



# Emergency Preparedness for Individuals with Disabilities and Access and Functional Needs

If you or someone close to you has a disability or other access or functional need, you may need to take additional steps to prepare for emergencies.

## Build an Emergency Kit

### General Supplies:

- Water
- Non-perishable food items
- Battery powered or hand-crank radio and NOAA Weather Radio
- Flashlight
- First-Aid Kit
- Extra batteries
- Personal hygiene items
- Cellphone with charger

### Medical Supplies

- Extra eyeglasses and/or hearing aids
- Battery chargers and extra batteries for hearing aids, motorized wheelchairs, or other battery-operated medical or assistive devices
- Extra medicine, oxygen, insulin, catheters, or other medical supplies you or a family member uses regularly

### Documents

- Medical insurance cards, Medicare/Medicaid cards, physician contact information, list of any allergies and medical history
- Copies of medical prescriptions, doctor's orders, and the style and serial numbers of the support devices you or your family member uses
- Medical alert tags or bracelets, or written descriptions of you or your loved one's support needs, in case you are unable to describe the situation in an emergency

### Other

- Supplies for a service animal



**Reach out to your local  
Emergency Management  
Director for more  
information**





## Create an Emergency Plan

- Create a support network to help you plan for an emergency. Consider family, neighbors, friends, service providers, and faith-based and community groups.
- Tell someone you trust where you keep your emergency supplies and give them a key to your home.
- Sign up for emergency alerts from your community.
- Call 2-1-1 for information about critical health and human services available in your area.
- Keep contact information for local independent living centers, as well as support and services organizations, in a safe, accessible place.
- Notify your utility provider if you are dependent on electricity to operate a life sustaining device.
- Provide any necessary organizations or service providers with information about your functional needs and what you may require in an emergency.
- Work with in-home support services such as Meals on Wheels and Life Alert to personalize an emergency preparedness plan.

### Medical Support

- Identify multiple locations to receive dialysis or other life-sustaining medical treatment. Work with your primary provider to create a plan to obtain and ensure essential services in case of a disaster.
- If you or a family member has a wheelchair, know the size and weight of it and whether it is collapsible in case it has to be transported during an evacuation.
- Show emergency contacts how to use wheelchairs or other assistive devices.
- Develop back-up plans for personal assistance services, hospice care, or other forms of in-home assistance.

### Transportation and Evacuation

- Work with local transportation providers and/or disability services (e.g., Paratransit, Independent Living Centers) to plan ahead for accessible transportation.
- Contact your local Emergency Management Director if you or a family member requires assistance evacuating your home or reaching a local emergency evacuation pick up location.
- Be ready to explain your specific needs, or those of a family member, to first responders and emergency officials so you receive the necessary support to safely evacuate and find shelter.

