

Preparedness for People with Disabilities

It's important for everyone to be prepared by knowing the risks in their community, having a household plan and having an emergency kit.

Having a disability means you likely need to consider preparedness actions above and beyond the "basics". Some things to think about as you get prepared are:

- My ability to communicate may be restricted
- My surroundings may change and look unfamiliar
- My service animal or guide dog may be hurt or frightened
- My health may be impacted by stress or confusion

Disasters can be overwhelming, and stress may make some conditions worse for people. You may even have to ask for assistance in circumstances you usually do not. Be sure to talk to someone about how you are feeling and reach out for help if needed.

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Personal Support Network

Take the time to create a trusted support network of at least three people to assist during an emergency. Give them keys and add their contact information to a shared emergency plan. The support network should also be advised of any health conditions or medications and shown how to operate specialized medical or mobility equipment, such as lifts, wheelchairs or scooters.