

# My Disaster Preparedness and Resilience Toolkit



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To be used with the online accessible digital guidance.

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## Before Disasters - Get informed

### Maintaining Health and Independence

Watch and listen to our video Maintaining Health and Independence

1. What are emergencies and disasters?
2. Alerts and Warnings
3. Planning

Along with the online guide, use this toolkit to plan and get ready for disasters.

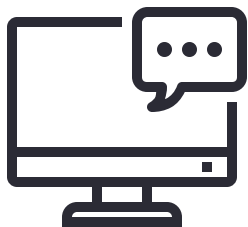


### Understand Emergency Alerts

Watch our video Emergency Alerts

- Emergency alerts are essential tools for your safety.
- The alerts can come through your phone, television, or radio.
- Emergency Alerts will tell you what to do during an emergency. Follow their instructions to stay safe.
- Two common types of emergency alerts: watches and warnings.
- Being informed can save lives and prevent injuries.





## Getting Information Online

Sometimes during disasters, the most up-to-date information can be found online. Watch and listen to our video on Getting Information Online.

1. Information Sources
2. Non-governmental Sources
3. Protect yourself from scams



## Who Helps Me During Disasters?

During disasters you may need help. Watch our video Who Helps Me in a Disaster? (scan below)

### 1. Community Help

Use our [Communication Plan](#) to keep track of information.

### 2. Outside Help

Make sure you have a plan with your support network to help you evacuate or shelter in place.





## Accommodations to Protect Your Well-being in Disasters

Watch and listen to our video [Accommodations](#).

You can use our [My Needs Worksheet](#) and [Know Your Rights](#) page to begin identifying your needs and accommodations.

### Know your rights and be prepared to advocate for yourself

#### Your rights are never suspended during disasters!



Disaster services provided to the public must be accessible and inclusive to people with disabilities!

1. You can not be denied entry because of a disability.
2. Public accommodations and shelters must be ADA-compliant.
3. Service animals are allowed anywhere you are.
4. You have the right to effective communication.
5. You have the right not to go to an institution or facility.
6. You have the right to request reasonable accommodations.



### Reduce Disaster-Related Anxiety

Watch and listen to our video [Reducing Disaster Anxiety](#)

There are things that you can do to lower your anxiety level.

Advocating for your rights may reduce anxiety. Communicating your needs to others, especially before disasters, so your needs can inform disaster related planning.



# Before Disasters - Make a Plan

## 1. Own Your Plan

Start today! Start small, pick one thing you can do this week.

## 2. Identify your risks

Use tools like the [National Risk Index Map](#). Pay attention to hazards in your local area.

## 3. Identify your needs

Use our [My Needs Worksheet](#)

## 4. Identify your resources

[Identify the resources](#) you have individually and in your community. You can use our fillable [Important Contacts](#) page to make sure you have their contact information.

## 5. Make a Communication Plan

You can use our fillable [Communication Plan](#) to prepare your plan.

## 6. Gather Supplies and Documents

Use our [Emergency Kit](#), [Important Documents Checklist](#), and [My Needs](#) forms to make sure you have all needed supplies.

## 7. Sign up for alerts

Sign up for emergency and weather alerts.

[The Integrated Public Alert & Warning System \(IPAWS\)](#) is FEMA's national system for local alerting.

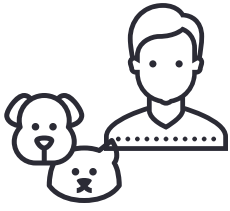
## 8. Document and Insure

For insurance purposes, document and inventory your home. Check out our [Important Documents Checklist](#).

## 9. Practice your plan

Regularly practice your plan.



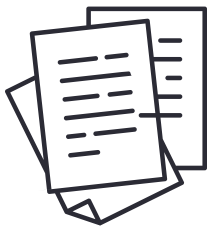


# During Disasters - Take Action

## Have an evacuation plan and know the 6 Ps

In order of importance when you evacuate make sure to grab...

