and Safety Messages for Hurricanes, Floods and Similar Disasters:** This handbook outlines what to do before, during and after disasters that include strong winds and high waters. Pages 47-52 contain special considerations for at-risk populations, including pregnant women, infants, the elderly, and people with disabilities.
 - (https://www.cdc.gov/cpr/readiness/00_docs/CDC_Hurricanes_PreparednessSafetyMessaging_June2018_508.pdf)

Downloadable and Adaptable Online Materials (Not in PDF)

- **Emergency Supplies List:** Downloadable Word document with emergency supplies and where they should be kept (go bag, bedside, etc).
 - (<http://www.jik.com/12-11-05%20Final%20Supply%20kit.doc>)
- **Emergency Preparedness for Personal Assistant Services (PAS) Users:** Tips specific to individuals who use personal assistants, attendants or caregivers. Planning elements include a checklist, support teams, communication, evacuating and sheltering, supplies and resources that provide more ‘how to’ details. In Word format so can be edited.
 - (<http://www.jik.com/pubs/PAS-EP.doc>)
- **Impact of Wildfires on Those with Disabilities:** A document outlining the impact of 2003 wildfires on those with disabilities. Though this resource is dated, it could be downloaded and adapted into a guide for supporting those with disabilities during a wildfire.
 - (<http://www.jik.com/2003CASILCwildfires.doc>)
- **Common Disasters Across the US:** Clickable map showing common disasters in different parts of the country and how to prepare for each type. This resource could be used to help adapt emergency readiness for a specific area of the United States.
 - (<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/common-natural-disasters-across-us.html#all>)

Fillable Forms

- **Red Cross Family Disaster Plan (Available in [English](#) and [Spanish](#))**: This template helps keep your family and pet information in one place, as well as establishing an action plan and emergency task list. Instructions for the template are also provided in both [English](#) and [Spanish](#).
 - **(English)**: https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness___Disaster_Recovery/General_Preparedness___Recovery/Home/ARC_Family_Disaster_Plan_Template_r083012.pdf
 - **(Spanish)**: https://www.redcross.org/content/dam/redcross/local/NCCR/m12240094_ARC_Family_Disaster_Plan_Template_Spanish_r083112.pdf
- **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.
 - **(English)**: https://www.fema.gov/media-library-data/1501681925535-41606db2566a70a863290fafd475a2a2/Family_Communication_Plan_Fillable_Card_508.pdf
- **American Red Cross Emergency Contact Card**: A printable and fillable card to house emergency contact information for family members. The cards are the perfect size to store in your wallet.
 - (https://www.redcross.org/content/dam/redcross/National/m4240194_ECCard.pdf)
- **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.
 - (<https://www.acep.org/globalassets/uploads/uploaded-files/acep/clinical-and-practice-management/resources/pediatrics/medical-forms/blank-interactive-emergency-information-form.doc>)
- **Medical Information and Emergency Health Care Plan**: This form is intended to communicate pertinent medical information and how an emergency responder or other person could assist you in case of an emergency or natural disaster.
 - (<https://www.dhs.wisconsin.gov/cpd/med-info-form.pdf>)

- **[My Health Passport](#)**: Similar form to the one above, but more child friendly. Includes icons and a place to attach a photo of the child.
 - (https://www.dds.ca.gov/wp-content/uploads/2020/04/FCIC_Health_Passport_Form_Typeable_English.pdf)

Free Pamphlets and Checklists

- **Prepare for Emergencies Now: Information for People with Disabilities ([English](#), [Spanish](#))**: This brochure from FEMA and Ready.gov runs through the basics of disaster planning for people with disabilities.
 - (**English**: <https://safetyresourcesblog.files.wordpress.com/2014/08/prepare-for-emergencies-people-with-disabilities-english.pdf>)
 - (**Spanish**: <https://safetyresourcesblog.files.wordpress.com/2014/08/prepare-for-emergencies-people-with-disabilities-spanish.pdf>)
- **[Red Cross Ready Checklist](#)**: Downloadable form that goes through the three easy steps everyone can take to make a difference in emergency preparedness: get a kit, make a plan and be informed.
 - (https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness___Disaster_Recovery/Disaster_Preparedness/Be-Red-Cross-Ready-Preparedness-Factsheet.pdf)
- **Emergency Supply List (Available in [English](#) and [Spanish](#))**: 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 your emergency kit, as well as additional items to consider.
 - (**English**: <https://safetyresourcesblog.files.wordpress.com/2014/08/emergency-supply-list-english.pdf>)
 - (**Spanish**: <https://safetyresourcesblog.files.wordpress.com/2014/08/emergency-supply-list-spanish.pdf>)
- **[Disability-Specific Supplies for Emergency Kits](#)**: This checklist includes additional supply considerations for those with limited mobility, who are hearing impaired, who are vision impaired, or who have breathing issues.
 - (http://www.jik.com/Supply_checklist.pdf)
- **[Disability Checklist](#)**: A list of medical supplies and assistive technology that a person with disabilities may need to include in his or her go bag.

