



A comprehensive Emergency Preparedness Plan for People with Disabilities and Seniors, designed to help individuals, families, and caregivers prepare for emergencies like natural disasters, power outages, or evacuations.

A Personal Information Sheet

Create a one-page sheet that includes:

Full name, address, phone number

Emergency contacts (family, caregivers, neighbors)

Medical information (diagnoses, allergies, medications, assistive devices)

Doctor's contact info

Preferred hospital or care facility

Communication needs (hearing, speech, vision, cognitive)

Service animal details (if applicable)

Keep copies in:

Wallet or bag

Emergency kit

Posted visibly in home (near front door or fridge)

For First Responders

Post a first responder sticker on all points of entry describing who lives within (Include people and pets)

Consider a first responder approved Knox Box to store a key for first responders to access your home



Emergency Supply Kit (Go-Bag)

Pack enough for at least 3–7 days. Store in an easy-to-carry bag or backpack in an easily accessible area.

Basic supplies:

Water (1 gallon per day per person)

Nonperishable food and manual can opener or pop top cans

Flashlight and extra batteries

First aid kit

Whistle or alert device

Blanket and change of clothes

Cell phone charger (solar or battery-powered)

Cash, ID and insurance documents

Medications (7-day supply minimum)

Copies of prescriptions

Backup assistive devices (wheelchair batteries, cane, hearing aid batteries, etc.)

Medical equipment instructions

Gloves for caregivers, wound care supplies

Adaptive utensils or feeding aids

Backup communication tools (speech board, notepad, AAC device)

Heating and chilling packs

Food and water supply for Service Animals

Home Safety Plan

Identify two ways out of every room (doors, windows, ramps).

Keep mobility pathways clear for wheelchairs or walkers.

Label essential items for quick access (meds, emergency kit).

If you use power-dependent equipment, register with your utility company for priority restoration or backup generator programs.



Consider automatic alert systems or smart home devices that can call for help.

Communication Plan

Make sure your family, caregivers, and neighbors know how to contact you and help during an emergency.

Identify a primary contact person outside your area (in case local networks fail).

Write down short, clear phrases for emergency responders (“I can’t hear you,” “I use a wheelchair,” etc.).

Register with local emergency alert systems (EAS, Reverse 911).

Evacuation Plan

Know the nearest accessible shelters or evacuation centers.

Contact local emergency management agencies to verify transportation assistance.

If you live in an apartment, inform management of your mobility needs.

Practice your evacuation route regularly, including transferring to a car or accessible transport.

Community & Support Network

Build a “disability emergency team” of at least 3 trusted people:

One nearby (neighbor)

One local (friend/family)

One out of town (for communication backup)

They should:

Know your needs, equipment, and care plan

Have spare keys if needed

Be familiar with how to move or assist you safely



Power & Equipment Backup

If you rely on electricity for:

Ventilators, oxygen, or mobility devices:

Keep backup batteries charged.

Contact the power company's medical priority program.

Learn how to manually operate devices if possible.

Have a generator or portable power station (if safe and feasible).

Plan for Service Animals

Include food, water, ID tags, and vet records in your kit.

Bring a spare leash, harness, or carrier.

Identify pet-friendly shelters and hotels and their service-animal policies ahead of time. (Motel 6 provides free service animal stays as well as free caregiver stays when available)

After the Emergency

Recheck your equipment for damage or contamination.

Contact your care providers to reschedule or replace medications.

Document damages for insurance or assistance.

Stay connected to community resources (disability organizations, Red Cross, FEMA).

Review & Practice

Review your plan every 6 months or after major changes (new medication, address, caregiver, or device).

Practice your evacuation drill and test your alert system regularly.