

What to Prepare: Special Needs

DEFINITION OF SPECIAL NEEDS: Requirements for a person to function safely and in relative comfort while meeting daily needs during an emergency or disaster.

PERSONAL SUPPORT NETWORK

- Have agreement with at least 3 people
- Make sure they can & will provide assistance if needed
- Check status of hired personal care assistants “in case of emergency”
- Discuss plans re location of supplies, important documents
- Exchange telephone numbers
- Provide them with keys if necessary
- Identify contact list of family and/or friends to be notified if you need to relocate
- Identify emergency contact about 100+ miles away for message relay. Make sure to share this number with support people and family/friends
- Teach people how to care for you & use equipment, devices & procedures
- PRACTICE COMMUNICATION METHODS including notification of whereabouts

PREPARE: Make a LIST so you don't forget things that cannot be packed beforehand

♀ **List of current medications, at least a 3-5 day supply & prescriptions**

♀ **Health History with name(s) of physician(s)**

♀ **Medical equipment with directions & vendor names**

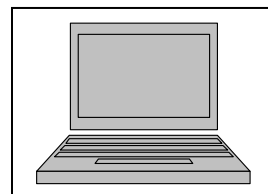
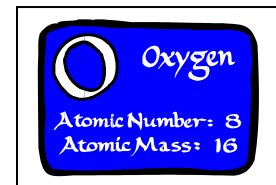
- Oxygen supplies
- Nebulizers
- Canes/Wheelchairs/walkers
- Electric wheelchair with backup battery & charger
- Pacemaker information
- Diabetes equipment
 - Glucose meter/strips
 - Insulin/syringes
 - Other insulin supplies
- Ostomy supplies
- Prostheses

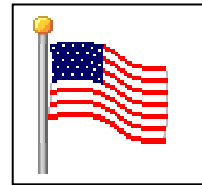
♀ **Non perishable dietary items:** special foods if required

♀ **Plan Evacuation: Have Maps-**can identify routes to shelters or alternate locations

♀ **Electronic equipment**

- ❖ Flashlight
- ❖ Radio with earpiece
- ❖ Extra batteries & key parts





♀ **Personal Care**

- ❖ 3-5 days minimum
- ❖ appropriate to weather

♀ **Personal hygiene items**

- ♦ 3-5 days minimum

♀ **Sleeping supplies:** pillow, blanket

♀ **Important papers**

- ♀ I.D. with current address
- ♀ Family records, wills, POA, Living wills
- ♀ Charge cards with list of numbers
- ♀ Check book with list of account numbers
- ♀ Medical insurance cards
- ♀ Passport
- ♀ Driver's license
- ♀ Motor vehicle registration
- ♀ Other



♀ **Entertainment items:** small, few

- ❖ Books & magazines
- ❖ Cards
- ❖ Games

♀ **Emergency Bag**

- ❖ Size that can be carried by self or assistant

♀ **First-aid kit**

♀ **Personal equipment**

- ❖ Spare eyeglasses and/or contact lenses
- ❖ Hearing aids with extra batteries
- ❖ Dentures
- ❖ Communication devices including pre-written messages, pads & pencils, other

SERVICE ANIMAL: Permitted

- ♀ Emergency bag with health records
- ♀ ID tags with contact info
- ♀ Name of veterinarian
- ♀ Leash or harness: extra
- ♀ Written guides for others



PRACTICE PRACTICE PRACTICE

- **ASSERTIVENESS SKILLS**
- **HOW TO MAKE NEEDS KNOWN: Be Brief & Clear**
 - **EXAMPLES:** "NO fireman's carry", "Don't bend left arm", "Can't stand long time"
- **WRITE ON CARDS IN ADVANCE BEST WAY TO ASSIST YOU**