- (<https://www.dhs.wisconsin.gov/cpd/disability-checklist.pdf>)
- **My Diabetes Emergency Plan:** This checklist shows how to prepare for an emergency with diabetes.
 - (<http://www.mydiabetesemergencyplan.com/sites/all/files/DEP-Tearpads-2016.pdf>)
- **Important Documents Checklist:** this checklist can be used to identify important documents and other items that you should take with you if there is a natural disaster or emergency.
 - (<https://www.dhs.wisconsin.gov/cpd/documents-checklist.pdf>)
- **How to Make a Home Fire Escape Plan:** 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.
 - (<http://www.sparky.org/files/parents/tip/files/escapegrid.pdf>)

Possible Sub-topics

- Planning and preparedness for more specific disasters (i.e. fire, earthquake, flood)
- Preparing a go-bag
- Making a family evacuation and communication plan
- Additional considerations for fragile elderly
- Additional considerations for those with disabilities
- Preparing your house for evacuation
- Evacuation due to a fire
- Sheltering in place

Possible Class Handouts

- **Making Your Escape Guide in a Multi-Family Dwelling and Single Family Home:** Instructional guides on how to make an escape plan in your unique home type.
 - **(Multi-Family Dwelling:**
https://www.redcross.org/content/dam/redcross/atg/PDFs/Infographic/Multi_Family_Dwelling.pdf)

- **(Single Family Home:**
https://www.redcross.org/content/dam/redcross/local/NCCR/m39740203_Single_Family_Home.pdf)
- **Smoke Alarms Fact Sheet:** 1-pager that shows how smoke alarms should be used and safety tips for maximum efficacy.
 - (https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness___Disaster_Recovery/General_Preparedness___Recovery/Home/FireSmokeAlarmFactSheet.pdf)
- **Home Safety for People with Disabilities:** 1-pager that shows how people with special needs can best prepare for a fire.
 - (<https://www.ci.billings.mt.us/DocumentCenter/View/42497/DisabilitySafetyTips?bidId=>)
- **Visual Communications Tool:** Colorful visual communications tool for people with disabilities that could be printed and included in GoBags of participants.
 - (<https://www.dhs.wisconsin.gov/cpd/visual-comm-tool.pdf>)

Suggested Group Activities

- **Practice Finding an Open Shelter:** Could be done as an individual or group activity to show participants how close shelters can be, how to find one in case they need, and important information about each shelter. *Note: this activity requires internet connectivity.*
 - (<https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html>)
- **Write out your Personal Support Network (and get feedback from the moderator):** There is continuous mention in the resources of the importance of writing out your personal support network. Could be a good activity to start in-person, get feedback from (and be able to ask questions to) the moderator, and then complete at home.
- **Disaster Preparedness Quiz:** A 15-question quiz that could be taken by participants at the beginning or end of a session to test their knowledge about disaster preparedness. The answers are at the bottom of the quiz.
 - (<https://www.adcogov.org/sites/default/files/Disaster%20Preparedness%20Quiz.pdf>)
- **Emergency Preparedness Go-Bag Quiz:** An online quiz to test participants' knowledge about what needs to go into an emergency

preparedness kit and why. Could be done in a group setting and answers discussed after everyone takes the quiz. *Note: this activity requires internet connectivity.*

- (<https://www.zoo.com/quiz/the-emergency-kit-quiz-what-you-should-include-why>)
- **Home Fire Escape Plan:** Have participants draw their home's floor plan and plot fire escape routes. Ask about special considerations for those who may have mobility constraints. The resource has a page for both English and Spanish. This activity could be done individually or as a family.
 - (https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness___Disaster_Recovery/Disaster_Preparedness/Home_Fire/Home_Fire_Escape_Plan.pdf)