1. **P**eople and **P**ets
2. **P**apers, **P**hone Numbers, and important documents
3. **P**rescriptions, eyeglasses, hearing aids, and supplements
4. **P**ictures and other irreplaceable momentos
5. **P**ersonal computers/tablets and portable storage drives
6. **P**lastic - credit/atm cards, and cash



## Find your sheltering options

1. Find a Red Cross Mass Care Shelter
  1. Text SHELTER and your ZIP Code to 43362  
(Example Text: "Shelter 98499")
  2. Call Red Cross 1-800-733-2767
2. Your local county or state may provide other sheltering options.

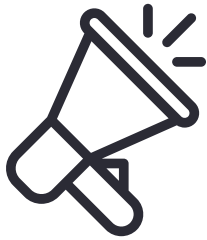


## Shelter in Place or Stay Home

There may be situations where it is safer to shelter in place where you are.

Sheltering in place:

- Local authorities may not provide information immediately.
- Bring your family and pets inside.
- Listen to local media outlets for official news and instructions.
- Keep your devices charged.
- Keep your emergency supply kit close.
- Go into an interior room.
- Manage water and food supplies.
- Keep on hand tools to manage your mental health.



## You may need to advocate for yourself or community members

### Tips for self-advocacy

Advocating for yourself can be challenging or intimidating, but you know what you need and are entitled to access.



- 1. Identify your needs.** You can use our [My Needs](#) form to prepare what you need.
- 2. Know your rights.** Use our [Know Your Rights](#) page and review information on the Americans with Disabilities Act.
- 3. Believe in yourself.** You are the expert in your needs and can advocate for yourself.
- 4. Ask for help.** If your needs are not being met, reach out to your [Personal Support Network](#) or [Local Advocacy Organizations](#). One example of an organization that you can call is your local Center for Independent Living, there may also be a disaster Disability and Access and Functional Needs Coordinator or a 1-800 number for assistance that is available.







# After Disasters - Returning to Normal

## After disasters, your needs and resources may change

**1. Identify your needs.** Take the time to re-identify what you need to maintain your well-being and independence.

**2. Identify your resources.**

1. Reconnect with your existing supports. Use the [My Resources](#).
2. Find local information and local programs.
3. Apply for assistance



## Protect yourself from scams

1. Be aware of door-to-door and email scams.
2. Verify their identity.
3. Protect your personal information.
4. Keep records of communication.
5. Never pay for repairs before receiving the service.
6. Be aware of price gouging.
7. Find and report scams.



# Fillable Tools



**World Institute  
on Disability**



# My Needs

## My Physical Needs

What are the things I need to function for every day life (ex. My glasses, a wheelchair, a cane or a hearing aid)?

## My Medical Needs

What are the things I need to stay healthy (ex. daily medications or vitamins, checking my blood sugar, or medical supplies)

## My Transportation Needs

What are my transportation needs (ex, a ride to places, an accessible vehicle to accommodate a wheelchair, or help to get in and out of a bus, van, or car)?

## My Emotional Needs

What are my emotional needs? Are there things that I need to help me stay happy and calm?

## My Communication Needs

Are there things that I need to communicate with others? Are there things about me that others need to know to communicate with me? (ex. ASL Interpretation, Large Print, Assistive Technologies)

## My Social Needs

What are the things I need to stay feeling connected (ex. calling my best friend, saying hi to my neighbor, watching the news, or checking in with my provider or therapist)?

## My Other Needs

What other needs do you have to function everyday?

# My Resources

## My Personal Support Network Outside of My Household

**Person 1**

Email

Phone Number

Social Media or other #

**Person 2**

Email

Phone Number

Social Media or other #

**Person 3**

Email

Phone Number

Social Media or other #

**Person 4**

Email

Phone Number

Social Media or other #

## Local Community Groups

**Group Name 1**

Website or Social Media

Group Contact (email, phone, other)

**Group Name 2**

Website or Social Media

Group Contact (email, phone, other)

**Group Name 3**

Website or Social Media

Group Contact (email, phone, other)

**Group Name 4**

Website or Social Media

Group Contact (email, phone, other)

# My Personal DME, Physical Health Items, and Mental Health Items

My Personal DME

My Physical Health Items

My Mental Health Items



## Professional Contacts (ex Case Manager, Doctor, DME Vendor)

**Person 1**

Role

Contact Information (email, phone, other)

**Person 2**

Role

Contact Information (email, phone, other)

**Person 3**

Role

Contact Information (email, phone, other)

