

II. Preparedness: Individual Planning

Checklist for Seniors and People with Disabilities

In addition to the “5 Step Plan” on the previous page, some people will have extra considerations. The [Independent Living Resource Center](#) (ILRCSF) has put together a check list of things to consider in emergency planning if you, or someone you know, has particular needs. For further information on any of these items, contact the ILRC directly tel: (415) 543-6222, TTY (415) 543-6698 or fax: (415) 543-6318.

	Task	Completed
1	Conduct an “ability self-assessment”. Evaluate your capabilities, limitations, needs, and surroundings to determine what type of help you might need in an emergency.	
2	Establish a personal support network of people you can trust to check up on you in an emergency.	
3	Customize an “emergency health information card” with your personal medical information and instructions for personal assistance. Keep copies in your wallet, purse and emergency supply kits.	
4	Maintain at least a seven day supply of essential medications.	
5	Collect enough disability related supplies (i.e: medication syringes, colostomy, respiratory, catheter, padding etc.) to last at least one week. Do not expect first aid stations or shelters to meet your needs.	
6	Keep important equipment and assistive devices in a consistent, convenient, and secured place. Consider back up power sources and adaptors.	
7	Write out instructions for equipment you might need help with in an emergency.	
8	If you use a service animal: <ol style="list-style-type: none"> 1. make sure I.D. tags and license are current 2. be able to function without assistance from your service animal – identify alternate mobility options – in case your animal becomes frightened, confused and/or disoriented. 3. make an emergency supply kit for your service animal. 	
9	Contact the ILRC for further details on how to plan for disasters in the following areas: “Health Cards”, “Emergency Documents”, “People with Visual Disabilities”, “Deaf or Hard of Hearing”, “Communication and Speech Related Disabilities”, “Psychiatric Disabilities”, “Developmental or Cognitive Disabilities”, “Mobility Disabilities”, “Multiple Chemical Sensitivities”, “People Who Use Life Support Systems”, and “Service Animals”.	