

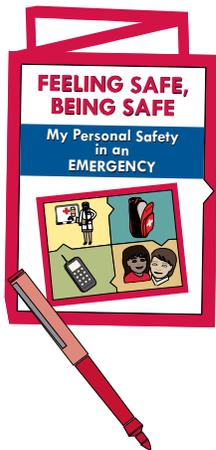
FEELING SAFE, BEING SAFE

My Personal Safety in an EMERGENCY



FEELING SAFE, BEING SAFE

MAKING YOUR OWN PLAN



This worksheet will help you make a plan and support you during an emergency.

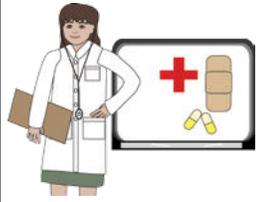
It will help you think about:

- Important people to call.
- Being safe at home.
- A safe place to go.

Have someone help you:

- Get all the information you need.
- Put your emergency kit together.
- Complete the worksheet.

Complete all the pages in the worksheet.
Put it in your emergency kit.



PERSONAL SAFETY

IMPORTANT INFORMATION ABOUT ME

PERSONAL INFORMATION:



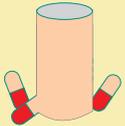
My Name _____

Health Insurance _____

CARD NUMBER

HEALTH/MEDICAL INFORMATION:

My Meds _____



My Doctor _____



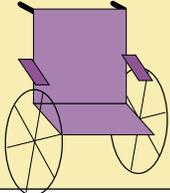
Information about my disability _____

IMPORTANT THINGS I USE:



Glasses

Hearing aids



Wheelchair

Walker

Service animal

Other _____

COMMUNICATION:



My way of talking _____

Best way to talk to me _____

Best way to assist me _____

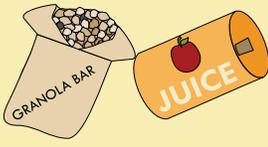
How I respond to stress _____



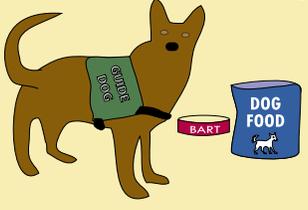
SAFE AT HOME

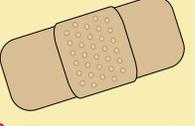
PREPARING SO YOU ARE SAFE AT HOME

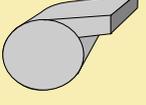
EMERGENCY KIT:

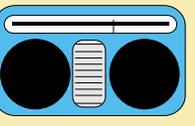
Water  Food 

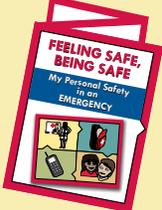
Extra Clothes  Coat  Gloves 

Service Animal Supplies 

Meds  First Aid 

Whistle  Garbage Bags 

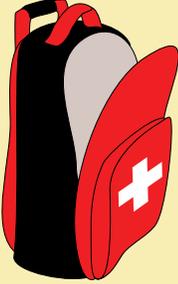
Flashlight  Radio  Batteries 

Worksheet  Cash 

Place in a zip lock bag

Copy of Insurance & ID Card 

REMEMBER:

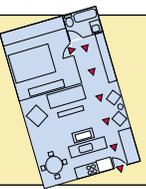
 Put your name on the front of the kit.

Put it in a place easy to find.

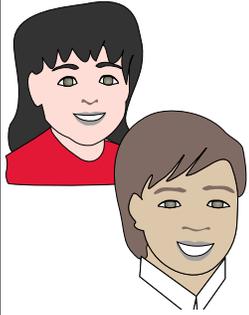
Tell important people where it is.

Check the kit often.

GOOD IDEAS ABOUT BEING SAFE AT HOME:

 Clear pathways to enter and leave easily.

Keep window and door areas free of clutter.



PEOPLE WHO CARE

IMPORTANT PEOPLE IN AN EMERGENCY

SOMEONE WHO LIVES CLOSE:



Neighbor _____ #

Apt. Manager _____ #

Family/Friend _____ #

OTHER IMPORTANT CONTACTS:

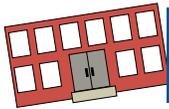
Support Staff _____ #

Program _____ #

Regional Center _____ #

4

COMMUNITY RESOURCES



WHO TO CALL FOR EMERGENCY INFORMATION



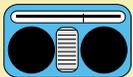
911



Office of Emergency Services _____

Fire # _____ Police # _____

WHERE TO GET INFORMATION TO BE SAFE IN AN EMERGENCY:



Radio Station _____

TV Station _____

FEELING SAFE, BEING SAFE



Governor's Council on Developmental Disabilities

ARKANSAS

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Little Rock, Arkansas 72201
(501) 682-2897
GCDD.arkansas.gov

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<http://brcenter.org/>

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<http://www.dds.ca.gov>