

Staying Independent During Disasters

Follow these three steps to stay independent before, during and after an emergency.

Step 1: Plan ahead for an emergency.

Make sure you have:

- medications, medical equipment and medical supplies
- health-related items
- your service animal and supplies
- list of your in-home service providers
- special technology and communications tools
- housing that you can get to
- transportation resources



Step 2: Create a support circle.

Make a list of people who can help you in an emergency, such as family, neighbors, friends, people who give services to you, faith-based and community groups who help you in an emergency. Tell a few people where you keep your emergency supplies. Give at least one trusted person a key to your house or apartment.

Step 3: Work with your local agencies.

In your emergency plan include contact information for:

Your doctors and a list of medications



Transportation services

Local centers for independent living

In-home caregivers (therapy, meal delivery services, medical care)



City or county emergency management offices for planning resources

Local fire, police and emergency medical services