**Person 4**

Role

Contact Information (email, phone, other)

## Shelter and Resilience Hub Locations

**Location 1**

Phone Number

Address

Contact info (email, phone, other)

**Location 2**

Phone Number

Address

Contact info (email, phone, other)

**Location 3**

Phone Number

Address

Contact info (email, phone, other)

# My Emergency Kit

What do I need to survive for 7-10 days? Ex. canned and non-perishable food and can opener, water (1 gallon per day per person), prescription medicine, and supplements, infant formula, pet food

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What disaster-specific supplies do I need for safety? Ex. Flashlights, batteries, NOAA Weather Radio, Fire Extinguisher, Matches, Duct-tape and plastic tarp,

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What do I need for hygiene and comfort? Ex. Change of clothes, hand sanitizers, soap, disinfectant wipes, plastic or paper plates, and cutlery

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What mobility and sensory items do I need to maintain independence and regulate my emotions? Ex. Glasses, mobility aids, transfer boards, fidgets, games, comfort items

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# My Important Documents

Make sure you have **copies** of your important documents.

What vital documents do you need for household members? Ex. IDs, Social Security Cards, Birth Certificates, Pet Records,

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What financial documents do you need? Ex. Home ownership/leasing records, vehicle records, tax and income documentation, estate planning, and insurance documents

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What medical documentation do I need? Ex. Insurance cards, list of medications with dosages, living will/power of attorney, disability documentation,

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# My Communication Plan

## Household Member Information

Home Address

Household Member Name

Phone Number

Email

Social Media or other #

Important medical or other information

School/Work Place

Phone Number

School/Work Place Address

Website

Social Media or other #

Emergency Plan/Pick-up

## Household Member 2 Information

Home Address

**Household Member Name**

Phone Number

Email

Social Media or other #

Important medical or other information

**School/Work Place**

Phone Number

School/Work Place Address

Website

Social Media or other #

Emergency Plan/Pick-up

## Household Member 3 Information

Address

**Household Member Name**

Phone Number

Email

Social Media or other #

Important medical or other information

**School/Work Place**

Phone Number

Address

Website

Social Media or other #

Emergency Plan/Pick-up



## Household Member 4 Information

Home Address

**Household Member Name**

Phone Number

Email

Social Media or other #

Important medical or other information

**School/Work Place**

Phone Number

School/Work Place Address

Website

Social Media or other #

Emergency Plan/Pick-up

# My Evacuation Plan

Without help, which exits (including doors and windows) can you use to evacuate?

With help, which exits (including doors and windows) can you use to evacuate?

Once you have evacuated how will you reach a shelter or meeting place? If driving, who is driving, what is their contact information? If you are using public transportation, what lines and stops will you use? If you are walking/rolling where will you meet up?

What do you need to evacuate successfully (ex. transfer board, mobility aid, other)?

# Emergency Meeting Plan

Indoor Location

Meeting Place Instructions

Neighborhood Location

Meeting Place Instructions

Outside of Neighborhood Location

Meeting Place Instructions

# Emergency Contact Information

## In-town Emergency Contact

Name

Phone Number

Email

Social Media or other #

Address

## Out-of-town Emergency Contact

Name

Phone Number

Email

Social Media or other #

Address

# Important Phone Numbers

Local Police Dial 911 or	<input type="text"/>	Local Fire Dial 911 or	<input type="text"/>
Poison Control	<input type="text" value="1-800-222-1222"/>	Poison Control Website	<input type="text" value="https://www.poison.org/"/>
Doctor 1	<input type="text"/>	Phone Number	<input type="text"/>
Doctor 2	<input type="text"/>	Phone Number	<input type="text"/>
Veteranarian	<input type="text"/>	Phone Number	<input type="text"/>
Pharmacy	<input type="text"/>	Phone Number	<input type="text"/>
Hospital	<input type="text"/>	Phone Number	<input type="text"/>
Hospital Address	<input type="text"/>		
Medical Insurance	<input type="text"/>	Phone Number	<input type="text"/>
Policy Number	<input type="text"/>		
Home/Rental Insurance	<input type="text"/>	Phone Number	<input type="text"/>
Policy Number	<input type="text"/>		

# Notes

What other notes do you have after filling out this toolkit?