

2013 Spinal Cord Injury Wellness Summit



Emergency Preparedness Actions

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 an emergency.

Personal Care: Do you need assistance with personal care, such as bathing, grooming, bowel care, bladder management, coughing, breathing treatments, wound care, or assistance with putting on shoes, splints or other devices?

You will want to have step-by-step instructions for your personal support network members.

Current Situation/Procedures:

Assistance I may need due to a disaster:

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

Current Situation/Procedures:

Assistance I may need due to a disaster:

Adaptive Devices: Do you use special utensils that help you prepare or eat food independently? Do you use adaptive equipment to help you get dressed; eat, for bowel or bladder care or for transfers? Write down how to put the device on and off, clean and care for.

Current Situation/Procedures:

Assistance I may need due to a disaster:

Electricity-Dependent Equipment: How will you continue to use equipment that runs on electricity, such as dialysis, electrical lifts, etc?

Current Situation/Procedures:

Assistance I may need due to a disaster:

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

Current Situation/Procedures:

Assistance I may need due to a disaster:

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

Current Situation/Procedures:

Assistance I may need due to a disaster:

Evacuating: Do you need help to leave your home or office?

Current Situation/Procedures:

Assistance I may need due to a disaster:

Building Exits: If the elevator is not working or cannot be used, are there other exits?

Current Situation/Procedures:

Assistance I may need due to a disaster:

Getting Help: How will you call for help if you need to leave the building?

Current Situation/Procedures:

Assistance I may need due to a disaster:

Mobility Aids/Ramp Access: What will you do if you cannot find your mobility aids?
What will you do if your ramps are shaken loose or become separated from the building?

Current Situation/Procedures:

Assistance I may need due to a disaster:

Create a Personal Support Network

Organize a network for your home, work, school, volunteer site, and any other place you spend a lot of time. Members of your network can be roommates, relatives, neighbors, friends and coworkers. They should be people you trust and who could check to see if you need assistance. They should know your abilities and needs, and be able to offer help within minutes. Have a minimum of three people for each site if possible.

- Explain (with clear directions and practice) to members how they can assist.
- Give your network members copies of your emergency information list, important medical information and show them how to assist with any equipment.
- Agree on how you and your network will contact each other during an emergency. (This could be knocking on walls, using whistles, flashlights, etc.)
- Give the members of your team any necessary keys they may need to gain access to you.
- Practice and Update your plans often.

Summary Checklist for Personal Disaster Preparedness

Date Completed

Task

- | | |
|-------|--|
| _____ | Make an emergency information list. Include: <ul style="list-style-type: none">- Medical & Emergency contact information- Emergency out-of-area contacts- Names & numbers of everyone in your network- Name & number of your out-of-area contact |
| _____ | Fill out a medical information list. Include: <ul style="list-style-type: none">- Medical providers- Medications. List the name of medication, dose, number of times taken in a day.- Adaptive equipment and/or body system support equipment you use, (blood glucose machine, suction, oxygen). Provide simple instructions in how to use or take on and off.- Allergies and sensitivities- Communication or cognitive difficulties |
| _____ | Attach copies of health insurance cards and related information to your medical information. |
| _____ | Keep at least a seven day supply of essential medications in your kits. |
| _____ | medications. |

- _____ Talk with your doctor or pharmacist about what you should do if you do not have enough medications after a disaster.
- _____ Identify safe places to go during an:
 - Earthquake _____
 - Flood _____
 - Fire _____
- _____ Install at least one smoke alarm on each level of your home and outside sleeping areas.
- _____ Find the utility cutoff valves and switches. Become familiar with how to operate them.
- _____ Identify as many exits as possible (but at least two) from each room and from the building you are in.
- _____ Practice using different ways out of the building, especially if you are above the first floor.
- _____ Practice and be ready to give brief, clear, specific instructions and directions to rescue personnel.
- _____ Become familiar with the emergency plan for your workplace.
- _____ Choose an alternative place to stay.
- _____ Have a care plan for your pet.

Build a Disaster Supply Kit:

A supply kit should include supplies that will help you be self-sufficient for a MINIMUM of three days. Here are a few of the most recommended items to include but remember this kit is yours so be sure to personalize it.:

- * Water (1 gallon per person per day)
- * Flashlights and glow sticks
- * Tools & parts for wheelchair repair
- * Food (non-perishable)
- * Back-up equipment
- * Extra Catheters
- * Radio and extra batteries
- * First aid supplies and medicine
- * Whistle
- * Comfy clothes
- * Sturdy gloves

80% of supplies listed in brochure you have around your home. It is just a matter of putting them in the same place.

***Preparedness is everyone's responsibility.
Take a least one step today!!***

For more information:
www.seattle.gov/emergency
 206-223-5076