



# EMERGENCY PLANNING GUIDE

BE AWARE. BE PREPARED.



NATURAL DISASTER READINESS FOR  
PEOPLE WITH DISABILITIES



Alabama Council on  
Developmental Disabilities

[WWW.ACDD.ORG](http://WWW.ACDD.ORG)

# (\*PLANNING = SAFETY)

## WELCOME TO YOUR EMERGENCY PLANNING GUIDE



This guide will help people with disabilities prepare for natural disasters like tornadoes, hurricanes, and floods. Being ready can help keep you safe.

Emergencies can be scary, especially if you have medical needs, use mobility devices, or depend on help from others. Many emergency plans don't include these needs. This guide focuses on them, so you can stay safe and be ready when disaster strikes.



# KNOW THE RISKS



Alabama faces disasters like tornadoes, floods, hurricanes, heat waves, and winter storms. These can damage homes, block roads, cause flooding, or cause dangerous heat or cold.

**Answer the questions below to stay prepared:**

01

**Disasters most likely to affect my area:**

---

02

**Closest ADA-accessible shelter:**

---

03

**County emergency management phone #:**

---

# Mobility

**01**

**Keep your evacuation route clear.**

---

**02**

**Plan for stairs if elevators don't work.**

---

**03**

**Store extra wheelchair batteries or chargers.**

---

**04**

**If possible, lightweight manual wheelchair for backup.**

---

**05**

**A patch kit or can of "seal-in-air product" to repair flat tires on your wheelchair and/or an extra supply of inner tubes.**

---

**06**

**Ask someone to practice helping you evacuate.**

---

# My Mobility Plan

01

## Primary evacuation route from home:

List below evacuation routes from your house. Be sure to think through all evacuation routes.

02

## Backup route (stairs, alternate exit):

List below backup routes that you may need during an emergency. Remember that elevators may be down so think through how you will get down stairs, etc.

03

## Who can help me evacuate?

List at least 1-3 people below who you can call during an emergency to help you find a safe evacuation.

04

## Backup mobility equipment I have:

List here all the backup mobility equipment that you have such as manual wheelchair, scooter, cane, walkers. Also list what extra batteries you have.

# Communication



**1. Carry a card that explains how you communicate.**



**2. If Deaf, Hard of Hearing, or DeafBlind, keep text or video relay set up and flashing/vibration alerts turned on.**



**3. Keep written or picture instructions in your kit.**

## My Communication Plan

01

**How I explain my communication needs:**

02

**Pre-written emergency text/email I will use:**

03

**Communication boards/picture cards are kept:**

04

**List here people who know how to communicate with me:**

# Medical Needs

- ✓ **Pack 7–10 days of medicines and supplies.**
- ✓ **Label all medical devices.**
- ✓ **Include a list of medications, doctors, and allergies.**
- ✓ **Plan for backup power for equipment.**



# My Medical Needs Plan

| MY MEDICATIONS: | DOSE: |
|-----------------|-------|
| 01              |       |
| 02              |       |
| 03              |       |
| 04              |       |
| 05              |       |

| ALLERGIES |
|-----------|
| 01        |
| 02        |
| 03        |
| 04        |

List below your doctors & how to contact them during an emergency.

**DOCTOR**

**DOCTOR'S PHONE NUMBER**

|            |  |
|------------|--|
| <b>01.</b> |  |
| <b>02.</b> |  |
| <b>03.</b> |  |
| <b>04.</b> |  |
| <b>05.</b> |  |

**My medical devices (CPAP, oxygen, etc.):**

**My backup power plan (generator, battery, portable charger):**

# Access to Emergency Services



01

**Sign up for Smart911 or your county registry.**

02

**Know which shelters are ADA accessible.**

03

**Ask how your county helps people with disabilities during emergencies.**



# My Emergency Services

|                                       |                                 |                                |
|---------------------------------------|---------------------------------|--------------------------------|
| <b>I am registered with Smart911:</b> | Yes<br><input type="checkbox"/> | No<br><input type="checkbox"/> |
|---------------------------------------|---------------------------------|--------------------------------|

