

# Preparing for an Emergency

## TIPS AND RESOURCES FOR INDIVIDUALS WITH DISABILITIES



### Why Do I Need to Prepare for an Emergency?

You may think you are never going to be in an emergency, so you don't need to prepare. However, almost all Americans live where they are at moderate or high risk of natural or human-made disasters. You need to plan before a disaster hits, and be sure your plan addresses all of your individual needs.

### Seven Easy Steps to Preparation:

- 1. Make a Personal Plan**
  - Consider listing yourself in a community registry that identifies people who may need special help during an emergency. Check with local police and fire departments for further information.
  - Have home equipment (for example, a weather radio) that will alert you to an emergency.
  - Have enough food, water, batteries, and battery-operated equipment in your home to support yourself or your family for 2 weeks.
  - Consider what special needs and equipment you need and keep extra supplies on hand.
  - Make an evacuation plan (where to go and how to get there), in case you have to leave your home.
- 2. Gather Emergency Contact Information**
  - Collect information (names, phone numbers, mailing addresses, email addresses) for family members, friends, doctors, and equipment vendors.
- 3. Gather Important Information**

*(See reverse side for checklist: "Important Information")*
- 4. Share Location of Critical Information With a Trusted Person**

Critical information includes:

  - Emergency contact list
  - Important information
  - Emergency supplies
  - Emergency utility shutoffs
  - Evacuation plans

Ask trusted person to check on your well-being after an emergency.
- 5. Gather Disaster Supplies**

*(See reverse side for checklist: "Disaster Supplies")*
- 6. Practice Telling Others Your Needs**

If you need to leave your home and have items that must come with you, know in advance exactly what you must communicate to those there to help you. Example: "Please bring my medicines. They are in the bathroom on the bottom shelf in the closet."
- 7. Know How to Respond**
  - Know what to do in case of an emergency.
  - Stay calm.
  - Put your plan into action.
  - Listen to radio for instructions.
  - Watch for unusual hazards.
  - Check in with your support system.
  - Practice accident prevention.
  - Decide to seek shelter in place or evacuate.

*Please see reverse.*



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### Important Information

- Health insurance and copy of card
- Banks and account numbers
- Copy of prescription drug plan card
- Copy of social security card
- Copy of important papers such as marriage and death certificates, stocks, passports, and insurance policies
- Summary of medical history
- Special accommodations
- Instructions for communicating with you
- Instructions for safely moving you and your equipment
- List of medications
- Allergies and sensitivities

### Disaster Supplies (Home)

*(Rotate food and water every 6 months)*

- Enough bottled water for everyone in the household for 2 weeks
- Flashlight and extra batteries
- Portable radio and extra batteries
- Cell phone and charger (optional)
- First aid kit
- Hand-operated can opener
- Enough non-perishable food for everyone in the household for 2 weeks
- Essential prescriptions and over-the-counter medications for everyone in the household for 2 weeks
- Durable medical equipment (bandages, catheter) for 2 weeks
- Backup equipment necessary for survival (generator, manual wheelchair)
- Extra cash
- Blanket
- Whistle on a string
- Toilet paper or wipes
- Soap
- Personal hygiene supplies
- Chlorine bleach (unscented)
- Small shovel (optional) or plastic garbage bags for disposing of waste
- Matches stored in a waterproof container
- Pet food and supplies (if applicable)
- Paper and pencil or pen
- Dust masks
- Rain coat or plastic tarp (optional)
- Extra supply of clothes and shoes

### Who We Are and Who We Serve

The **Vanderbilt Kennedy Center (VKC)** works with and for people with disabilities and their family members, service providers and advocates, researchers and policy makers. It is among only a few centers nationwide to be a University Center for Excellence in Developmental Disabilities, a *Eunice Kennedy Shriver* Intellectual and Developmental Disabilities Research Center, and a Leadership Education in Neurodevelopmental and Related Disabilities Training Program. The following are some of the ways the Center's programs and staff can assist families, educators, and other service providers.

### Tennessee Disability Pathfinder

Tennessee Disability Pathfinder is a free statewide phone, web, and print referral service in English and Spanish. It connects the Tennessee disability community with service providers and resources. Its website database has over 3,000 agencies searchable by Tennessee county and service. Pathfinder is a project of the VKC, TN Council on Developmental Disabilities, TN Department of Health, and the TN Department of Intellectual and Developmental Disabilities. Contact [www.familypathfinder.org](http://www.familypathfinder.org), (615) 322-8529, toll-free (800) 640-4636.

### Other Resources

- **American Red Cross** - [www.redcross.org](http://www.redcross.org)
- **American Academy of Pediatrics** - [www.aap.org](http://www.aap.org)
- **Centers for Disease Control and Prevention**  
[www.cdc.gov](http://www.cdc.gov)
- **Disability Rights Tennessee** - [www.disabilityrightstn.org](http://www.disabilityrightstn.org)
- **Family Voices of Tennessee**  
[www.tndisability.org/familyvoices](http://www.tndisability.org/familyvoices)
- **Federal Emergency Management Agency**  
[www.fema.gov/media-library/assets/documents/7877](http://www.fema.gov/media-library/assets/documents/7877)
- **Tennessee Council on Developmental Disabilities**  
[www.state.tn.us/cdd/](http://www.state.tn.us/cdd/)
- **Tennessee Poison Center**  
<http://tinyurl.com/tnpoisoncenter>
- **Tennessee U.S. Department of Homeland Security**  
[www.dhs.gov](http://www.dhs.gov)
- **University of Tennessee Boling Center for Developmental Disabilities** - [www.uthsc.edu/bcdd/](http://www.uthsc.edu/bcdd/)

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**Contact the Vanderbilt Kennedy Center**  
**Nashville (615) 322-8240**  
**Toll-Free (866) 936-VUKC [8852]**  
**[vkc.vumc.org](http://vkc.vumc.org)**  
**[kc@vumc.org](mailto:kc@vumc.org)**