Related Android Apps

- **Emergency: Alerts by the Red Cross:** The Red Cross app helps users monitor conditions, prepare one's family and home for disaster as well as check to see if loved ones are safe. The app is also available in [Spanish](#).
 - **Google:** <https://play.google.com/store/apps/details?id=com.cube.arc.hzd>
 - **Apple:** <https://apps.apple.com/us/app/emergency-by-american-red/id954783878>
 - **Spanish:** <https://www.redcross.org/cruz-roja/obtener-ayuda/aplicaciones-moviles.html>
- **Flood: American Red Cross:** Free app to prepare a family and home for a flood, includes interactive quizzes and simple step-by-step advice. The app is also available in [Spanish](#).
 - **Google:** <https://play.google.com/store/apps/details?id=com.cube.arc.ffa>
 - **Apple:** <https://itunes.apple.com/us/app/flood-by-american-red-cross/id830451703?ls=1&mt=8>
 - **Spanish:** <https://www.redcross.org/cruz-roja/obtener-ayuda/aplicaciones-moviles.html>
- **First Aid: American Red Cross:** Free app that puts expert advice for everyday emergencies in the user's hands. Gives instant access to information to know how to properly handle common first aid emergencies. Contains videos, interactive quizzes and step-by-step advice. The app is also available in [Spanish](#).
 - **Google:** <https://play.google.com/store/apps/details?id=com.cube.arc.fa>
 - **Apple:** <https://itunes.apple.com/US/app/first-aid-by-american-red-cross/id529160691?mt=8>
 - **Spanish:** <https://www.redcross.org/cruz-roja/obtener-ayuda/aplicaciones-moviles.html>
- **FEMA Mobile Application:** The FEMA app is downloadable on both Apple and Android. It provides information on disaster preparedness,

response and recovery, and allows you to send alerts to loved ones. It is also available in [Spanish](#).

- **Google:** <https://play.google.com/store/apps/details?id=gov.fema.mobile.android&hl=en>
- **Apple:** <https://itunes.apple.com/us/app/fema/id474807486?mt=8>
- **Spanish:** <https://www.fema.gov/es/aplicacion>

- **[Show Me: A Communication App for Emergencies:](#)** An app version of a visual communication tool to better assist individuals with access and functional needs make their needs and concerns understood. The app could be used to reduce communication barriers with medical professionals, or shelter staff and volunteers during an emergency. Also available on the App Store for Apple devices.
 - **Google:**
https://play.google.com/store/apps/details?id=gov.ma.dph.showme&hl=en_US&gl=US

Attachment A: Disaster Preparation for Individuals with Disabilities

Get Informed

- Know what disasters could affect your area, which could call for an evacuation and when to shelter in place.
- Keep a [NOAA Weather Radio](#) tuned to your local emergency station and monitor TV, radio, and follow mobile alert and mobile warnings about severe weather in your area.
- [Download the FEMA app](#), receive weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

Make a Plan

How might a disaster affect you? Could you make it on your own for at least three days? After a disaster, you may not have access to a medical facility or even a drugstore, so it's crucial to plan for the resources you use regularly, and what you would do if those resources are limited or not available. Additional planning steps should include:

- Create a support network. Keep a contact list in a watertight container in your [emergency kit](#).
- Be ready to explain to first responders that you need to evacuate and choose to go to a shelter with your family, service animal, caregiver, personal assistant, and your assistive technology devices and supplies.
- Plan ahead for accessible transportation that you may need for evacuation or getting to a medical clinic. Work with local services, public transportation or paratransit to identify your local or private accessible transportation options.
- Inform your support network where you keep your emergency supplies; you may want to consider giving one member a key to your house or apartment.
- Contact your city or county government's emergency management agency or office. Many local offices keep lists of people with disabilities so they can be helped quickly in a sudden emergency.
- If you are dependent on dialysis or other life-sustaining treatment, know the location and availability of more than one facility.
- If you use medical equipment in your home that requires electricity, talk to your doctor or health care provider about how you can prepare for its use during a power outage.
- Wear medical alert tags or bracelets.
- If you have a communication disability, make sure your emergency information notes the best way to communicate with you.
- If you use an augmentative communications device or other assistive technologies, plan how you will evacuate with the devices or how you will replace equipment if lost or destroyed. Keep model information and note where the equipment came from (Medicaid, Medicare, private insurance, etc.)