**List any local county disability/emergency registry you signed up for:**

|     |
|-----|
| 01. |
| 02. |
| 03. |

**List ADA-accessible shelters near you:**

|     |
|-----|
| 01. |
| 02. |
| 03. |

|  |                                 |                                |
|--|---------------------------------|--------------------------------|
| <b>FEMA text code (43362) saved in my phone?</b> | Yes<br><input type="checkbox"/> | No<br><input type="checkbox"/> |
|--|---------------------------------|--------------------------------|

# Make a Plan

**01** Choose 2–3 trusted people who can help you.

**02** Share your plan with them.

**03** Give them your medication list.

**04** Set check-in times during bad weather.

## My Support Network:

| TRUSTED HELPERS: | PHONE NUMBER |
|------------------|--------------|
| <b>01</b>        |              |
| <b>02</b>        |              |
| <b>03</b>        |              |
| <b>04</b>        |              |
| <b>05</b>        |              |

# My Emergency Supply Kit



Start with the “Get 10”:

- ✓ **Water**  
\_\_\_\_\_
- ✓ **Food**  
\_\_\_\_\_
- ✓ **Can opener**  
\_\_\_\_\_
- ✓ **Medications**  
\_\_\_\_\_
- ✓ **First aid kit**  
\_\_\_\_\_
- ✓ **Flashlight**  
\_\_\_\_\_
- ✓ **Radio**  
\_\_\_\_\_
- ✓ **Clothing**  
\_\_\_\_\_
- ✓ **Personal care items**  
\_\_\_\_\_
- ✓ **Important documents**  
\_\_\_\_\_

List other things to pack:

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

Then add: extra medical equipment or chargers, backup glasses, hearing aid batteries, or devices, supplies for 7–10 days

# My Emergency Kit:

|  |  |
|--|--|
| <b>Where I keep my kit:</b>                    | <b>Date I last checked it:</b>           |
| <b>Date to check next:</b>                     | <b>Special items I added for myself:</b> |
| <b>Additional Items for 7–10 days to pack:</b> |  |

# Pets & Service Animals

01

**Pack food, water, leash, vet records, and ID tags.**

02

**Keep a photo of your animal(s).**



03

**Check shelter rules (service animals are protected by law).**

04

**Keep gear with your kit.**

# My Animal's Plan



**01 List all the names of your animals:**

---

**02 Special gear packed (service vest, harness, etc.):**

---

**03 List 2-3 shelter(s) that accept your animal(s):**

---

**04 Food & water packed:** Yes  No

**05 Leash, harness, ID tags:** Yes  No

**06 Vet records and recent photo stored:** Yes  No

# Helpful Resources & Contacts



## Accessible Shelters & Emergency Help

- Google: "community storm shelters near me."
- Text "SHELTER" + ZIP code to 43362 (FEMA).
- Contact local emergency management agency.
- Save shelters that allow service animals/pets.

## Disability & Support Organizations

- ACDD – [www.acdd.org](http://www.acdd.org)
- Alabama Institute for Deaf and Blind – [www.aidb.org](http://www.aidb.org)
- National Council on Disability – [www.ncd.gov](http://www.ncd.gov)
- National Organization on Disability – [www.nod.org](http://www.nod.org)
- Inclusive Preparedness Center – [www.inclusivepreparedness.org](http://www.inclusivepreparedness.org)



## Emergency Alert Apps

- Emergency Alert Apps
- Smart911
- FEMA App
- Red Cross Emergency App

**01** Local shelters I can go to:

**02** County emergency management contact:

**03** Disability organization contacts:

**04** Apps I downloaded:

## Maintain Your Plan

- ✓ **Check your kit twice a year.**
- ✓ **Replace expired food, water, and medications.**
- ✓ **Update medical info and contacts.**
- ✓ **Practice routes and communication with your support network.**

### MY MAINTENANCE PLAN

Date I last checked my kit: \_\_\_\_\_

Expired items I replaced: \_\_\_\_\_

Date I updated medical/contact info: \_\_\_\_\_

Next practice drill scheduled: \_\_\_\_\_



## Don't Forget. Planning = Safety

01

### **Carry Important Info:**

medical card with diagnoses, medications, and allergies; emergency contact list; communication instructions.

02

### **Practice Your Plan:**

test evacuation route; practice for power outages, sheltering, or evacuating; review plan every 6 months.

