



PALO ALTO HUMANE SOCIETY

Helping animals through intervention, education, advocacy

DISASTER PLANNING FOR PEOPLE WITH MOBILITY CONCERNS

Gather Information

- Find out what kind of disasters occur in your areas and what you can do to prepare for them. Look for information at:
 - www.redcross.org
 - www.fema.gov
 - www.oes.ca.gov
- If you have a personal care attendant, make sure that he or she can come with you to a shelter if it becomes necessary to leave your home.
- Find out what licenses your service animal will need if you have to go to a public emergency shelter.
- Check with local emergency organizations or fire departments to find out what special assistance may be available in disasters for mobility-impaired persons.
- Get a copy of the emergency plans for your workplace. If they do not meet the needs of people with mobility issues, ask how they can be modified to do so.



Prepare Yourself

- Determine what you will need to do for each type of emergency.
- Be prepared to be self-sufficient for at least three days.
- Identify potential escape routes from your home, and make sure that at least two are always easily accessible.
- If you use a wheelchair, make at least two exits from your home wheelchair accessible, in case one is blocked.
- If you have medical equipment that requires electricity, buy a backup power supply, keep it in good working order, and make sure you know how to connect your equipment to it.
- Know how to turn off your water, gas, and electricity at the main valves and switches.
- Keep a list by each phone of your physicians' names and numbers, as well as information about your medications, special equipment, and allergies. Also keep a copy of this list in your emergency kit.
- If you use a walking aid, keep nearby at all times. If possible, keep extras in different rooms of your house.
- Put a security light in each room. These lights plug into any outlet and use their built-in rechargeable batteries to light up if there is a loss of electricity.
- Have a whistle to signal for help.
- Find two people who can check on you in an emergency. Show them how to operate any equipment, where to find supplies, and what your special needs are. Give them a key to your home.

Before, During, and After an Earthquake

- Identify sturdy tables or desks you can get under when an earthquake strikes.
- Anchor telephones and life-support systems to walls.
- If you are in bed or sitting down when an earthquake occurs, do not get up.
- If you are standing, get under a sturdy table or desk, or sit down.
- Listen to your portable radio for news and instructions. For your own safety, cooperate fully with the instructions of emergency officials.
- Expect aftershocks. Be ready to get to a safe place at any time. Keep sturdy shoes, your walking aid, and other vital items nearby.

Your Disaster Kit

Store the following supplies and first aid items in a protected area, in a portable container such as a plastic bin or a trash can with a lid.

- A week's supply of water in sealed, unbreakable containers. Replace every 6 months.
- A week's supply of non-perishable food.
- Plastic plates, metal or plastic utensils, and a can opener.
- Food and supplies for your service animal. (Although shelters will allow you to bring your service animal, you will need to provide food and other necessities yourself.)
- A first aid kit.
- Spare bottles of your prescription medicines.
- An extra pair of eyeglasses.
- Extra batteries for your hearing aids, wheelchair, life-support equipment, etc.
- A battery-powered radio and flashlight with plenty of extra batteries.
- A change of clothes and shoes, including rain gear.
- A blanket or sleeping bag.
- Personal identification.
- Names and phone numbers of a relative or friend, and your physician.
- An extra set of house and car keys.
- Some emergency cash (including some coins for pay phones).

Materials produced by the Palo Alto Humane Society in conjunction with the American Red Cross Northern California Disaster Preparedness Network

