



Know What To Do:

People with Functional Needs

To better prepare ourselves as a nation, we must all do our part to plan for disasters. Individuals can decrease the impact of an emergency or disaster by taking steps to prepare before an event occurs, whether they have disabilities or not.

Here are some tips for people with functional needs.

- **Be Informed**
 - ✓ **Learn about the types of hazards.**
 - Natural events and human-made
 - ✓ **Emergency Plans** are in place here at the University.
 - ✓ **Notification**-Find out how you will be informed about a disaster.
- **Identify Your Resources**
 - ✓ Make a list of friends, family, co-workers and fellow students who might be able to help you in an emergency. Talk to them and ask them to be part of your support network. Try to get three people at each location where you might spend significant time.
 - ✓ Ask yourself what resources you rely on regularly and determine how a disaster might affect them. What resources can replace them if a disaster makes them unavailable?
 - ✓ Ask questions like-Do I rely on equipment that is powered by electricity? What do I do if the power goes out? Do I use a service animal? Is there always enough food in the house for me and my dog should a winter storm hit? Do you need dialysis? What is my back-up plan if my dialysis center is shut down by the disaster?
- **Create an Individual Emergency Plan**
 - ✓ Work with your support network to make a plan. Have a plan for home, for work and for school.
 - ✓ Apply any contingencies that you develop on a regular basis.
 - Make sure people know how to lift you out of a wheelchair and carry you.
 - Ensure someone knows how to lead you out of a building if you are visually impaired.
 - Make sure that your plan addresses communications.
 - Keep a list of contacts and phone numbers with you.
 - Consider how to shelter with friends and family.
- **Create a “72 Hour Kit”**
 - ✓ Create a comprehensive “72 Hour Kit” with supplies to sustain you for 72 hours. This kit should include:
 - A three day supply of non-perishable food,
 - three day supply of water,
 - medical equipment that you need on a regular basis,
 - medicines and glasses.
 - List of your emergency contacts in your kit, including any health services you use on a regular basis.
 - The kit should also contain copies of any important papers,
 - An extra set of keys,
 - A small sum of cash and maybe a credit card.
 - Include personal hygiene products and any supplies needed for service animals. You should have a blanket and pillow readily available as well as clothes, coat and extra shoes.