

Disaster Planning

Get Informed, Make a Plan, Make a Kit,
Update Plan & Kit

Have back up canes at different locations such as, home, children's homes, the car you usually use, etc. and in the disaster kits.

Plan to Use Alternate Mobility Cues: Be prepared to use alternative methods to negotiate your environment.

- If you have some vision, place security lights in each room to light paths of travel. DO NOT use candles. Check out camping stores for battery fluorescent lanterns.
- Store high-powered flashlights (with wide beams) LED lights are best and extra batteries. Light Sticks are also helpful.
- Plan on losing the auditory clues you normally rely on following a major disaster.
- Wind-up flash-light & radio.

Label Supplies: If helpful, mark emergency supplies with large print, fluorescent tape or Braille (with print). Be sure your contact list is also accessible in print.

Other items to store in Disaster Kit:

Talking alarm clock with batteries, or braille watch, state/stylus, 20/20 pens, writing guide, Low vision items, such as magnifiers, glasses, etc.

Wind-up radio & Flashlights

Plastic Whistle, first aid kit (label items beforehand so you know what is what)

Telephone/Contact list in Large Print and or braille (if braille reader).

Develop a transportation plan if you do not have access to a car (in case of evacuation order).

Adapted from Red Cross's "Additional Tips for People with Visual Disabilities" handout www.redcross.org

Emergency Preparedness Visual Disabilities Related Sites and Information:

Hadley School for the Blind: www.hadley-school.org Distance Course on Safety: Safety in the Home: 800-323-4238

American Council of the Blind: ***“Emergency Preparedness and People who are Blind and Visually Impaired: A Handbook for the Consumer”*** www.acb.org 800-424-8666

American Red Cross: www.redcross.org

International Red Cross and Crescent: <https://www.icrc.org/>

Be Ready Campaign: www.ready.gov

Prepare: www.prepare.org

Federal Emergency Management Agency: www.fema.gov

American Assoc. for People w/Disabilities: www.aapd.com

Disability Resources: www.disabilityinfo.gov

National Council on Disability: www.ncd.org

The National Center on Emergency Planning for People with Disabilities: www.disabilitypreparedness.com

National Organization on Disability: www.nod.gov

Resources to Purchase Emergency Supply Kits:

911 Pack: www.911pack.com

Red Cross Store: www.redcross.org

Target/American Red Cross First Aid Emergency Preparedness Starter Kit: www.target.com

Solar Lanterns & Wind-up Radios & Flashlights: LL Bean, REI/EMS–type Stores Catalog

Resources

*The Access Board: www.access-board.gov: Publications:
Access Board Emergency Evacuation Procedures
ADA Design Requirements for Accessible Egress Resources on
Evacuation Planning and Assistive Products*

New Emergency Preparedness Guide. An ADA Guide for Local Governments: US Dept. of Justice.

<http://www.ada.gov/emergencyprepguide.htm>

Emergency Evacuation: Taking Responsibility for Your Safety: A Guide to for People with Disabilities and Other Activity Limitations. June Isaacson Kailes, from Recording for the Blind & Dyslexic, 800-221-4792 GV 5200, or go to her website at <http://www.jik.com/disaster.html>

Employers' Guide to Including Employees with Disabilities in Emergency Evacuation Plans. JAN-Job Accommodation Network
<http://www.jan.wvu.edu/media/emergency.html>

Emergency Responders and the Deaf and Hard of Hearing Community: Taking the First Steps to Disaster Preparedness. 2006 Telecommunications for the Deaf and Hard of Hearing Emergency Preparedness Network CEPIN Project 301-589-3786/v -3006/TTY www.tdi-online.org "Are You Ready" Fact sheets.

Tips for First Responders: Laminated filed guide on information on how to assist persons with disabilities. Center for Development and Disability; 505-272-2990 or acahill@salud.unm.edu

Animal Safety

Prepare: www.prepare.org

Humane Society: www.hsus.org

Evacuation Chairs

Garaventa Accessibility: Evacu-Trac Emergency Evacuation Chair
www.garaventa.ca or www.evacutrac.com

Stryker: Safety Evacuate Immobile Personnel Chair:
www.evacuation.stryker.com

Disaster Supplies Calendar

This Disaster Supplies Calendar is intended to help prepare for disasters before they happen. Using the calendar, you can assemble a disaster supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies (such as food and water) every six months.

