

Creating an Emergency Preparedness Plan with Your Caregiver



UCCEDD

University of Cincinnati Center for
Excellence in Developmental Disabilities





Be sure to include your caregiver in your emergency planning. Know what each of your expectations is if there is an emergency situation. Discuss what your needs are when **sheltering in place, going to a community shelter or evacuating**. Here are some points to consider when you have this discussion with your caregiver:

- Choose and practice ways to communicate with your caregiver (think about alternatives)
- Provide your caregiver with a set of house keys so they can access your home
- Involve your caregiver when you create an emergency kit and supplies
- Discuss your emergency plans with your caregiver and understand what they can and cannot do for you
- Share copies of medical history, medications, physician info, and all emergency contacts

Sheltering In Place

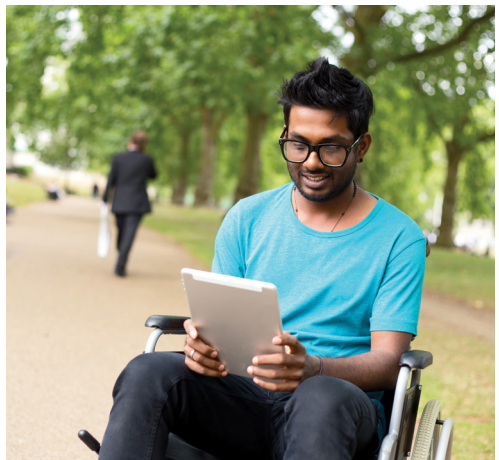
- GO INDOORS!
- Be sure to turn off air ventilation/HVAC system and seal areas under doors and windows
- Don't forget to bring your pets inside with you

Community Sheltering

- Tune in to local media to learn if a shelter has been opened in your area.
- Inform your caregiver where you are going if they aren't with you
- Take your emergency kit and bring extra items
- Have plans in place to house your animal if you can't take your animal to the shelter

Evacuating

- Know how you will evacuate from each place you visit regularly (home, work, etc.)
- Discuss your special needs and find out who will commit to helping you evacuate
- Know where the designated “safe places” are if evacuation is not possible



Regional Resources:

www.alerthc.org: If you live or work in Hamilton County, Ohio. Get Emergency Alerts for Severe weather, Safety, Health, Utility Disruptions, Major Traffic Accidents, and Community Alerts

<https://bit.ly/DisabilityPreparedness>: A video discussing how to: Prepare for the impacts of disasters, create an emergency plan with the assistance of a caregiver, and understand the necessary steps for Sheltering In Place, Community Sheltering, and Evacuating. Additional content includes a discussion with an individual who has Cerebral Palsy and his caregiver about their strategy for preparation.

FEMA Resources:

www.ready.gov: Fillable plans & cards available online that help you collect important information so that it is in one easy-to-find location.

www.ready.gov/disability: For individuals with disabilities or those with access and functional needs. You will find specific tips and helpful instruction about emergency preparedness.

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