Evacuation

Evacuation may be necessary if there is a fire or flood, or if your building or street is damaged.

Alternate Routes

Your typical paths of travel could be disrupted. Think about alternative escape routes within your home and street if an earthquake or other disaster disrupts the doorways or environment.

Cooling Centers

If you have a spinal cord injury or other disability that affects your body temperature regulation you could experience overheating in extreme weather. Find out about cooling centers in your locale.

Shelters

Find out if your community has a shelter and learn about disability access features. Even if you have an alternate plan, you can help other people with disabilities by sharing this information.

Evacuate right away if:

If you feel unsafe, leave immediately.

Also evacuate if:

Fire is visible in a nearby home and there are strong winds. Smoke and embers are carried by winds close by.

Water is rising in the street or sidewalk. Water is entering your home.

If you must evacuate, lock your home and bring your keys.

Designate a place to meet up with your people outside of your home in case of required evacuation.

Go Bags

Go bags have items you've packed up in advance in a backpack or duffel bag you can grab. We will need items with us that specifically meet our individual needs. Keep your Go Bag in a place in your home where you can grab it and go in case you need to evacuate. However, disasters can occur any time, so you may not be at home. If you spend much of your time in other locations, such as your workplace or your car, consider having another Go Bag there.

How to Make Your Go Bag

Make a list of the things you do and need every day related to your disability, such as your mobility equipment, devices, and your medication. Consider comfort items you already have around. Start to pack a bag with these items. Don't wait until you've got it all - start now!



Go Bag General List

- First aid kit with alcohol wipes, band aids, antibiotic cream, gauze, aspirin, wipes, hand sanitizer.
- ☐ Your medications—at least a three day supply
- Cash and coins
- Bottled water and non-perishable food like nuts, dried fruit or granola bars. Bring snacks you like!
- Change of clothing, especially socks and underwear and warm jacket for each person
- Eye glasses, and/or contact lenses + solution
- Batteries and charger cables, especially for your phone and medical devices
- ☐ Flashlight
- ☐ Comfort items ear plugs, hand cream, chapstick If relevant to your family:
- Items for babies and children (such as diapers, bottles, blankets, clothing, toys)
- ☐ Menstrual supplies
- ☐ Pet supplies

Disaster Readiness for People with Paralysis or Mobility Disabilities

Hi Everyone! I'm Ruff 'n'Readi the Disaster Dog, at your service! I'm here to tell you how to plan in advance before disaster strikes.

This may feel hard to think about, but you can help yourself,







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?]