- If you use assistive technology devices, such as white canes, CCTV, text-to-speech software, keep information about model numbers and where you purchased the equipment, etc.
- Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases, pictures or pictograms.
- Keep Braille/text communication cards, if used, for 2-way communication.
- [Preparedness tips](#) for diabetics.
- The U.S. Department of Health and Human Services [online tool](#) helps people locate and access their electronic health records from a variety of sources.
- Plan for children with disabilities and people, who may have difficulty in unfamiliar or chaotic environments.

Get your benefits electronically

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits, switching to electronic payments is a simple, significant way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

- Direct deposit to a checking or savings account. Federal benefit recipients can sign up by calling (800) 333-1795 or [sign up online](#)
- The **Direct Express**® prepaid debit card is designed as a safe and easy alternative to paper checks. Call toll-free at (877) 212-9991 or [sign up online](#)

Build a Kit

In addition to having your basic survival supplies, an [emergency kit](#) should contain items to meet your individual needs in various emergencies. Consider the items you use on a daily basis and which ones you may need to add to your kit.

Tips for People who are deaf or hard of hearing:

- A weather radio with text display and a flashing alert
- Extra hearing-aid batteries
- A TTY
- Pen and paper in case you have to communicate with someone who does not know sign language

Tips for People who are blind or have low vision:

- Mark emergency supplies with Braille labels or large print. Keep a list of your emergency supplies, and where you bought it, on a portable flash drive, or make an audio file that is kept in a safe place where you can access it.

- Keep a Braille, or Deaf-Blind communications device as part of your emergency supply kit.

Tips for People with a Speech Disability:

- If you use an augmentative communications device or other assistive technologies, plan how you will evacuate with the devices or how you will replace equipment if lost or destroyed. Keep Model information, where the equipment came from (Medicaid, Medicare, private insurance, etc.)
- Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases and/or pictograms.
- **The United States Society for Augmentative and Alternative Communication (USSAAC) maintains a web site with concrete information of use in emergencies (<https://ussaac.org/our-impact/disaster-relief/>) and supports a Disaster Relief Committee that can help with the replacement of equipment lost during emergencies and disasters./**

Tips for People with a mobility disability:

- If you use a power wheelchair, if possible, have a lightweight manual chair available as a backup. Know the size and weight of your wheelchair in addition to whether or not it is collapsible, in case it has to be transported.
- Show others how to operate your wheelchair. Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.
- Purchase an extra battery for a power wheelchair or other battery-operated medical or assistive technology devices. If you are unable to purchase an extra battery, find out what agencies, organizations, or local charitable groups can help you with the purchase. Keep extra batteries on a trickle charger at all times.
- Consider keeping a patch kit or can of sealant for flat tires and/or extra inner tube if wheelchair or scooter is not puncture proof.
- Keep an extra mobility device such as a cane or walker, if you use one.
- If you use a seat cushion to protect your skin or maintain your balance, and you must evacuate without your wheelchair, take your cushion with you.

Tips for individuals who may need behavioral support:

- Plan for children with disabilities and people including individuals who may have post-traumatic stress syndrome (PTSD), who may have difficulty in unfamiliar or chaotic environments.
 - This may include handheld electronic devices loaded with movies and games (and spare chargers), sheets and twine or a small pop up tent to decrease visual stimulation in a busy room or to provide instant privacy, headphones to decrease auditory distractions, and comfort snacks and toys that meet needs for stimulation.

Additional Items:

- At least a week-long supply of prescription medicines, along with a list of all medications, dosage, and any allergies
- Extra eyeglasses and hearing-aid batteries
- Extra wheelchair batteries (manual wheelchair if possible) and/or oxygen
- A list of the style and serial number of medical devices. Include special instructions for operating your equipment if needed.
- Copies of medical insurance and Medicare cards
- Contact information for doctors, relatives or friends who should be notified if you are hurt.
- Pet food, extra water, collar with ID tag, medical records and other supplies for your [service animal](#)
- Handheld electronic devices loaded with movies and games (and spare chargers), headphones to decrease auditory distractions, and comfort snacks and toys that meet needs for stimulation.