03

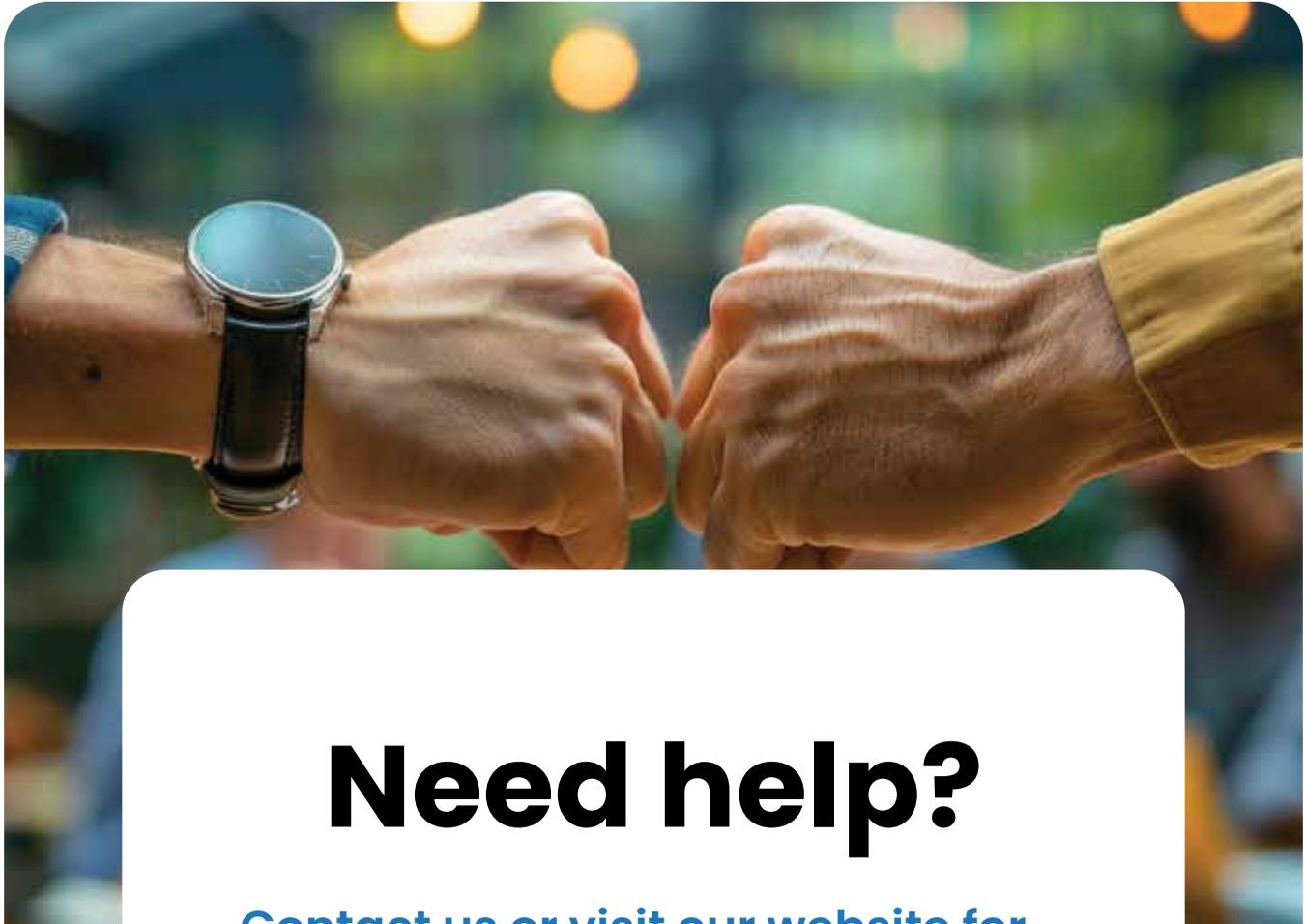
### **Label and Protect Equipment:**

put your name and phone number on devices; keep batteries charged or have a backup; use waterproof containers.

04

### **Stay Informed:**

sign up for local alerts; download weather apps with accessibility features; follow Ready.gov and FEMA online.



# Need help?

Contact us or visit our website for more resources and information.

VISIT [WWW.ADCC.ORG/RESOURCES](http://WWW.ADCC.ORG/RESOURCES) →

DESIGNED & CREATED BY

**FOWLER DAVIS**  
IDEAS IN MOTION