

PERSONAL  
EMERGENCY  
PREPAREDNESS  
GUIDE



**Main Office:**

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# About The Independence Center (The IC)

The IC is a local nonprofit organization providing traditional and self-directed home health care, independent living, and advocacy services for people with disabilities.

## Our Services

- Veteran-Directed Care (VDC)
  - Health Care at Home
  - Independent Living (IL)
  - Advocacy



# Introduction

One of the most important aspects of independent living is being able to keep ourselves safe at home, work, and in the community. The IC is pleased to offer this workbook to help people with disabilities plan for emergencies. Having an emergency plan in place will increase your ability to stay safe in a disaster.

According to Title II of the Americans with Disabilities Act (ADA), people with disabilities are protected from discrimination when it comes to state and local governmental services. That means that the disability community cannot be excluded from participation in or denied benefits from programs, activities, and services that governmental agencies provide. Those services may include mitigation (making your home/workplace/school safer from fire or disaster), preparation (planning what to do in an emergency), and recovery (returning home, rebuilding, etc).

Utilizing this workbook to create a plan, build emergency kits, and be prepared for disasters is only the beginning. We encourage you to learn more about the disasters that may happen in your area. Contact the resources in this book to learn more about disaster planning, evacuation, sheltering, and how to be an advocate for your community.

Being prepared is one of the most important things you can do to live safely and independently.

# Create a Communication Statement Card to Help Emergency Workers Assist You During a Disaster.

## Step 1

Think about what an emergency worker will need to know to help you. Have this information written down on a card. Keep a copy of this card in all your kits.

### *Examples:*

#### **Cognitive Disability**

- I use a communication device.
- I can point to simple pictures or key words.
- I forget things easily. Please write down information for me.

#### **Deaf or Hard of Hearing**

- I require an American Sign Language (ASL) interpreter.

#### **Psychiatric Disability**

- I have a panic disorder. If I panic, (list instructions for medication or other intervention).

# Step 2

# Build a Kit

These emergency kits contain the items needed to help you sustain yourself during a disaster wherever you are. The four kits in this workbook are: the Home Emergency Kit, Car Emergency Kit, Animal Emergency Kit, and Personal Emergency Kit. There may be items not listed that are essential for your needs. Please add those items as needed.

## Home Emergency Kit

- Container(s) to hold all supplies
- Food: two meals per day, per person (can opener if canned food) (replace when expired)
- Disposable plates/bowls/cups/utensils
- Water: one gallon per day, per person (replace when expired)
- First Aid Kit/medical supplies
- Prescriptions
- Tools/flashlights: any needed for essential equipment
- Phone/computer power cords
- Batteries for all equipment needed
- Weather radio
- Clothing: long sleeves/long pants/gloves
- Hygiene Supplies/wipes/masks/towels/eye protection/sturdy shoes
- Blankets
- Tarp/rope/sleeping bags
- Thumb drive with copies of important documents saved on it
- Plastic sheeting/garbage bags
- Duct tape
- Paper and pen/pencil
- Any other items specific to you

## Car Emergency Kit

- Container(s) to hold all supplies
- First Aid Kit
- Jumper cables
- Tire air compressor
- Reflective triangles or cones
- Batteries for all needed equipment
- Blankets/gloves
- Food not affected by heat or cold/water (replace when expired)
- Clothing/gloves/eye protection/sturdy shoes
- Paper and pen/pencil
- Any other items specific to you

## Animal Emergency Kit

- Container(s) to hold all supplies
- Food/water/treats and containers to hold all supplies
- Food/water dishes
- Animal First Aid Kit
- Leash/kennel
- Hygiene Items
- Waste disposal bags
- Vaccination records/photo of animal
- Any other items specific to your animal, including medications

## Personal Emergency Kit

- Container(s) to hold all supplies
- Food/water (replace when expired)
- Cash/Identification card(ID), such as driver's license
- First Aid Kit/medical supplies/prescriptions
- Flashlight/multipurpose tool
- Wipes and masks
- Cell phone/charger
- Batteries for all needed equipment
- Clothing/eye protection/sturdy shoes
- Paper and pen/pencil
- Any other items specific to you



# Disability-Specific Items

## Medical Disability

- Ostomy supplies
- Dialysis equipment
- Urinary supplies
- Suction equipment
- Oxygen supplies
  - ‘Oxygen in Use’ sign
  - ‘Oxygen Levels Should Be At’ sign
  - ‘Hot to Change O2 Tank’ instructions sign
- Epinephrine injector
- Antihistamine
- N95-rated filter mask
- Resuscitation bag
- Medication reminders
- Pill management supplies
- Diabetic supplies
- Dietary supplies
- Eating and drinking aids
- Life support equipment signs
  - Operating instructions
  - Level required
  - Location of batteries or alternate power sources
- Any other items specific to you

