ecac exceptional children's assistance center
Empowering Families★Improving Lives

Disaster Preparedness Plan for People with Disabilities

Disability Rights in Disasters

Disability rights are never put on hold during disasters. Any programs or services offered to the public in an emergency must be accessible and inclusive, ensuring that people with disabilities can fully participate and receive the same support as everyone else.

- A shelter cannot refuse you entry because of your disability.
- You are entitled to access shelters that meet ADA standards and are physically accessible.
- You have the right to effective communication, such as ASL interpreters, large print, braille, or assistive technology.
- You can ask for reasonable changes to policies or procedures to meet your needs.
- You are allowed to bring your service animal with you to shelters, disaster recovery centers, and other public emergency services.
- You cannot be forced into a nursing facility or institution if you choose not to go.

Stay Informed

- [ ] Sign up for local emergency alerts
- [ ] Download the FEMA app
- [ ] Download the Red Cross emergency app
- [ ] Know how to find a shelter near you
  Text SHELTER and your ZIP code to 43362
  Call the Red Cross: 1-800-733-2767

FEMA

American Red Cross

POISON Help 1-800-222-1222 poison.org

1-800-222-1222
www.poison.org

Ready.

www.ready.gov

1-800-626-4959
hotline@disasterstrategies.org

Build Your Emergency Kit

Check off items once you have added them to your kit.

- [ ] Water (one gallon per person per day for at least three days, for drinking and sanitation.
- [ ] Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- [ ] First aid kit
- [ ] Masks (N95 or KN95)
- [ ] Local maps
- [ ] Cell phone with chargers and a backup battery
- [ ] Prescription medications
- [ ] Prescription eyeglasses and contact lens solution
- [ ] Animal food and extra water for your pet, service animal, and/or emotional support animal
- [ ] Any extra money to spare
- [ ] Fire extinguisher
- [ ] Period hygiene supplies
- [ ] Paper cups, plates, paper towels and plastic utensils
- [ ] Books, games, puzzles, fidget devices, or other stimulating or distracting activities or devices
- [ ] Food (at least a three-day supply of non-perishable food); Ex: canned meat or tuna, dried or canned vegetables, cereal, peanut butter
- [ ] Flashlight and extra batteries
- [ ] Whistle or ball (to signal for help)
- [ ] Plastic sheeting and duct tape
- [ ] Moist towelettes, garbage bags and plastic ties
- [ ] Soap, hand sanitizer, disinfecting wipes, other sanitation supplies
- [ ] Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- [ ] Infant formula, bottles, diapers, wipes and diaper rash cream
- [ ] Sleeping bag or warm blanket for each person
- [ ] Complete change of clothing appropriate for your climate, and sturdy shoes
- [ ] Matches in a waterproof container
- [ ] Personal hygiene items
- [ ] Paper and pencil, pen, and/or marker

My Disability Preparedness

What equipment do I use?

- [ ] Wheelchair or scooter
- [ ] Walker
- [ ] Hearing Aids
- [ ] Breathing machine (ventilator, respirator)
- [ ] Oxygen, suction, or home dialysis equipment
- [ ] Speech Device
- [ ] White Cane
- [ ] Hoyer Lift
- [ ] Commode Chair
- [ ] Other _____

What equipment needs power to function?

- [ ] Wheelchair or scooter
- [ ] Speech Device
- [ ] Hearing Aids
- [ ] Breathing machine (ventilator, respirator)
- [ ] Other _____
- [ ] Hearing aids (batteries)
- [ ] Hoyer Lift
- [ ] Medicine that needs to be kept refrigerated (i.e. insulin, biologics)

What other supplies do I use?

- [ ] Urinary and/or bowel supplies
- [ ] Adult diapers
- [ ] Bed pads (CHUX)
- [ ] Other _____
- [ ] Gloves and wipes
- [ ] Wound care supplies

What are my important documents?

(Note: keep paper copies in a waterproof bag and save all documents electronically.)

- [ ] List of emergency contacts
- [ ] House deed, mortgage, or lease
- [ ] Health insurance and primary doctor information
- [ ] Prescription medication details
- [ ] Information on my customized equipment
- [ ] Other _____
- [ ] Insurance policies
- [ ] Bank account records
- [ ] Birth certificate and social security card (if applicable)
- [ ] Dietary requirements
- [ ] My emergency plan document

Questions to ask when preparing...

Make notes of how will you prepare ahead of time or if you need to connect with your child's doctors/care team

How can I get an emergency supply of medications for my child?

How can I keep refrigerated medications cool during a power outage?

In a power outage, how do I feed my child if they require mechanical feeding?

How long will my child's oxygen or ventilator last without power?

Where is the best place to go if our backup power plan fails?

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How do I acquire light-up smoke alarms or bed shaker alarms for my child?

How can I help my child stay calm and support sensory needs during an emergency?

How can I support my child's communication needs in a crisis?

What behavior changes might I expect during stressful situations?

How might disruptions to services or therapies affect my child?

How can we help keep supports consistent during disruptions?