Associated Content

- [Emergency Communication Plan \(PDF\)](#)
- [Prepare for Emergencies Now, Information for People With Disabilities \(PDF\)](#)
- [Transit Commuter Emergency Communication Plan \(PDF\)](#)
- [We Prepare Everyday \(Video\)](#)
- [Be Informed \(Video\)](#)
- [Make A Plan \(Video\)](#)
- [Build A Kit \(Video\)](#)

Attachment B: Disability and Health Emergency Preparedness Tools and Resources

It is critical to educate and provide training not only to people with disabilities and their caregivers, but also to emergency planners, first responders, and other members of the community who play an important role in making sure that people with disabilities are included in emergency preparedness and response plans. States have developed tools and resources to reach out to community members.

Resources for People with Disabilities and their Caregivers

Several states have available brochures, booklets, guides and other materials and tools that people with disabilities and their caregivers can use to prepare for an emergency.

Alaska

[The Get Ready! Toolkit pdf icon\[2.62 MB, 65 pages\]external icon](#): This toolkit helps people with disabilities prepare for an emergency. Making an emergency plan and putting together an emergency kit is a big job. A good plan may include family, friends, neighbors, and organizations that support people with disabilities and can help make decisions.

[Disaster Preparedness for Families of Children and Youth with Special Health Care Needs pdf icon\[11.9 MB, 24 pages\]external icon](#): This guide takes parents through the basic steps of creating an emergency kit and developing a family communication plan.

[Emergency Preparedness for Allexternal icon](#): This 10-minute video assists people with disabilities and their families in preparing for a disaster. The video is signed in American Sign Language (ASL), captioned (optional), and voiced in order to be the most accessible.

Arkansas

[The 2016 emergency preparedness calendar and guide pdf icon\[1.17 MB, 39 pages\]external icon](#): This calendar was designed with seasonal tips and activities to help people with disabilities become more prepared for emergency situations.

[Make Your Plan BEFORE a Disaster pdf icon\[1.18 MB, 24 pages\]external icon](#): This product contains information on access and functional needs for use in developing agency or individual preparedness plans and working with local emergency management. This booklet covers the Communication, Medical, Independence, Supervision, Transportation ([C-MISTexternal icon](#)) planning guidelines to develop emergency plans for individuals with disabilities.

Iowa

[Prep Iowans Program pdf icon\[1.30 MB, 27 pages\]external icon](#): This program was designed to help persons with disabilities take the time before an emergency occurs to plan for survival at home, in a shelter, or elsewhere.

[IOWA Personal Emergency Preparedness Planning Guide for People with Access and Functional Needs pdf icon\[53.4 KB, 4 pages\]external icon](#):

This guide can be used to assist individuals with disabilities and their caregivers in developing personal emergency plans.

Kansas

[The Preparedness Lifestyle. How to Plan for Seasonal and Pandemic Flu and Other Emergencies for People with Disabilities pdf icon\[467 KB, 12 pages\]external icon](#): This booklet is designed to help people with disabilities prepare for all hazards, which include public health threats and natural or man-made disasters.

[Individual Disaster Preparedness pdf icon\[226 KB, 1 page\]external icon](#): This poster, with a disaster do's and don'ts checklist, can be displayed on shelters, business lobbies and other appropriate areas to indicate what people with disabilities can do to prepare for emergencies and disasters.

[Community Disaster Preparedness pdf icon\[210 KB, 1 page\]external icon](#): This poster, with a disaster do's and don'ts checklist, can be displayed on shelters, business lobbies and other appropriate areas to indicate how people with disabilities can work with their communities to obtain the support they need during an emergency or disaster.

Montana

[Emergency Medical Information \(EMI\) kitexternal icon](#): This kit was designed to improve communications about medical needs during a disaster. The kit also promotes awareness of [Smart911external icon](#) and offers support for people with disabilities who may need help creating their profiles, as well as provides information about available emergency preparedness materials. The kit materials include an [Emergency Medical Information formpdf iconexternal icon](#), a [plastic bagimage iconexternal icon](#) to keep the form safe and let responders know the person has signed up for [Smart911external icon](#), and a magnetic hook.

