

FEELING SAFE, BEING SAFE

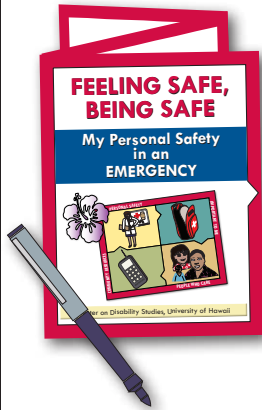
My Personal Safety in an EMERGENCY



Center on Disability Studies, University of Hawaii

FEELING SAFE, BEING SAFE

MAKING YOUR OWN PLAN



This worksheet and magnet will help you make a plan and support you during an emergency.

It will help you think about:

- Important people to call.
- Being safe at home.
- A safe place to go.

Complete all the pages in the worksheet. Put it in your emergency kit.

The magnet will show important information about you. Fill it in using information from your worksheet. You can use a pen or marker. Put it on your refrigerator.

Have someone help you:

- Get all the information you need.
- Put your emergency kit together.
- Complete the worksheet.
- Fill in your magnet.



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Original Design

**California Department of
Developmental Services
Consumer Advisory Committee**



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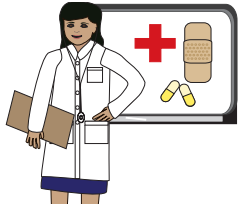
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PERSONAL SAFETY

IMPORTANT INFORMATION ABOUT ME

PERSONAL INFORMATION:

My Name _____



Policy Holder/Insurance Card # _____

COMMUNICATION:



My way of talking _____

Best way to talk to me _____

Best way to assist me _____

How I respond to stress _____

HEALTH/MEDICAL INFORMATION:

My Meds _____



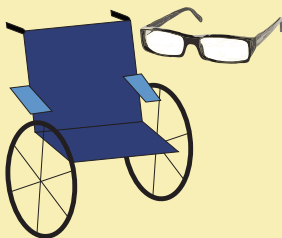
My Doctor _____



My disability/medical needs _____

Good to know about me _____

IMPORTANT THINGS I USE:



- _____ _____
- _____ _____
- _____ _____





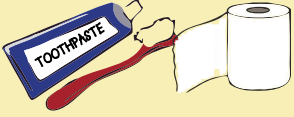


SAFE AT HOME

PREPARING SO YOU ARE SAFE AT HOME

EMERGENCY KIT:

- Food 
- Pet Supplies 
- Water 
- Waterproof Jacket 
- Extra Clothes 
- Closed Shoes 

- Radio 
- Flashlight 
- Batteries 
- Whistle 
- Garbage Bags 
- Work Gloves 

- Meds or Meds List 
- Sun Protection 
- Personal Hygiene 
- First Aid 
- Blanket 

Place in a plastic bag

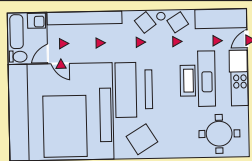
- Worksheet
- Money 
- Copy: ID Cards
- Medication List
- Important Papers

REMEMBER:



- Put your name on your kit.
- Put your kit in a place easy to find.
- Tell important people where your kit is.
- Check kit for expired items.

GOOD IDEAS ABOUT BEING SAFE AT HOME:



- Clear pathways to enter and leave easily.
- Keep window and door areas free of clutter.



PEOPLE WHO CARE

IMPORTANT PEOPLE IN AN EMERGENCY

SOMEONE WHO LIVES VERY CLOSE:



Neighbor _____ # _____

Apt. Manager _____ # _____

Family/Friend _____ # _____

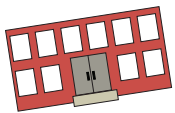
OTHER IMPORTANT CONTACTS:

Support Staff _____ # _____

Program/Service _____ # _____

Out of State Contact _____ # _____

COMMUNITY RESOURCES



WHO TO CALL FOR EMERGENCY INFORMATION



911

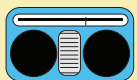


Fire # _____

Police # _____

Other _____

WHERE TO GET INFORMATION TO BE SAFE IN AN EMERGENCY:



Radio Station _____



TV Station _____

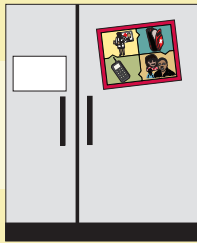
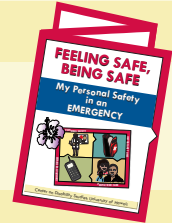
SAFETY TIPS

GOOD IDEAS FOR BEING SAFE



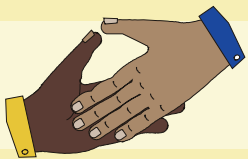
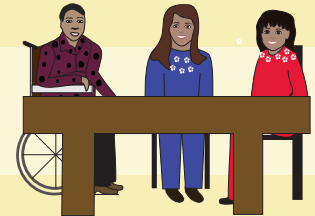
My kit is ready.

My worksheet is finished and in my kit.



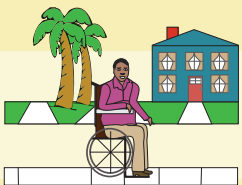
My magnet is finished and on my refrigerator.

I practiced telling people about my needs.



I told people I am depending on them.

I asked about being safe at work in an emergency.



I planned ways to be safe in the community.

Feeling Safe, Being Safe = Being Prepared

