



Disaster Preparedness for People With Disabilities (Printable Page)

Completing a Personal Assessment

You should decide what you will be able to do for yourself and what assistance you may need before, during, and after a disaster. This will be based on the environment after the disaster, your capabilities, and your limitations. To complete a personal assessment, make a list of your personal needs and your resources for meeting them in a disaster environment. Consider the following information as you make your personal assessment.

Think about the following questions and note your answers in writing or record them on a tape cassette that you will share with your support network. These answers should describe both your physical capabilities right now and the assistance you will need during the time that the disaster disrupts your normal routine. Base your plan on your lowest anticipated level of functioning.

Daily Living

Personal Care

Do you need assistance with personal care, such as bathing and grooming? Do you use adaptive equipment to help you get dressed?

- My Capabilities Today:
- Assistance I Need Because of Disaster:

Water Service

What will you do if water service is cut off for several days, or if you are unable to heat water?

- My Capabilities Today:
- Assistance I Need Because of Disaster:

Personal Care Equipment

Do you use a shower chair, tub-transfer bench, or other similar equipment?

- My Capabilities Today:
- Assistance I Need Because of Disaster:

Adaptive Feeding Devices

Do you use special utensils that help you prepare or eat food independently?

- My Capabilities Today:

- Assistance I Need Because of Disaster:

Electricity-Dependent Equipment

How will you continue to use equipment that runs on electricity, such as dialysis, electrical lifts, etc. ?

- My Capabilities Today:
- Assistance I Need Because of Disaster:

Getting Around

Disaster Debris

How will you cope with the debris in your home following the disaster?

- My Capabilities Today:
- Assistance I Need Because of Disaster:

Transportation

Do you need a specially-equipped vehicle or accessible transportation?

- My Capabilities Today:
- Assistance I Need Because of Disaster:

Errands

Do you need to get groceries, medications, and medical supplies? Think about what you will do if you depend on only one person to shop or run errands for you. What if your assistant cannot reach you because roads are blocked or because the disaster has affected him or her as well?

- My Capabilities Today:
- Assistance I Need Because of Disaster:

Evacuating

Building Evacuation

Do you need help to leave your home or office?

- My Capabilities Today:
- Assistance I Need Because of Disaster:

Building Exits

If the elevator is not working or cannot be used, are there other exits? (Include using a window as an alternate escape.)

- My Capabilities Today:

- Assistance I Need Because of Disaster:

Getting Help

How will you call for the help you will need to leave the building?

- My Capabilities Today:
- Assistance I Need Because of Disaster:

Mobility Aids

What will you do if you cannot find your mobility aids, or cannot find or use equipment necessary for your service animal?

- My Capabilities Today:
- Assistance I Need Because of Disaster:

Ramp Access

What will you do if your ramps are shaken loose or become separated from the building?

- My Capabilities Today:
- Assistance I Need Because of Disaster:

Service Animals/Pets

Will you be able to care for your animal (provide food, shelter, veterinary attention, etc.) during and after a disaster? Do you have another caregiver for your animal if you are unable to meet its needs?

- My Capabilities Today:
- Assistance I Need Because of Disaster:

Personal Disaster Preparation

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