[Emergency Preparedness – An inclusive Guide for People with Access & Functional Needs pdf icon\[606 KB, 14 pages\]external icon](#): The purpose of this resource is to improve communications that promote the involvement and safety of persons with functional disabilities during emergency preparedness, action, and recovery.

New Hampshire

[Emergency Preparedness & You pdf icon\[606 KB, 2 pages\]external icon](#): This is a brochure created to remind people with disabilities that disasters and emergencies can happen without warning, and it provides tips on planning and preparedness.

[C-MIST Personal Planning Tool pdf icon\[903 KB, 9 pages\]external icon](#): This tool was created to assist people with disabilities in considering which specialized items to add to the personalized preparedness kit, available at [ReadyNH.govexternal icon](#), and the tool guides them through the creation of a personalized Emergency Plan.” With “This tool was created to assists people with disabilities in considering what specialized items to add to an emergency kit, and guides them through the creation of a personalized emergency plan.

You can visit New Hampshire’s [emergency preparedness websiteexternal icon](#) to learn more about their local resources.

New York

[Emergency Preparedness: My Safety, My Responsibility, My Planexternal icon](#): The New York Disability and Health Program partnered with the Westchester Institute for Human Development to promote this multi-session program to train adults with intellectual disabilities to understand and to be prepared for emergencies. Information is based on the principles set by the Federal Emergency Management Agency (FEMA), the Department of Homeland Security, the American Red Cross and the U.S. Fire Administration.

North Dakota

[In an Emergency, Will You Be Ready?](#) This 5-minute emergency preparedness video illustrates emergency preparation steps that include developing a plan, creating an emergency kit, and discussing specific considerations for people with disabilities.

Oregon

[“Ready Now!” Toolkit pdf icon\[2.9 MB, 133 pages\]external icon](#): This is a resource for people with disabilities that emphasizes independence, allowing each person to address his or her specific needs. Topics include

- Identifying emergency situations and hazards.
- How an emergency may change his or her abilities and independence.
- The importance of developing a personal contact list.
- Assembling a 72-hour supply kit of food, water, special medications, and personal supplies.
- Preparing pets and service animals for emergencies.
- Developing evacuation plans.
- The importance of regularly updating emergency preparedness plans.

This guide is also available [in Spanish pdf icon\[9.54 MB, 126 pages\]external icon](#).

South Carolina

[Emergencies, Disasters and your Assistive Technologyexternal icon](#): South Carolina Disability and Health Program has provided emergency preparedness training to people with disabilities through their Independent Living Centers, the Spinal Cord Injury Association peer support groups, and Aging and Disability Resource Centers. The slides from this training are available for others to use.

Resources for Emergency Managers

States have available materials and presentations that have been used to train emergency management agencies on how to develop plans that address the needs of people with disabilities in emergencies and disasters.

Arkansas

[Access & Functional Needs Injects Flip Flops pdf icon\[1.42 MB, 24 pages\]external icon](#): These are disability related materials for use by local emergency planning personnel in emergency exercises and drills – based on listening sessions with people with intellectual and developmental disabilities, their family members, and emergency responders.

Iowa

[A Whole Community Approach to Disaster Planning and Management pdf icon\[1.13 MB, 29 pages\]external icon](#): This training is provided to county emergency managers and planners on identifying disability resources to improve communication and transportation for individuals with disabilities during a disaster.

[Emergency Planning for People with Disability pdf icon\[691 KB, 38 pages\]external icon](#): Emergency managers, local public health agencies, and other community providers use this training to understand the needs of people with disabilities during emergencies and prepare and respond accordingly.

Kansas

[Ready, Willing, & Able Internet Courseexternal icon](#): This FREE two hour course for personnel in health, emergency managers, response, relief, and disability fields covers disability etiquette, terminology, and communication and assistance techniques during disasters to assist persons with the following disabilities: sensory (difficulty seeing, hearing, smelling, touching, or tasting); physical (difficulty walking or climbing stairs, grasping or lifting objects, or not being able to use one or more arms or legs); and cognitive (difficulty concentrating, remembering or making decisions). [Login into TRAIN pdf icon\[95.5 KB, 1 page\]external icon](#) system to access the **Ready, Willing, & Able –**

Disaster Preparedness and Response Course on Meeting the Needs of Persons with Disabilities (1020884)

Montana

[Montana's Community County Profile](#)[external icon](#): After assessing the needs of people with disabilities in the state's counties, Montana's Disability and Health Program shared results with emergency managers to help them improve their emergency plans and address the specific needs of their communities.