WEEK 1 Grocery Store

- 1 gallon water*
 - 1 jar peanut butter
 - 1 large can juice*
 - 1 can meat*
 - Hand-operated can opener
 - Permanent marking pen
- Also, pet food, diapers, and baby food, if needed.

• To Do

- Find out what kinds of disasters can happen in your area.
- Date each perishable food item using marking pen.

WEEK 2 Hardware Store

- Heavy cotton or hemp rope
 - Duct tape
 - 2 flashlights with batteries
 - Matches in waterproof container
- Also, a leash or carrier for animals

- To Do: **Complete a personal assessment of your needs and your resources for meeting your needs in a changed disaster environment.**

WEEK 3 Grocery Store

- 1 gallon water*
 - 1 can meat*
 - 1 can fruit*
 - Feminine hygiene supplies
 - Paper and pencil
 - Map of the area
 - Aspirin or nonaspirin pain reliever
 - Laxative
- Also, 1 gallon of water for each pet.

• To Do

- Create a personal support network who can help you identify and obtain the resources you will need to cope effectively with disaster.**

WEEK 4 Hardware Store

- ___ Patch kit and can of seal-in-air product for the tires of mobility aids
- ___ Signal flare
- ___ Compass Also, **extra medications or prescriptions marked "emergency use."**

To Do

- ___ Develop a personal disaster plan.
- ___ **Give copies of the following lists to your network: emergency information list, medical information list, disability-related supplies and special equipment list, and personal disaster plan.**

WEEK 5 Grocery Store

- ___ 1 gallon water*
- ___ 1 can meat*
- ___ 1 can fruit*
- ___ 1 can vegetables*
- ___ 2 rolls toilet paper
- ___ Extra toothbrush
- ___ Travel size toothpaste **Also, special food for special diets, if needed.**

To Do

- ___ Make a floor plan of your home including primary escape routes.
- ___ Identify safe places to go to in case of fire, earthquake, tornado, hurricane, and flood.
- ___ Practice a fire drill, tornado drill, and earthquake drill with your network.

WEEK 6 First Aid Supplies

- ___ Sterile adhesive bandages in assorted sizes
 - ___ Safety pins
 - ___ Adhesive tape
 - ___ Latex gloves
 - ___ Sunscreen
 - ___ Gauze pads
 - ___ Sterile roller bandages
- Also, extra hearing aid batteries, if needed.

• To Do

- ___ Check with child's day care center or school to find out about their disaster plans.
- ___ **Ask your local emergency management office if emergency transportation services are available in case of evacuation.**

WEEK 7 Grocery Store

- ___ 1 gallon water*
- ___ 1 can ready-to-eat soup (not concentrated)*
- ___ 1 can fruit*
- ___ 1 can vegetables*
- ___ Sewing kit
- ___ Disinfectant Also, **extra plastic baby bottles, formula, and diapers, if needed.**

• To Do

- ___ Establish an out-of-town contact to call in case of emergency.
- ___ Share this information with your network so they know whom to call.
- ___ **Make arrangements for your network to check on you immediately after an evacuation order or a disaster.**

WEEK 8 First Aid Supplies

- ___ Scissors
- ___ Tweezers
- ___ Thermometer
- ___ Liquid antibacterial hand soap
- ___ Disposable hand wipes
- ___ Needles
- ___ Petroleum jelly or other lubricant
- ___ 2 tongue blades Also, **extra eyeglasses, if needed. Put in first aid kit.**

□ To Do

- ___ Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency.
- ___ **If Blind, store a talking clock and one or more extra white long canes.**
- ___ **If Blind, mark your disaster supplies in braille as well as print and/or with fluorescent tape.**

WEEK 9 Grocery Store

- ___ 1 can ready-to-eat soup*
- ___ Liquid dish soap
- ___ Household chlorine bleach
- ___ 1 box heavy-duty garbage bags with ties
- ___ Antacid (for stomach upset) Also, saline solution & contact lens case, if needed.

□ To Do

- ___ **Familiarize your network with any areas on your body where you have reduced sensation.**

WEEK 9 Grocery Store continued

Choose a signal with your network that indicates you are okay and have left the disaster site.

___ **If you have a communication disability, store a word/letter board in disaster supply kit.**

WEEK 10 Hardware Store

___ Waterproof portable plastic container (with lid) for important papers

___ Battery-powered radio

___ Wrench(es) needed to turn off utilities

To Do

___ Take your network on a field trip to the gas meter and water meter shutoffs. Discuss when it is appropriate to turn off utilities.

