

Get Ready for Emergencies – A Guide for Everyone

California State Council on Developmental Disabilities, Los Angeles Office

Disability Rights California

Some materials and ideas came from: Feeling Safe, Being Safe
Materials developed by the Dept. of Developmental Services Consumer Advisory Committee, 2010 www.dds.ca.gov

SLIDE TWO

What you will learn

Different types of emergencies

How to plan for emergencies

What to do in emergencies

SLIDE THREE

Preparing Makes Sense

[Preparing Makes Sense for People with Disabilities and Other Access and Functional Needs](#)

SLIDE FOUR

Types of Emergencies

Common in California

Fires

Flash Floods

Power Outage

Earthquakes

Pandemic

What else?

SLIDE FIVE

Prepare to Prosper

What is most important FOR you?

What keeps you safe?

What things do you need for day to day life?

SLIDE SIX

Prepare to Prosper

What is most important TO you?

What do you value?

Family

Friends

Pets

Activities

Things

What else?

SLIDE SEVEN

Think

Be prepared for anything

Planning for small things helps us plan for big emergencies

Transportation issues
Your water main breaks
You are stuck inside your house
Your phone dies
What else?

SLIDE EIGHT

Plan

Decide things you will need
Decide the help will you need
Decide about transportation
Fix hazards in your home
Make a communication plan
Put together an Emergency Kit
Decide places you can go if you must leave

SLIDE NINE

Communicate

Talk to the people who support you

Ask them to help you plan
Talk to them about how they can help you during an emergency

SLIDE TEN

Communication Plan

Fill out the Personal Safety Form

(Fillable version of the Personal Safety Form can be found on the California Department of Developmental Services website)

Put emergency contacts in your phone

[How to set up emergency contacts on your phone](#)

SLIDE ELEVEN

Important People and Resources

Find three people who could help you in an emergency.

What will you need people to help you with?

Help you evacuate?

Transport you somewhere?

Help in an evacuation center?

What else?

SLIDE TWELVE

Important People and Resources

Decide on a contact who lives out of state. Share with your support people, friends, family.

Fill out the People Who Care form.

(Fillable version of the People Who Care Form can be found on the California Department of Developmental Services website)

SLIDE THIRTEEN

Emergency Kit

Put together your Emergency Kit.

(Emergency Kit Supply List can be found on the California Department of Developmental Services website)

Keep it in a place that's easy to get to.

SLIDE FOURTEEN

Make Your Home Safe

Secure tall and heavy pieces of furniture

Use earthquake putty to secure small items.

Move electrical cords away from where people walk or roll.

Move anything that blocks your way out.

Get your home wiring checked

SLIDE FIFTEEN

Make your home safe

Make sure smoke detectors work. Replace batteries every year on the same date.

Install carbon monoxide detectors.

Hallway near bedrooms, **not** near fire-producing appliance

SLIDE SIXTEEN

Make your home safe

Check your fire extinguishers.

- Set monthly reminders

Green and red areas

Have a kitchen fire extinguisher next to your stove.

SLIDE SEVENTEEN

Responding to Emergencies

Earthquakes

House Fires

Evacuating for floods or wildfires

SLIDE EIGHTEEN

Earthquakes

How can you be hurt?

- Furniture falls over or slides

- Glass breaks or shatters

- A part of the building you are in collapses

- Heavy or fragile things fall

SLIDE NINETEEN

Prepare for Earthquakes

Secure furniture

Store heavy or fragile items down low

Secure lighter things that can fall with earthquake putty

Practice what to do during an earthquake

Relocation site

Participate in the Great Shakeout

SLIDE TWENTY

Respond to an Earthquake

Get UNDER or BESIDE something taller than you and steady such as a table or couch.

Cover your head and neck.

Hold on.

Protect Yourself During Earthquakes!



www.EarthquakeCountry.org/disability

SLIDE TWENTY-ONE

House Fires

What can start a fire in your home?

Open flames

Bad wiring

Lit cigarettes

SLIDE TWENTY-TWO

Prevent and Prepare for House Fires

Blow out candles when you leave the room where they are burning.

Never smoke in bed.

Never leave a gas stove unattended.

Never leave a fire in the fire place unattended.

SLIDE TWENTY-THREE

Prevent and prepare for house fires

Learn how to use fire extinguishers.



SLIDE TWENTY-FOUR

Plan for house fires

Plan how you will get out of your home.

Know at least two ways out.

If you will need help, who will help you?

Put your emergency kit in an easy place.

Make sure the paths to get out of your home are not blocked.

Practice what to do.

SLIDE TWENTY-FIVE

If you can't get out

Shut your door

Stuff anything you can find around the cracks of the door like sheets, towels, jackets.

Open a window and hang a sheet, towel or other large item out the window.

Yell that you are trapped; blow a whistle.

SLIDE TWENTY-SIX

Evacuations

If there is a wildfire, flood or other disaster, you may need to evacuate.

If you will need help evacuating, contact the people from your list who can help.

Be prepared to leave very quickly.

If you are told to leave, go immediately.

Take your Emergency Kit with you. Take assistive devices and anything else that you will need if you are out of your house for several days or more.

SLIDE TWENTY-SEVEN

Evacuations

If you planned to stay with a friend or family, contact them and let them know you are coming.

If you need an evacuation center, go to the one nearest you. Be prepared to tell them what you need.

Call your out of state contact person; tell them where you are.

SLIDE TWENTY-EIGHT

Summary

Prepare to prosper

What's important FOR you?

What's important TO you?

Take steps to reduce risks

Talk to others about your plans and what you need

Practice what to do – earthquakes, fires, evacuations

SLIDE TWENTY-NINE

Resource page

Resources that can help you

Office of Emergency Services – www.caloes.ca.gov

Local emergency services like the Fire Dept. and Law Enforcement

Training resources such as Office of Clients' Rights Advocacy and the State Council on Developmental Disabilities

Dept. of Developmental Services Consumer Advisory Committee