

Protect Yourself

Earthquake: Identify a sturdy table or desk to get under in each room. This is important because while the earth is shaking, the movement of the ground will probably make it difficult or impossible for you to move any distance. If you cannot safely get under a desk or table, move near an inside wall of the building and cover your head and neck as best you can. Decide how you will get there when the earthquake begins. Lock your wheels if you are in a wheelchair. In bed, pull the sheets and blankets over you and use your pillow to cover and protect your head and neck.

Tornado: The lowest floor or below ground area of your home or workplace is safest. If there is no basement or you cannot get there, choose a room without windows, such as a bathroom or closet. Identify where this safe place is and how you would get there.

Other Natural Disasters: As we recently learned from the floods and ice storm, everyone must be trained and prepared to put our plans into action. You cannot rely solely on other agencies to know what your needs are and how to help you. You must have someone in your support network aware of your emergency plan and be ready to help you activate your plan. In the event of a power outage, and a stay in a shelter is warranted, it is imperative that someone from your support network go with you. They will be the person to assist with daily living tasks, assist with transferring from a wheelchair, etc, not the shelter staff.

Are You Prepared?

How well are you prepared and how much you practice before a disaster occurs will determine how successfully you deal with and recover from the real thing. Prepare yourself based on the capabilities and limitations you believe you will have after the disaster. Keep in mind that your usual ways of support and assistance may not be available to you for some time during an evacuation and after the disaster has occurred. Your Personal Disaster Plan will help you organize information you will need and activities you will do during and after a disaster. Key items in a personal disaster plan are described below. Keep copies of your disaster plan in your disaster supplies kit, car, wallet (behind driver's license or primary identification card), wheelchair pack or at work, etc. Also, share your disaster plan with your network members.

Direct Support Professionals: Review the plan at least twice monthly with the individual you are supporting. Remember that repetition is key to the plan working effectively. It is useless to have a plan if **you don't practice it.** **Be prepared for the unexpected.** Disasters will happen, so being prepared and having a plan is going to be an important part of the success. The community is not prepared to care for the individuals we serve in a crisis situation. You cannot depend on or expect other agencies to be able to meet the needs of those we serve. It is our duty to those who count on us to ensure they are prepared and have a plan. Check on your neighbor, relative or those you support by calling or going to their home daily in the event of an emergency.

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WE CAN!**

DISASTER PREPAREDNESS GUIDE FOR PEOPLE WITH SUPPORT NEEDS

*SYCAMORE
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6 steps to help you prepare

1. Create an emergency network contact of family, friends, relatives, neighbors, roommates and co-workers who could assist you at a moment's notice. Discuss your support needs with them, including evacuation plans and medical information lists.

2. Complete a personal assessment. Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster (based on the disrupted environment, your capabilities and your limitations).

3. Compile a medical information list that contains the names and numbers of your doctors, your medications, dosage instructions, and any existing conditions. Make note of your adaptive equipment, allergies, and any communication difficulties you may have.

4. Keep at least a seven (7) day supply of medications on hand. Ask your doctor or pharmacist what you should do if you cannot immediately get more. If you undergo treatments administered by a clinic or hospital, ask your provider how to prepare for a disruption caused by a disaster. Keep a set of empty containers with labels in the "Grab & Go Bag" (see What is a "Grab & Go Bag").

5. Complete a summary checklist to make sure that your personal disaster plan is complete. Be sure to include your medical needs, evacuation routes, care plans for your service animals, an alternative place to stay, etc.

6. Make your home safer by checking hallways, stairwells, doorways, windows and other areas for hazards that may keep you from safely leaving your home during an emergency.

What is a "Grab and Go Bag"?

A Grab & Go Bag contains essential items for an emergency. It includes things that you may need in the first hour or so following an emergency/disaster.

A Grab & Go Bag contains only a small portion of your disaster supplies, but is a key part of your preparedness and response. A Grab & Go Bag should be easy to transport. A backpack (daypack) usually works the best.

Suggested Items

- ⇒ Disability-related supplies and special equipment
- ⇒ Service animal and pet supplies
- ⇒ Three day supply of non-perishable food and manual can opener
- ⇒ Three day supply of water.
- ⇒ Flash light and extra batteries
- ⇒ Hand sanitizer, moist towelettes, and toilet paper
- ⇒ Matches in a waterproof container
- ⇒ Whistle
- ⇒ Extra clothing and blankets
- ⇒ Photo copies of ID scanned into your providers computer and/or your personal support network
- ⇒ Hearing aid batteries
- ⇒ LED light on a string for the Deaf in case of darkness and unable to see someone using sign language
- ⇒ Special foods for diabetic or special diets

Supplies

- ⇒ Oxygen
- ⇒ Glasses
- ⇒ Eating utensils
- ⇒ Grooming utensils
- ⇒ Dressing devices
- ⇒ Writing devices
- ⇒ Hearing device
- ⇒ Suction equipment
- ⇒ Dialysis equipment
- ⇒ Sanitary supplies
- ⇒ Urinary supplies
- ⇒ Ostomy supplies
- ⇒ Wheelchair and patch kit
- ⇒ Walkers
- ⇒ Crutches
- ⇒ Canes
- ⇒ Dentures
- ⇒ Glucose monitors

Water

Store water in plastic containers, such as large soft drink bottles NOT milk cartons or glass bottles. A person who is generally active needs to drink at least two (2) quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need to drink even more.

Store a minimum of three (3) gallons of water per person - one (1) gallon for each person per day. This provides two (2) quarts for drinking, two (2) quarts for food preparation and sanitation for each person in the household.