## Mobility Disability

- Walker
- Crutches
- Cane
- Wheelchair/repair kit
- Heavy gloves
- Reachers
- Eating and drinking aids
- Dressing aids
- Cooling aids
- Any other items specific to you

## Visual Disability

- Cane(s)
- Cell phone magnifier
- Liquid level indicator
- Signature guide
- Fluorescent tape to label supplies in large print or braille
- Any other items specific to you

## Deaf or Hard of Hearing Disability

- Dry-erase board
- Weather radio with visual/text display
- Phone amplifier
- Any other items specific to you





## Create a Personal Support Network

A Personal Support Network (PSN) is a select group of people who come together to help keep one another safe in an emergency. The members of your PSN will work with you to prepare and practice for a disaster. You might practice evacuating together and/or work with one another to prepare emergency kits for your home, car, animals, and person.

- Ask people you know and trust to be members of your PSN such as relatives, friends, neighbors or coworkers.
- Train your PSN to operate and maintain any special equipment you utilize.
- If you have a service animal or pet, make sure your PSN is familiar with these animals in case the animal requires care from someone other than yourself.
- If you travel, let your PSN members know in case there is a disaster while you are gone.
- Keep a list of PSN members and contact information in each of your kits for easy access.

## Create an Evacuation Plan

- Identify two exits from each room, building and neighborhood.
- Decide on a meeting place or alternative place to stay.
- Decide on an alternative place for pets to stay if not able to stay with you.
- Decide on a communication method with your PSN if not able to initially meet up at start of disaster.

## Create a Shelter-in-Place/Lockdown Plan

- Choose an inner most room in your house to shelter-in-place. This should be a windowless room, or contain a limited number of windows. Lock doors and windows.
- Review your workplace and/or school's emergency plan.
- Plan where your service animals and pets can relieve themselves while inside.
- Know how to turn off heating/cooling systems, flues for fireplaces/wood-burning stoves, and water intake valves.
- If instructed to seal the room, know how to use duct tape and plastic sheeting to seal all cracks around doors, windows, and heating/electrical vents.
- Have your PSN contact information available in that room before you seal it.

# Step 4

## Practice Your Plan

Practicing your plan is important to help evaluate and adjust for any issues. Becoming familiar with your plans while practicing, will help keep you calm during an actual emergency.

- Review and revise your plan with your PSN every six months or as your situation changes.
- Be sure to let your PSN know when you travel in case an emergency occurs while you are away.
- Verify/update contact information for your PSN as needed.
- Save important documents onto a few thumb drives while keeping the hard copies in a firebox or other safe location. Keep a thumb drive with each of your kits and update as needed.

For alerts on local in-progress or imminent events, sign up for alerts from your local law enforcement or county/city government. These alerts will call your landline and call/text your cell phone with local emergencies deemed a community threat. Make sure to listen to the whole message and follow the instructions given.

Weather radios can give updated information on fast-moving weather events such as storms or tornadoes. They are available with text displays as well.

## Register for Local Emergency Alerts Through:

- **Cheyenne County:** <https://public.coderedweb.com/CNE/en-US/BF5DD553FD77>
- **El Paso County:** [www.elpasoteller911.org](http://www.elpasoteller911.org)
- **Kit Carson County:** *Not available at this time.*
- **Lincoln County:** <https://public.coderedweb.com/CNE/en-US/BF5CFE50DE7D>
- **Park County:** <https://parkco.us/97/CodeRED>
- **Teller County:** [www.elpasoteller911.org](http://www.elpasoteller911.org)
- Digital Weather Radio

# Emergency Resources

## National and State Agencies:

### Poison Control Center

[www.aapcc.org](http://www.aapcc.org) | 1-800-222-1222

### Colorado State Patrol

[csp.colorado.gov](http://csp.colorado.gov) | 303-239-4501



# Step 6

## Be an Advocate

When an emergency happens, the local government and media can be taken by surprise as well. In the rush to get the information out to the public as fast and as accurately as possible, the communication needs of the disability community might be inadvertently overlooked. Reminding members of the media about the needs of the disability community is important so that all possible formats for people with disabilities are an integral part of their communication plans.

### ***Examples:***

- ASL Interpreter always next to speaker and always on screen.
- Important phone numbers read slowly out loud, and locations/routes described verbally for those who are low vision, blind, or have visual impairments.



## Notes:

[illegible]

Building a world  
where everyone is

KNOWN,  
VALUED &  
INCLUDED.



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[www.the-ic.org](http://www.the-ic.org)

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