



Developing a Personal Emergency Preparedness Plan for People with Spinal Cord Injury

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Massachusetts Office on Disability

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Primary Mission:

Ensure full and equal participation of all people with disabilities in all aspects of life by working to advance legal rights, maximum opportunities, supportive services, accommodations and accessibility in a manner that fosters dignity and self determination.

Functional Organization

- **Government Services Program:**
 - To ensure that Massachusetts policies & practices are consistent with state and federal laws by working with all facets of government to resolve problems before they turn into crisis.
- **Client Services Program:**
 - Civil rights.
 - General disability related information.
 - Individual advocacy referral.
 - Federally mandated Client Assistance Program
- **Community Services Program:**
 - Training & technical assistance on state & federal disability legislation and regulations.
 - Developed & runs the nationally acclaimed Community Access Monitor Program.

Massachusetts Efforts

Massachusetts Task Force on Emergency Preparedness and People Requiring Additional Assistance During Times of Emergency*

Working Groups:

1. Communication
2. Evacuation
3. Registries
4. Sheltering
5. Personal Preparedness



*The "Recommendations from the Massachusetts Task Force on Emergency Preparedness and People Requiring Additional Assistance (September 2008)" can be found on the Massachusetts Office on Disability Website.

(<http://www.mass.gov/anf/employment-equal-access-disability/disability-info-and-resources/access-community-living-and-tech/community-serv-prog/emergency-preparedness.html>)

Personal Preparedness Efforts

Find a planning tool that works for you!

Options:

American Red Cross Tools

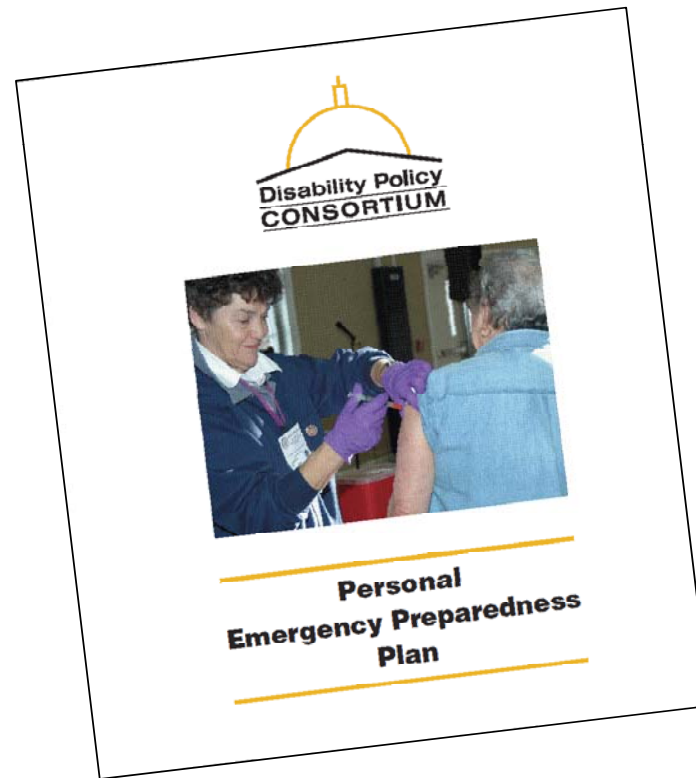
(<http://www.redcross.org/prepare/disaster-safety-library>)

Ready.gov Tools

(<http://www.ready.gov/>)

Federal Emergency Management Agency (FEMA) Tools

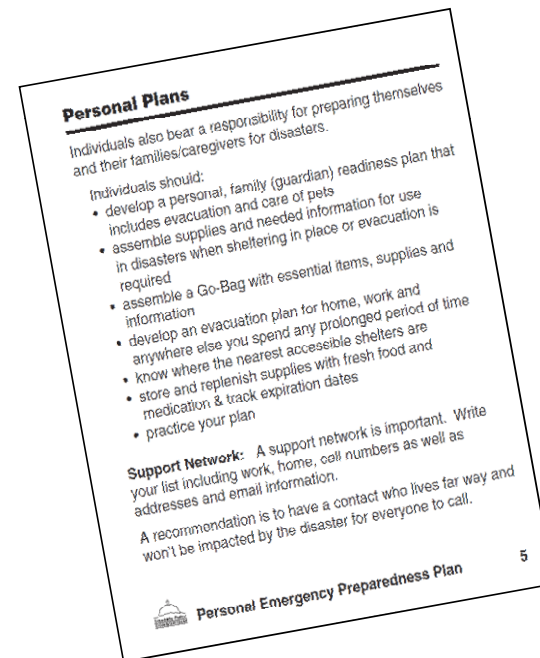
(<http://www.fema.gov/plan-prepare-mitigate>)



The booklet displayed in the following images can be found on the Disability Policy Consortiums Publications Page (<http://www.dpcma.org/Publications/tabid/423/Default.aspx>)

Personal Preparedness Efforts

- Create a Personal Plan
- Work with Others
- Practice Your Plan



Personal Plans

Individuals also bear a responsibility for preparing themselves and their families/caregivers for disasters.

