

# EMERGENCY PREPAREDNESS FOR PEOPLE WITH DISABILITIES

## CREATE A NETWORK OF SUPPORT

TO HELP YOU IN CASE OF AN EMERGENCY.



Plan how you will **communicate** if you have a communication disability.



Plan for your **transportation** if you need help evacuating.



Plan how you will evacuate with any **assistive devices**.



**RESOURCES** for  
**INDEPENDENCE**  
Central Valley

## PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRICAL MEDICAL DEVICES.



talk to a health care provider about what to do



identify an alternative power source for devices



inform your emergency contacts of the plan

## WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS

- Contact information for important people and care providers
- A list of medicines you need, dosage instructions, and any allergies
- Styles and serial numbers of all medical and assistive devices
- Need-to-know information for first responders and others who might need to help you



Food, water, and essentials for you and pets or service animals



Medicines, medical supplies, batteries, and chargers



Copies of Medi-Cal, Medicare, and other insurance cards

Contact RICV for help in formulating your personal emergency preparation  
Isabella Lo at [ilo@ricv.org](mailto:ilo@ricv.org) or 559.221.2330.