



# **Island County Ready Neighbors**

## **Household Preparedness for People with Disabilities and/or Access and Functional Needs**

Family Name: \_\_\_\_\_

## Introduction

What specific considerations should you think about while preparing for emergencies and disasters? This packet is intended to add to the *Household Emergency Plan* and *Household Preparedness Information and Activity Packet* with more information, examples, and activities to help.

**Note:** *Good faith efforts have been made to make this booklet as inclusive as possible. Any errors or omissions when referring to various populations are not intentional. Suggestions and proposed revisions are welcome and should be submitted to the Island County Department of Emergency Management at [dem@islandcountywa.gov](mailto:dem@islandcountywa.gov) to be included in the next edition.*

# Gathering Emergency Supplies

Have you considered the needs of everyone in your household?

## Be Two Weeks Ready

Emergency preparedness kits for people with disabilities or others with access and functional needs are critical, ensuring individuals have specialized medical supplies, assistive devices, and communication tools. Ideally you want to have enough supplies to last you two weeks, so think about what supplies you should gather and different ways you might be able to gradually work towards that goal.

## Supply Considerations

**Why?** While gathering emergency supplies, it is important to think about the things you use on a daily basis. Below are a few examples to get you started.

- Two weeks supply of prescription medicines
- Batteries for cochlear implants and extra hearing aids
- Supplies for the safety and well-being of service animals
- Stimulating activities or noise-canceling headphones
- Wheelchair tire repair kit, extra inner tubes, and patch kit
- Consider dietary supplements/restrictions when stocking emergency food.
- Battery operated lantern for communication by sign language.
- Dry erase board or low-tech communication device
- Spare (or old) prescription glasses.

If any of your medications/devices require electricity or refrigeration, now is the time to plan for a way to power them or keep them cold. If you do not have a way to do that, consider partnering with a neighbor to share a generator or arrange to store medication in their refrigerator during an emergency.

**What else can you add to the list? Use the next page to plan.**

## My Supply Considerations

Use this space to plan for your household supply needs.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Creating Your Emergency Plan

Do the thinking ahead of time.

## Planning Ahead

When faced with an emergency or disaster, stress and anxiety can cloud our thinking and decision-making. Planning ahead gives us the opportunity to carefully consider our needs and take action before we are in a crisis situation, ensuring we do not overlook critical items or steps that could affect our safety and well-being.

## Planning Considerations

**Why?** As you are filling out your Household Emergency Plan, it is important to think about your specific needs. Below are some examples to get you thinking.

- Plan for medications that require refrigeration.
- Create a list of all medications, dosage, and any allergies.
- Label equipment with name and emergency contacts.
- Identify accessible transportation in case of evacuation.
- Plan for multiple locations to store back up supplies.
- Create a support network of people who can help in a disaster (Try to include people outside of your geographic area).
- Keep a list of the nearest medical facilities.
- Identify local repair shops for mobility and assistive devices.
- Think about how different hazards might impact your health.

**What else can you add to the list? Use the next page to plan.**

# My Planning Considerations

Use this space to plan for your household's specific needs.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Assistive Technology

Do you have a plan for your technology in the event of a power outage?

## Planning for a Power Outage

**Why?** Power outages can disrupt things that many people with disabilities rely on for their health and independence, such as essential medical devices.

- Create a power outage plan for any durable medical equipment.
- Know where you can evacuate to for extended outages.
- Keep devices fully charged to maintain power during outage.
- Install alarm for electrical service interruption during the night.
- Keep back up batteries on hand.
- Have a plan for alternative sources of power.
- Have a schedule to check alternative power readiness.

**Note:** Electronic medical devices, such as a CPAP machine, often require the power supply to have a pure sine wave. Some inverters and generators do not supply that. Consult the operating manual of your device and the label or packaging of any inverter or generator to ensure they are compatible before plugging in your device.

## List of Assistive Devices and Medical Equipment

Use this space to note any planning considerations related to durable medical equipment (DME) or assistive technology.

## Assistive Technology & Durable Medical Equipment (DME) Equipment List

Manufacturer & Model: \_\_\_\_\_

Serial Number: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

Power Required: AC ☐ DC ☐ Volts: \_\_\_\_\_ Amps: \_\_\_\_\_ Watts: \_\_\_\_\_

Batteries (Type and number): \_\_\_\_\_

Notes: \_\_\_\_\_

Manufacturer & Model: \_\_\_\_\_

Serial Number: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

Power Required: AC ☐ DC ☐ Volts: \_\_\_\_\_ Amps: \_\_\_\_\_ Watts: \_\_\_\_\_

Batteries (Type and number): \_\_\_\_\_

Notes: \_\_\_\_\_

Manufacturer & Model: \_\_\_\_\_

Serial Number: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

Power Required: AC ☐ DC ☐ Volts: \_\_\_\_\_ Amps: \_\_\_\_\_ Watts: \_\_\_\_\_

Batteries (Type and number): \_\_\_\_\_

Notes: \_\_\_\_\_



## Extra Notes

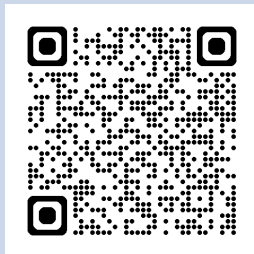
## Additional Resources



<https://islandcountywa.gov/DEM>



<https://mil.wa.gov/afn>



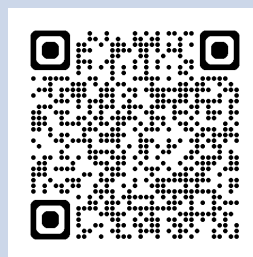
<https://www.ready.gov/disability>



<https://www.cdc.gov/disability-emergency-preparedness/index.html>



<https://www.cfi-wa.org/emergency-preparedness>



If you would like a fresh copy of this packet from the Island County Ready Neighbors Program, all documents are available for download at [www.islandcountywa.gov/1023/Island-County-Ready-Neighbors](http://www.islandcountywa.gov/1023/Island-County-Ready-Neighbors). You can also scan the QR Code to go directly to it.