Individuals should:

- develop a personal, family (guardian) readiness plan that includes evacuation and care of pets
- assemble supplies and needed information for use in disasters when sheltering in place or evacuation is required
- assemble a Go-Bag with essential items, supplies and information
- develop an evacuation plan for home, work and anywhere else you spend any prolonged period of time
- know where the nearest accessible shelters are
- store and replenish supplies with fresh food and medication & track expiration dates
- practice your plan

Support Network: A support network is important. Write your list including work, home, cell numbers as well as addresses and email information.

A recommendation is to have a contact who lives far way and won't be impacted by the disaster for everyone to call.



Plan Considerations

A word about your local shelter:

While it is comforting to know the location of a shelter prior to an emergency...

...during an actual emergency, don't assume that shelter is open!

Find out what shelter is open during the emergency.



Questions you need answers for before a disaster strikes:
Does the emergency plan address your needs?
Do you know how the community plans to notify you of an approaching disaster?
Do you know what your community evacuation plan is?

Shelters

Where is your neighborhood shelter? Does it meet your minimum accessibility requirements?

Shelter location(s):
Shelter manager number to contact (this may be the local emergency manager):

Is there a TTY/TDD available if you need it?
What is the TTY/TDD number?
Is the shelter accessible?
Does the shelter have signs in Braille?

4 Personal Emergency Preparedness Plan

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Plan Considerations

Medications:
Pharmacies can print medication history.

Keep it updated!




Medication	Dose	Route (by mouth, injection, etc.)	How often You Take	Prescription = (P) Over the Counter = (O)	Renewal Date

List any ALLERGIES you may have to medications, food, or other allergens (ex. latex gloves or products)

Allergy: Do not give this medication!	Type of reaction

Make copies of prescriptions for your Go-Bag.

 Personal Emergency Preparedness Plan

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Plan Considerations

Medical Concerns:

Keep a list of any tests or treatments you take on a regular basis



Medical Concerns

List any tests or treatments you take on a regular basis that will need to continue even in an emergency

Tests/treatments	How often	How long can I go without	Comments
Ex. Blood test	1 time a week	? days	Coagulation therapy

Current Medications

Include names and doses of all medications including over the counter products. Please use additional paper if necessary.

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Personal Emergency Preparedness Plan

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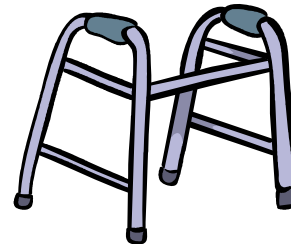
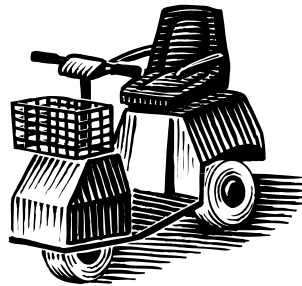
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Plan Considerations

Medical Equipment:

List model numbers and vendor contact information.



Equipment
List model numbers, vendor contact information and any other information needed to secure any equipment or assistive devices you will need whether at home or in a shelter.

Equipment/supplies	Model number	Vendor	Vendor Contact #	Comments

Health Care Providers
In an emergency your support network or emergency personnel need to know who your health care providers are.

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Personal Emergency Preparedness Plan

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Equipment/ supplies	Model number	Vendor	Vendor Contact #	Comments

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Plan Considerations

Phone Numbers:

Include phone numbers for:



- Loved ones
- Banks*
- Credit Cards*
- Insurances*

A tilted form titled "Personal Emergency Preparedness Plan" is shown. It contains three identical sections for contact information, each with fields for Name, Phone Numbers (Work, Home, Cell), Email address, and Address. Below these sections are two questions: "How will your support network notify you of an approaching disaster?" and "How will you notify your support network?" followed by a box labeled "Describe support network notification process here:". The number "6" is printed at the bottom left of the form.

**Don't put account numbers! Your personal information will be obtained when you contact them.*

Name:
Phone Numbers — Home:
Work: **Cell:**
Email address:
Address:

Name:
Phone Numbers — Home:
Work: **Cell:**
Email address:
Address:

Name:
Phone Numbers — Home:
Work: **Cell:**
Email address:
Address:

How will your support network notify you of an approaching disaster? How will you notify your support network?

Describe support network notification process here:

Plan Considerations

Additional Resources:



Massachusetts: <http://www.211.org/>

Nationwide: <http://www.211us.org/>



<http://www.folife.org/>



<http://www.redcross.org/find-help>



<http://www.fema.gov/recovery-resources>

Seek local resources as well!

Registration with Emergency Services

Some communities have developed procedures for people with disabilities to register in order to let Emergency Management personnel know who you are and maybe what your needs are. This may be the E-911 registration, part of a city census, or a separate procedure. This information will be kept confidential and used only in case of emergency.

