



# Your Home

## Home Safety

Is there furniture that could fall in an earthquake, such as tall bookcases, or heavy items stored on high shelves? Get help



securing these items to the wall to protect your path of travel in your home. Remove anything that could fall on you in your bed.



## Shelter in Place Prep

Plan to have food and bottled water (1 gallon a day) for each person for up to a week. Consider what non-perishable foods would work for you and

your family, including canned and packaged foods that require minimal preparation because cooking may not be possible. Stock up on things that keep and are easy to eat, like nuts, granola bars, crackers, hard cheese and dried fruit.

## Fire Safety

Get a fire extinguisher. Explain to everyone in the household how to use it and where it is located in the home.

Have working smoke alarms on each floor of your home, including near the bedrooms.



## Utilities

Learn how to turn off water, gas and electricity that have valves or switches. Explain this to family members and assistants. Make sure you understand

local regulations for power outages. If you are dependent upon electricity to recharge batteries or to use the elevator, let your utility company know and inquire about shut off procedures, where electricity may be shut down during fires or other disasters.

# Options to Consider

Disasters could include wildfire, floods, extreme weather temperatures, earthquakes, tornados and other major disruptions. Sometimes there are warnings, but not always. In some disasters people are required to evacuate, and in others required to “shelter in place.” We need to think about both.

Disaster readiness requires planning ahead and talking to others. It’s helpful to discuss these suggestions with your family, friends, your personal assistant or anyone in your support network, and have a practice emergency to see how it goes.



Connect with **at least three people (your team!)** in case any one of them is distracted by their own or their family’s needs in the disaster. Identify **an out-of-town contact person**. Make a list of important people and share this with your team and your out-of-town contact person.



Your **highest priority** for your safety is to make connections with people (your team) who can check on you. These people **must understand and agree to go to where you are to assist you**, in case:

- You are injured, stuck, or in some way limited
- Your exit or path of travel may be blocked
- Your phone or the reception is not working (Power & cell towers can go down in emergencies)
- Your usual form of transportation may not be workable

# More Considerations



## Adaptive Equipment

If you use a power wheelchair, it is essential to have a backup manual wheelchair in case of power outages or limited types of transportation vehicles. If you live upstairs in a building with an elevator, consider keeping a spare wheelchair on the ground floor lobby or garage. Keep an extra charger for your cell phone, and a portable battery pack.



## Registries

Find out if your town or city keeps a registry of people with disabilities and consider signing up. Don’t assume that they will rescue you if you’re registered. Police, fire department and all emergency vehicles will be very busy in any disaster. Ask about emergency procedures in your town and your workplace or other areas where you and your family spend time.



## Pets & Service Animals

Make a plan for your pets or service animals. Don’t assume service animals can accompany you into shelters. By law official service animals should be allowed.

Be aware that some shelter managers may not know your rights to your service animal, but may not have time or patience for your explanation. Have documentation of your service animals with you. [best link?]