
PERSONAL PREPAREDNESS TIPS FOR PEOPLE WITH COGNITIVE DISABILITIES

(developmental disabilities, brain injury, stroke and other conditions that may reduce the ability to process information.)

This fact sheet is designed to provide a checklist for activities for People with Developmental or Cognitive Disabilities to improve your emergency preparedness in an earthquake. Preparation may seem like a lot of work. It is. Preparing does take time and effort. So do a little at a time, as your energy and budget permit. The important thing is to start preparing. The more you do, the more confident you will be that you can protect yourself, your family, and your belongings.

DATE COMPLETED / ACTIVITIES

- _____ Practice what to do during and after a disaster.
- _____ Keep a written emergency plan with you.
- _____ Provide copies of your emergency family and/or friends.
- _____ Ways and tools to help remember.
- _____ Practice how to tell someone about what you need.

Before, During and After an Emergency or Disaster

- Practice what to do during and after an emergency or disaster.
- Practice leaving places where you spend time (job, home, school, volunteer assignment, etc.) until you feel comfortable and feel confident that you will know what to do during and after a disaster.

Emergency Plan

- Keep a written emergency plan with you and in several locations.
- Make sure your emergency plan is easy to read and understand.
- After a disaster, information often comes at you quickly. Think through ways to do things you will need to do after a disaster. Small tape recorder, calendar with room for notes, to do list, etc., will help you remember things.
- Give copies of your written emergency plan to your family and/or friends.

Communication

Think through what a rescuer might need to know about you and be prepared to say it briefly, or keep a written copy with you:

- “I cannot read. I communicate using an augmentative communication device. I can point to simple pictures or key words which you will find in my wallet or emergency supply kit.”
- “I may have difficulty understanding what you are telling me, please speak slowly and use simple language.”
- “I forget easily. Please write down information for me.”

Created in partnership with the BC Coalition of People with Disabilities

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