

Basic Disaster Supply Information for the Disabled

CREATE A PERSONAL SUPPORT NETWORK & COMPLETE A PERSONAL ASSESSMENT

- Personal Care needs
- Water Service
- Personal Care Equipment
- Adaptive Feeding Devices
- Electricity-Dependent Equipment
- Possible debris
- Transportation issues (Check your city or county to see if they can help)
- Utilities: know how and when to turn off water, gas and electricity at the main switches or valves and share this info with your family and caregivers. Keep any tools you will need near gas and water shut off valves. Turn off the utilities only if you suspect the lines are damaged, you suspect a leak, or if local officials instruct you to do so. (Note-as part of the learning process do not actually turn off the gas. If the gas is turned off for any reason, only a qualified professional can turn it back on. It might take several weeks for a professional to respond. In the meantime, you will require alternate sources to heat your home, make hot water and cook)-ask your company about priority reconnection
- Pets needs
- Fire extinguisher: know where it is and how to use it
- Smoke alarms: check batteries regularly
- Home inventory list for insurance
- Keep vital records and documents in safe deposit box or other safe location.

MAKE AN EVACUATION PLAN

- Mobility aide/ramp
- Handicap assessable place
- Share with friends and family

The following should be included in your basic disaster supplies kit:

- Three-day supply of nonperishable food and manual can opener.
- Three-day supply of water (one gallon of water per person, per day).
- Portable, battery-powered radio or television and extra batteries.
- Flashlight and extra batteries.
- First aid kit and manual.
- Water-purifying tablets.
- Sanitation and hygiene items: hand sanitizer, moist towelettes, toilet paper, antibacterial soap, toothpaste, baby wipes.
- Matches in waterproof container.
- Whistle to signal for help.
- Kitchen accessories and cooking utensils.

- Photocopies of identification and credit cards, prescriptions, and bank account numbers
- Cash and coins.
- Special needs items such as prescription medications, eye glasses, contact lens solution, oxygen and hearing aid batteries.
- Tools (wrenches/pliers to turn off utilities, duct tape)
- Pet supplies
- Map of the local area
- Think about your clothing and bedding needs. Be sure to include one set of the following for each person: Jacket or coat, long pants and long sleeve shirt, sturdy shoes, hat, mittens, scarf, sleeping bag or warm blanket.
- List of family, friends and doctors who should be contacted if you are hurt or need help. Make sure to include at least one person who lives outside your local area.
- Names and serial numbers for all your medical devices
- Plenty of extra socks
- Shrinkers / ace wrap
- Small tool kit specifically for prosthesis
- Hydrocortisone for itching
- Lubriderm, Nivea cream for dry skin
- Topical antibiotic and dressing to cover any minor sores
- Pain medication as stress will likely increase phantom limb pain
- Scissors
- Other over the counter medications as you feel needed

Supplies for your vehicle include:

- Flashlight, extra batteries and maps.
- First aid kit and manual.
- White distress flag.
- Tire repair kit, booster/jumper cables, pump and flares.
- Bottled water and non-perishable foods such as granola bars.
- Seasonal supplies: Winter - blanket, hat, mittens, shovel, sand, tire chains, windshield scraper, florescent distress flag
- Summer - sunscreen lotion (SPF 15 or greater), shade item (umbrella, wide brimmed hat, etc).

I received this list from the VA Hospital, 08/27/08, and I am in hopes you will not need but if you do there is some good ideas that you should think of.

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