

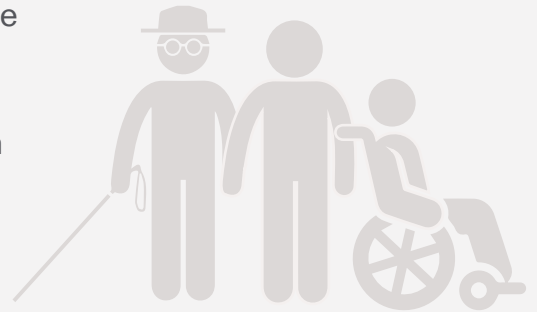
People With Access and Functional Needs- Planning With a Team

Disasters affect everyone. Each of us should have a plan based on our own needs.

We can all benefit from working with a group of people to identify and plan for our needs. Team planning is even more important for people who may need more help. This includes older adults, people with disabilities, or those with limited resources.

Think about your personal situation. Plan with a team to stay safe in a disaster.

It's more important than ever to be prepared. The climate crisis is causing more frequent and extreme weather events. Prepare now to protect yourself and your loved ones.



Understand Your Disaster Risks

- Learn about the disasters that may happen in your community.
- Find out how your community plans to respond and communicate. Sign up for local alerts.
- Download the free Red Cross Emergency App to stay alert and learn how to be prepared.



Assess Your Needs

- Consider the disasters that are likely and how they could impact you. Think about what you can do on your own and what you will need help with. Imagine yourself in these situations:
 - Your home may be damaged.
 - You may not have power for your medical devices, elevators, cooking, or keeping food and medicines cold.
 - Your home may not have heat, or air conditioning.
 - You may not have clean water for drinking, cooking, and cleaning.
 - Stores, pharmacies, and healthcare facilities may close, or you may not be able to get to them.
 - Caregivers may not be able to get to you. There may not be deliveries of medicines and supplies.
 - Some disasters may impact specific health conditions. For example, smoke from wildfires may increase breathing problems.



Build a Support Team

- Based on your needs, you may need others to help you during a disaster. This is your support “team”.
 - Consider including family members, neighbors, friends, health care providers, colleagues, and an out-of-town contact.
- Plan ahead with each member of your team and create a plan together.
 - Create a contact list for your team members.
 - Discuss your medical, physical, cognitive, and mental health needs. How may they affect you during a disaster?
 - Write down how each person can help you, and any information they will need. This will be your “plan”. Make sure each member of your team has a copy and keep it up to date.
 - Situations change during a disaster. Make plans flexible and include back-ups.



Make Plans to Stay Safe

Depending on the emergency, you may need to shelter at home, shelter nearby or evacuate.

Evacuate - If your home won't be safe or if you won't be able to get the services you need, plan to evacuate well before the disaster happens.

- Think about where you will go and how you will get there. Plan for the help you may need and what to bring with you. If you have pets or assistance animals, plan to take them with you to a location they can stay safe.
- If you plan to go to a disaster shelter, know what to expect. Visit [redcross.org/shelter](https://www.redcross.org/shelter) to learn more about Red Cross shelters.

Stay Home - If you decide it will be safe to stay at home, plan how you will meet the needs you have identified.

Shelter Nearby - For disasters with no notice, identify safe shelters near places you frequent.



Plan to Stay Connected

- Listen to guidance from your local officials.
- Sign up for local emergency alerts.
- Keep copies of your team contact list and know how to text and set up group texts. Texting may work when phone calls don't get through.
- Have a battery-powered radio.
- Continue to monitor the situation. Conditions and guidance may change.



Gather Emergency Supplies

Gather food, water, medicine, seasonal clothing, and personal items. Organize supplies into kits:

- **Go-Kit** with at least three days of essential supplies if you need to leave quickly. Include backup batteries and chargers for your electronic and medical devices (cell phone, CPAP, wheelchair, etc.).
- **Stay-at-Home Kit** with at least two weeks of supplies.
- **Medical Supplies** - Plan with your doctor for your health and medical needs.
 - Ask for a back-up supply of at least one month of medicines, assistive devices, and medical supplies.
 - Disasters can be stressful. Discuss potential changes in medicines and other medical needs
- If you have pets or assistance animals include their needed supplies.
- For a list of more items that should be in your kits visit [redcross.org/kit](https://www.redcross.org/kit)



Key Documents for Response and Recovery

Organize records for safe and easy access (hard copies or securely backed up). These are important for support during and after a disaster. Keep a paper copy in your emergency kits in case of a power outage. Make sure someone on your team has a copy too.

Include contacts and records for:

- **Household** - Contact information and identification for household members. Include contact information for your support team.
- **Medical and Care Providers** - Contact information for providers and records of insurance, conditions, prescriptions, and medical devices.
- **Financial and Legal** - Contact information for your income, bills, insurance, and home maintenance. Records of property ownership, bank and investment accounts, rentals, attorneys, wills.
- **Pets and Assistance Animals** - Contacts for vets and providers, medical records, and registration documents.

For a complete checklist, download and work with your team to fill out the Emergency Financial First Aid Kit (EFFAK) at <https://community.fema.gov/EFFAK>



Take Care of Yourself

- Eat healthy food and get enough sleep.
- Work with your support team and follow basic safety practices:
 - If you evacuated, don't return until officials say it is safe.
 - Seek help from experts to inspect damaged buildings before you enter.
 - Avoid unsafe food and water. **When in doubt, throw it out.**
 - Wear protective clothing and do not work alone on debris removal.
 - Prevent carbon monoxide poisoning. Only use gasoline, propane, natural gas, or charcoal devices outside and away from windows.
- Work with trusted sources. Safeguard your personal and financial information. Identity thieves and other scammers target people following a disaster.
- If you have any health impacts related to the disaster, check with your doctor.
- It's normal to have stress or anxiety after a disaster. You can contact the free Disaster Distress Helpline if you need to talk to someone. Call or text **1-800-985-5990**.

Prepare so you can protect.

| For more information, visit [redcross.org/prepare](https://www.redcross.org/prepare)

| Download the Emergency App

