

PERSONS with ADDITIONAL NEEDS OR DISABILITIES

- Designate someone to check on you in an emergency and to help with evacuation or sheltering in place.
- Prepare and carry with you an emergency health information card in case you are found unconscious, incoherent or need to be quickly evacuated. Include information about meds, adaptive equipment, blood type, allergies and sensitivities, insurance numbers, immunization dates, communication difficulties and preferred treatment as well as contact info for your health providers, personal support network and emergency contacts.
- Register with the Volunteer Emergency Registry for Persons with Additional Needs or Disabilities It is a secure database of persons who would like to be checked on following a disaster or who may need assistance with an evacuation.
- Register to receive emergency alerts in the Portland area at www.publicalerts.org
- Personal Care Assistance: Ask your home health care agency or support provider their process in an emergency. Designate a backup or alternative provider to contact in an emergency.
- If you are dependent on dialysis or other life sustaining treatment, know the location or availability of more than one facility. Show people in your personal support network how equipment operates. In case it needs to be transported, know weight and collapsibility of equipment.
- Persons using wheelchairs: Plan your evacuation strategy with your personal support network. Have a manual wheelchair as backup.
- Blind or visually impaired persons: have a collapsible cane by the bed with a whistle to call for help. Exercise caution when moving around after an earthquake; items may not be in their normal location.
- Hearing impaired persons: keep extra batteries for hearing aids with your emergency supplies. Consider storing your aids in a container attached to the bed or nightstand for quick location in an emergency.
- Persons with communication difficulties: consider how you will communicate with emergency personnel without your normal communication devices. Store paper, writing materials, letter board or key phrases specific to anticipated emergencies in all your emergency kits, your wallet or purse.

RedCross For Seniors by Seniors

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness___Disaster_Recovery/Disaster_Preparedness/Disaster_Preparedness_for_Srs-English.revised_7-09.pdf

Disasters can happen at any moment.

- You may want to consider storing supplies in a container that has wheels.
- Be sure your bag has an ID tag.
- Label any equipment, such as wheelchairs, canes or walkers, that you would need with your name, address and phone numbers.

Meet With Your Family and Friends Explain your concerns to your family and others in your support network and work with them as a team to prepare.

Arrange for someone to check on you at the time of a disaster. Be sure to include any caregivers in your meeting and planning efforts.

Assess yourself and your household. What personal abilities and limitations may affect your response to a disaster? Think about how you can resolve these or other questions and discuss them with your family and friends.

Details are important to ensure your plan fits your needs. Then, practice the planned actions to make sure everything “works.” Family Communications Plan

Community Disaster Plans

Ask about the emergency plans and procedures that exist in your community. Know about your community’s response and evacuation plans (e.g., hurricane, nuclear emergency, severe weather).

If you do not own a vehicle or drive, find out in advance what your community’s plans are for evacuating those without private transportation or make arrangements with a neighbor who would drive you.

If you receive home care, speak with your case manager to see what their plan is in times of emergency and how they can assist with your plan.

Plan the best and quickest escape routes out of your home and evacuation routes out of your neighborhood.

Decide on a meeting place outside your neighborhood in case you cannot return home.

If you or someone in your household uses a wheelchair, make sure all escape routes from your home are wheelchair accessible.

Know the safe places within your home in case you need to shelter during extreme weather events (e.g., tornado).

Practice your escape drill every six months.

Plan for transportation if you need to evacuate to a shelter.

Post emergency numbers near all of your phones. Include the numbers of those in your support network. Remember that in some emergencies telephone lines might not be working. Consider having alternative plans for contacting those in your network.

Community Hazard Assessment

What hazards threaten your community and neighborhood? Make a list of how they might affect you..

Earthquakes Flooding Hurricanes Toxic Spills Winter Storms Home Fires Tornadoes Wildfires Thunderstorms.

- Do you live alone?
- Do you drive or own a car?
- How good is your sense of smell?
- Do you have any physical, medical, thinking or learning limitations?
- Has your sense of hearing or vision decreased?
- Are you reliant upon any medical equipment?
- Are you reliant upon a caregiver?

Community Warning Systems

How will you be notified of a possible emergency and how they will provide information to you before, during and after a disaster.

Friends, Family Caregivers and Neighbors

Before a disaster happens have a conversation with those in your support network: your friends, family and neighbors. Let them know your needs in an emergency situation; ask them how they could assist with your plan and whether they would be willing to help.

Consider that during some emergencies travel is severely limited and they may not be able to get to you.

Local Neighborhood Emergency Teams Connect with a group in your local neighborhood.

CERT (Community Emergency Response Team), neighborhood watch, community block associations, faith-based organizations, etc. Even if you feel you cannot become a member, let them know your needs and ask them how they could assist with your disaster plan.

If available, take advantage of advance registration systems in your area for those who need help during community emergencies.

Local Volunteer Fire Departments

Connect with your local volunteer fire department or ambulance and let them know your needs (especially if you live in a rural area).

Discuss with them how they might be able to assist in your disaster plan.

Local EAS (Emergency Alert System)

Find out which stations broadcast on the Emergency Alert System (EAS).

NOAA Weather Radio/All-Hazard Alert Radio These special radios provide one of the earliest warnings of weather and other emergencies, and can be programmed to alert you to hazards in your specific area.

Call your local National Weather Service office or visit www.nws.noaa.gov for more information.

Door-to-Door Warning From Local Emergency Officials In some emergencies local responders may come door-to-door and deliver emergency messages or warnings. Listen carefully and follow their instructions!

Senior Living and Assisted Living Communities

Become familiar with any disaster notification plans that may already exist. Talk to your community management or resident council about how you can all be more prepared together.

Be Aware—Help Inform Others

There may be people in your community that need extra assistance when a disaster occurs. Consider how you can assist them in their preparedness planning and during an emergency.