Please consider registering if you have the opportunity.



P.O. Box 77 • Boston MA 02133
866-745-0917 • www.dpcma.org • mail@dpcma.org

Emergency Kits (Go-Packs)

A go-pack should have enough essential supplies to allow you 3-4 days worth of materials.



This go-pack can be found on the American Red Cross Store or build your own.
(<http://www.redcrossstore.org/shopper/prodlist.aspx?LocationId=107>)

Emergency Kits (Go-Packs)

Essential Starting Contents (For a 2 person 2 day kit)

- 1 - 6" Green 12 Hour Light Stick
- 2 - Pocket Tissue
- 1 - Red Bio-Hazard Bag w/ Twist Tie
- 2 - Emergency Drinking Waters 6/Pack
(5 year shelf life)
- 1 - 2.5 Gal. Water Storage Container
- 2 - Instant Body Warmers
- 1 - Whistle w/ Lanyard
- 2 - 2400 Calorie Food Bars (5 year shelf life)
- 2 - Sanitary Napkins
- 1 - Flashlight
- 2 - Emergency Blankets 54" x 84"
- 2 - Emergency Ponchos with Hood
- 1 - AM/FM Radio with batteries

Don't forget the batteries (if needed)!!

Put your planning document into the go-pack!



Emergency Kits (Go-Packs)

Add additional items that you might need. You are the only one who knows what items will be essential for your own personal go-kit.

Suggestions:



- Manual Can Opener

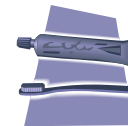
- Clothes

- Shoes



- Entertainment (book, mp3 player, deck of cards)

- Personal Hygiene Materials



- Additional Food and Water



- Duct Tape

Use the resources previously listed for additional suggestions.

Emergency Kits (Go-Packs)

Important Documents

Make copies of important documents and include them in your go-pack!

Don't forget a copy of your photo ID!



Will you deliver additional equipment or supplies in threatening weather or other emergency?

How should I store equipment such as oxygen cylinders?

What supplies will I need for my cleaning equipment? Ask for a written procedure for cleaning the equipment.

What is vendor's plan to replenish my equipment and supplies after the storm/disaster?

Important Documents

Make copies of important documents: (Check off list as you collect information) Keep in a waterproof, portable container.

- Birth certificates
- Licenses
- Social security card
- Bank/credit cards
- Passports
- Insurance information (health, car, home, etc.)
- Wills/deeds
- Stocks/bonds
- Prescriptions
- Immunization information
- Proof of address
- Inventory of household valuable goods
- Other _____



Get Involved

There are many ways for someone to get involved.

Contact your local Fire Department or Police Department to see if there are programs in your community. (use the non-emergency numbers please)

You can also look into joining the Citizen Corp, run through FEMA.

<https://www.citizen corps.gov/citizen corps/partners/paindex.shtm>

Citizen Corps Partner Programs



The **Community Emergency Response Team (CERT)** Program educates people about disaster preparedness and trains them in basic disaster response skills, such as fire safety, light search and rescue, and disaster medical operations. Using their training, CERT members can assist others in their neighborhood or workplace following an event and can take a more active role in preparing their community. The program is administered by the Federal Emergency Management Agency.



The **Fire Corps** promotes the use of citizen advocates to enhance the capacity of resource-constrained fire and rescue departments at all levels: volunteer, combination, and career. Citizen advocates can assist local fire departments in a range of activities including fire safety outreach, youth programs, and administrative support. Fire Corps provides resources to assist fire and rescue departments in creating opportunities for citizen advocates and promotes citizen participation. Fire Corps is funded through DHS and is managed and implemented through a partnership between the National Volunteer Fire Council, the International Association of Fire Fighters, and the International Association of Fire Chiefs.



USAonWatch - Neighborhood Watch works to provide information, training and resources to citizens and law enforcement agencies throughout the country. In the aftermath of September 11, 2001, Neighborhood Watch programs have expanded beyond their traditional crime prevention role to help neighborhoods focus on disaster preparedness, emergency response and terrorism awareness. USAonWatch-Neighborhood Watch is administered by the National Sheriffs' Association in partnership with the Bureau of Justice Assistance, U.S. Department of Justice.



The **Medical Reserve Corps (MRC)** Program strengthens communities by helping medical, public health and other volunteers offer their expertise throughout the year as well as during local emergencies and other times of community need. MRC volunteers work in coordination with existing local emergency response programs and also supplement existing community public health initiatives, such as outreach and prevention, immunization programs, blood drives, case management, care planning, and other efforts. The MRC program is administered by HHS.



Volunteers in Police Service (VIPS) works to enhance the capacity of state and local law enforcement to utilize volunteers. VIPS serves as a gateway to resources and information for and about law enforcement volunteer programs. Funded by DOJ, VIPS is managed and implemented by the International Association of Chiefs of Police.

Questions





Thank You!

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