___ Attach a wrench next to the cutoff valve of each utility meter so it will be there when needed.

___ Make photocopies of important papers and store safely.

WEEK 11 Grocery Store

___ 1 large can juice*

___ Large plastic food bags

___ 1 box quick energy snacks

___ 3 rolls paper towels

___ Medicine dropper

To Do

___ Store a roll of quarters for emergency phone calls.

___ Go on a hunt with your family to find a pay phone that is close to your home.

___ Test smoke detector(s). Replace the battery in each detector that does not work.

WEEK 12 Animal Care Store

___ Extra harness, leash, ID tags, and food for your service animal and/or pets

___ Litter/pan

___ Extra water

Veterinarian

___ Obtain current vaccinations and medical records of your animal(s)

___ Medications

• To Do

___ Develop a pet care plan in case of disaster.

___ Make photocopies of all vaccination records and put them in disaster supply kit.

___ Put extra animal harness, leash, and identification tag(s) in disaster supply kit.

WEEK 13 Hardware Store

- ___ Whistle
- ___ Pliers
- ___ Screwdriver
- ___ Hammer

WEEK 13 Hardware Store Continued....

- ___ Perforated metal tape (sometimes called plumber's tape or strap iron)
- ___ Crow bar

To Do

- ___ Take a first aid/CPR class from local Red Cross.
- ___ Arrange to have water heater strapped to wall studs using perforated metal tape.

WEEK 14 Grocery Store

- ___ 1 can fruit*
- ___ 1 can meat*
- ___ 1 can vegetables*
- ___ 1 package eating utensils
- ___ 1 package paper
- ___ Cups

• To Do

- ___ **Make sure network and neighbors know what help you may need in an emergency and how best to assist.**
- ___ **Practice using alternate methods of evacuation with your network.**

WEEK 15 Hardware Store

- ___ Extra flashlight batteries
- ___ Extra battery for portable radio
- ___ Assorted nails
- ___ Wood screws
- ___ Labels for your equipment and supplies

To Do

- ___ Make arrangements to bolt bookcases and cabinets to wall studs.
- ___ Label equipment and attach instruction cards.

WEEK 16 Grocery Store

- ___ 1 can meat*
- ___ 1 can vegetables*
- ___ 1 box facial tissue
- ___ 1 box quick energy snacks
- ___ Dried fruit/nuts

- To Do

- ___ Find out if there is a neighborhood safety organization and join it.
- ___ Develop a disaster supply kit for auto.

WEEK 17 Grocery Store

- ___ 1 box graham crackers
 - ___ Assorted plastic containers with lids
 - ___ Dry cereal
- First Aid Supplies
- ___ Antidiarrheal medication
 - ___ Rubbing alcohol
 - ___ Antiseptic
 - ___ Syrup of ipecac and activated charcoal

- To Do

- ___ Arrange for a friend or neighbor to help your children or family members, if you are not able to respond or are at work.

WEEK 18 Hardware Store

- ___ "Child proof" latches or other fasteners for cupboards
- ___ Double-sided tape or hook-and-loop fasteners (such as Velcro®) to secure moveable objects
- ___ Plastic bucket with tight lid
- ___ Plastic sheeting

- To Do

- ___ Arrange for someone to install latches on cupboards and secure moveable objects.
- ___ Put away a blanket or sleeping bag for each household member.

WEEK 19 Grocery Store

- 1 box quick-energy snacks
- Comfort foods (such as cookies, candy bars)
- Plastic wrap
- Aluminum foil

Also denture care items, if needed.

- To Do

- Review your insurance coverages with agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed.
- Purchase and have installed an emergency escape ladder for upper story windows, if needed.

WEEK 20 Hardware Store

- Camping or utility knife
- Work gloves
- Safety goggles
- Disposable dust masks

Specialty Store

- Get an extra battery for motorized mobility aids

- To Do

- Use a video camera to tape the contents of home for insurance purposes.
- Make a copy of the video and send to an out-of-town friend or family member.
- Find out about your workplace disaster plan.

*** Purchase one for each member of the household.**

For printed copies or an audiocassette version of this booklet, contact your local Red Cross chapter. Original Material for Appendix B: Disaster Supplies Calendar supplied by Chevron Real Estate Management Company © 1994.

<http://www.redcross.org/services/disaster/beprepared/apendixb.html>