

What is an individualized emergency plan? How do you make one? (Audio Transcript)

Making a plan is one of the most important things you can do to prepare for an emergency.

A plan helps you ...

Consider the types of emergencies that may happen in your area.

Talk about how you, and the people who support you, will respond.

And most importantly, think about your needs and what needs to happen to get them met in an emergency.

So, how do you make an individual emergency plan?

Here are some helpful tips to consider:

Set up a way to receive emergency information, such as signing up for local emergency alerts on your phone.

Make a list of supplies you will need for at least a week, in case you need to stay at home during an emergency. Also, consider what supplies you may need to take with you if you need to evacuate or leave your home.

If you have a service animal, emotional support animal, or pet, include their needs in your plan.

Think about how you will communicate your needs to the people supporting you during an emergency.

Consider using pictures in your plan if that would help you plan or communicate important information to others.

Make a contact list, such as phone numbers and email addresses, of people who support your physical, mental, or emotional health. These contacts can include family, friends, neighbors, and care providers.

Make sure your contacts know that they are on your list and what you need in an emergency.

Consider how you will share information with your contacts if the power is out, or if phones do not work.

If you need to evacuate or leave your home, consider different places you could go and how you would get there.

If you need accessible transportation, prepare now. Find out who provides emergency transportation in your area and create a list of accessible options.

If you use assistive equipment, plan how you will evacuate or leave with it, how you will power or charge it, and how you will replace any equipment that is lost or destroyed.

If you use a power wheelchair and are able to use a lightweight manual chair, make sure you have one available as a backup, if possible.

If you need more information to make your individual emergency plan, visit [Ready.gov/disability](https://www.ready.gov/disability).

It's important to note that emergency plans are unique to each individual.

Create your plan to meet your needs. You can always change the information as needed.

Emergencies can happen fast and without any warning, but you can prepare for them.

Use these tips to start making your individual emergency plan now, to prepare for the future.