New Hampshire

[Including People with Disabilities in Emergency Planning and Preparedness pdf icon](#)[1.34 MB, 32 pages][external icon](#): This is a resource packet for state and local emergency management personnel or others involved with the planning or provisions of emergency operations. These resources were used to create a [catalog of training modules pdf icon](#)[2.50 MB, 32 pages][external icon](#) from which local and regional emergency personnel could select a customized menu of topics to be covered in in-person trainings.

Ohio

[Disability Training for Emergency Planners: Serving People with Disabilities](#)[external icon](#): This training includes a video that provides information and best practices that help emergency planners ensure the safety of people with disabilities and their own safety during emergency events.

Resources for First Responders

First responders know well how to act during emergencies and disasters. However, they may need additional training to address the specific needs of people with disabilities.

Alabama

[Tips for Providing Services for Individuals Living with Functional & Access Needs: pdf icon](#)[4.23 MB, 2 pages][external icon](#) This brochure offers valuable tips for providing services for individuals living with functional and access needs.

Alaska

[Hidden Disabilities: Communication Tips for First Responders](#): This training video was created by a group of community partners to teach first responders how to communicate with people with different types of disabilities.

New Mexico

[Tips for First Responder](#)[external icon](#): Simple, easy-to-use tip sheet with information for assisting people with a wide range of disabilities. Originally developed by the University of New Mexico's Center for Development and Disability, this tip sheet is now being distributed around the country by other State Disability and Health Programs.

Ohio

[Disability Training for First Responders Serving People with Disabilities](#)[external icon](#): This training includes a video that provides information and best practices to help first responders ensure the safety of people with disabilities and their own safety during emergency events.

[Serving Service Animal Team](#): This video developed by the Ohio Trauma Committee Functional Needs Work group teaches first responders how to handle service animals in emergency situations.

Resources for Community-based Organizations

Community-based organizations, such as Centers for Independent Living (CILs), Aging and Disability Resource Centers (ADRCs), and other entities that regularly provide services to people with disabilities need to know how to plan for emergencies and disasters.

Arkansas

[Overview of Emergency Management for Disability Programs pdf icon\[366 KB, 19 pages\]](#)[external icon](#): This training curriculum developed for community members, such as service providers for the elderly and people with disabilities, Centers for Independent Living staff, and local emergency managers, has information that will lead to cooperative planning and appropriate response.

Montana

[Whole Community Approach – Emergency & Disaster Preparedness ppt icon\[Right click and select "Save As"\]](#)[external icon](#): This material can help community-based organizations fulfill their role on making sure people with disabilities are well informed and have the resources they need to stay safe during emergencies and disasters.

New Hampshire

[Creating Emergency Kits and Plans with People with Disabilities pdf icon\[1.50 MB, 48 pages\]](#)[external icon](#): This interactive training curriculum teaches staff from disability organizations, family members, and people with disabilities how to be personally

prepared for emergencies. During the training, participants review basic, modified, and specialized emergency supply kit items, and learn how to use the [C-MIST Personal Planning Tool pdf icon](#)[903 KB, 9 pages][external icon](#) to make individual emergency plans.

North Dakota

[North Dakota's Disaster Preparedness pdf icon](#)[1.60 MB, 87 pages][external icon](#): This emergency preparedness training can be used by Centers for Independent Living and other healthcare providers to make sure that people with disabilities are prepared for emergencies and disasters.

[Emergency Preparedness for Vulnerable Populations: ppt icon](#)[Right click and select "Save As"][external icon](#) North Dakota Disability and Health Program provided training to community-based organizations to help them respond to the needs of people with disabilities during disasters and emergencies. Slides from this training are available on the [program's websiteexternal icon](#)

Attachment C: Disaster Resources for Autism Families

Planning is an important part of any family affected by autism's daily routine, but is even more important when it comes to being prepared before, during and after any type of natural disaster. The following tips to assist families with creating emergency preparedness and response plans have been adapted from Autism Speaks resources, recommendations from Ready.gov, FEMA, and the Red Cross.

