

# Be Ready. Stay Safe. Act Smart.

Emergencies can happen anytime - storms, power outages, floods or an accident. Being prepared helps you stay safe and reduces stress. If you are aging and have a disability, you can use these simple steps as a guide.



## Make a Personal Plan

- Know your needs: Write down what you need daily
- Stay connected: Choose someone to **exchange information** during emergencies. **Share your plan.** Learn how your technology devices can help you.
- Know where to go: **Decide** where to go if you need to leave - a friend's house, a hotel, or a shelter.

## Stay Informed

- **Sign up** for local emergency alerts (through apps, text messages, or news stations).
- Find out where heat or warming centers, shelters, power sources, or other **resources** are in your area
- Talk to friends and neighbors about **risks and hazards** that you might experience.

Keep your kit in a bag that is easy to carry

## Build Your Emergency Kit

- Everyday items: Water and non-perishable food that you can eat. Batteries, and **chargers** for electronics.
- Personal Needs: Medications and supplies. Hygiene items and **assistive technology** that you use.
- Important Documents: **Copies** of medical info, titles and leases, insurance, identification, family photos, and instructions how to talk to you if you need help.

Include the essentials

## Practice Your Plan

- Read through your plan with your friends or family
- **Check** to make sure information for you, your contact, and your technology hasn't changed
- Check your kit regularly to replace expired items.
- **Practice** all parts of your plan on a regular basis.

Don't forget AARP resources

## Remember, Help is Nearby

If you need assistance, call local emergency responders, your local fire station, disability organizations, 211, or your contact person.

Get to know your local first responders

## Start Today!

You don't need to do everything at once - start small. **DO 1 THING.** Make one phone call, sign up for one alert, add one thing to your kit this week.

Being prepared is a big step toward staying safe!

### My Emergency Contact's phone #

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### Steps I will take to make a plan:

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Tell your friends about what you are doing to be prepared and share what you have learned.

AARP (<https://www.aarp.org/home-family/your-home/disaster-preparedness.html>)



World Institute on Disability