Hurricanes and other natural disasters can be difficult for people with autism. Sesame Street has put together this video and guide for families following a natural disaster:

- **Support After An Emergency**
- **Here for Each Other: Helping Families After a Hurricane**

Basic Preparedness Tips:

- **Know where to go. If you are ordered to evacuate, know the local hurricane evacuation route(s) to take and have a plan for where you can stay. Contact your local emergency management agency for more information.**
- **Put together a disaster supply kit, including a flashlight, batteries, cash, first aid supplies, and copies of your critical information if you need to evacuate.**
- **If you are not in an area that is advised to evacuate and you decide to stay in your home, plan for adequate supplies in case you lose power and water for several days and you are not able to leave due to flooding or blocked roads.**
- **Make a family emergency communication plan.**
- **Many communities have text or email alerting systems for emergency notifications. To find out what alerts are available in your area, search the Internet with your town, city, or county name and the word "alerts".**
- **FEMA's Preparedness Timeline provides a 36 hour timeline with tips on how to prepare.**

Developing a Disaster Preparedness Plan:

It is a good idea for every family to have an emergency plan in place to know what you would do during a crisis or natural disaster. Autism

Speaks funded the creation of the Emergency and Disaster Preparedness Guidebook, which can help you create a family communication plan, keep your emergency contacts organized, and share more information about your child's special needs.

Evacuating your home - some important things to remember:

- **Call the Red Cross prior to evacuating to ask which shelters accommodate people with special needs. Upon arrival to any shelter, let them know your child has autism and fully explain all of your child's specific needs. Ask if there is a secure room or office where your family could stay if your child wanders.**
- **Remember children and adults with autism may be drawn to water. If you are facing a natural disaster with waters rising this quickly you will want to take extra precautions if you are not fully out of harm's way.**
- **If your loved one with autism has a tendency to wander from safety, make sure you have a multifaceted safety plan in place. Click here for Autism Speaks wandering prevention resources you can use to develop a plan to keep your child safe.**
- **Remember to bring familiar items that will help your child adjust to their new surroundings and ease the stress of the transition with some of their comforts from home – favorite toys, DVDs and computer games.**
- **Make an emergency contact list - even if you have them in your phone, also write them down! Include names and numbers of everyone in your personal autism support network, as well as your medical providers, local law enforcement, emergency responders.**
- **Make sure your emergency information list notes any communication difficulties, including the best way to communicate with you or your loved one with autism.**
- **Grab your IEP and any medical records or evaluations you may have on hand. Your IEP is a federal document and can help you settle your child in an alternate school setting more quickly if you have it on hand.**
- **Pack any needed Assisted Technology Devices and don't forget the chargers! Just in case record the device name, manufacturer's name & information, model and serial numbers, vendor (Store's/Seller's) name and info, date of purchase and**

- copy of receipt if available, copy of Doctor's or Therapist's prescription if available and contact and funder's (i.e., Medicare, Medicaid, Insurance Co.) name, contact info, & policy numbers.
- iPads (and other medical equipment) that are used by someone with autism to communicate are covered under medical losses/disability equipment. During the intake call with FEMA, you may be asked about medical devices, and whether anyone is dependent on a computer or other equipment.
 - Pack enough medicines or special dietary needs for at least three weeks. Shipments of new supplies to impacted areas may be difficult or impossible. Bring copies of prescriptions with you or be sure you have refills scheduled with a national pharmacy that can access them electronically.
 - If you regularly visit doctors or specialist for treatments or interventions or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Identify back-up service providers in the areas you might evacuate to. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage.
 - If you have a service animal, be sure to include food, water, and collar with ID tag, medical records and other emergency pet supplies.
 - During an emergency quick and unanticipated changes in routine and environment can cause increased anxiety and stress for people with autism. If staying in a shelter bring headphones or earplugs to help with noise. You may also consider bringing a roll of duct tape to place labels, visual support or even lay out visible perimeters of your family's assigned "space" in a communal style shelter.

Autism Speaks Resources & Information:

- The Autism Speaks Autism Response Team (both English and Spanish speaking) are available to provide information and resources during this difficult time. Call 1-888-288-4762, en Español 888-772-9050 or email us at familyservices@autismspeaks.org

- **The Autism Safety Project provides information for families and First Responders with information and guidelines for communicating with individuals with Autism Spectrum Disorder (ASD) in emergency situations.**