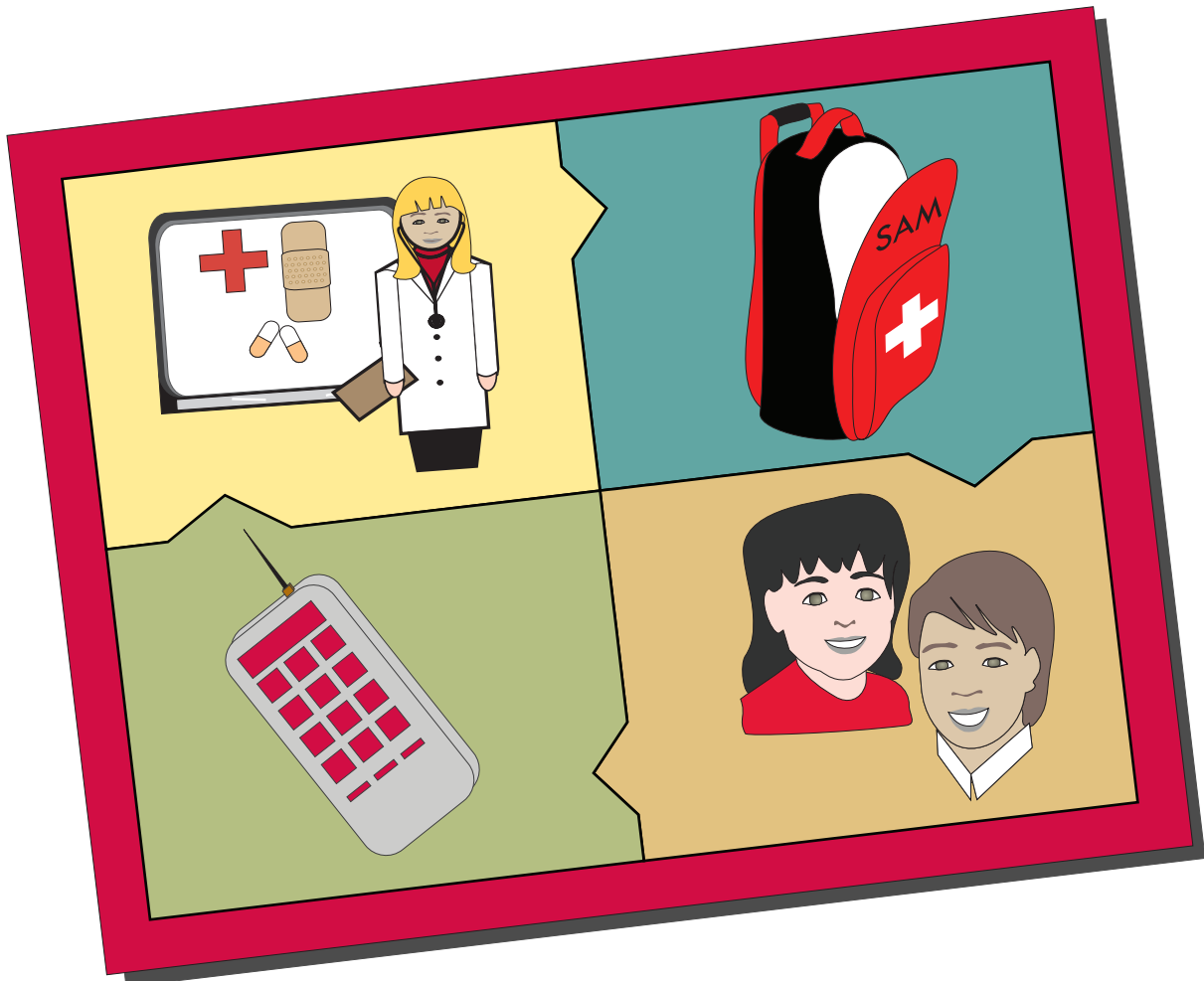


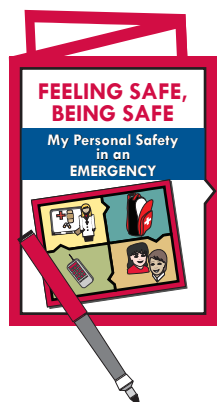
FEELING SAFE, BEING SAFE

My Personal Safety in an EMERGENCY



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:

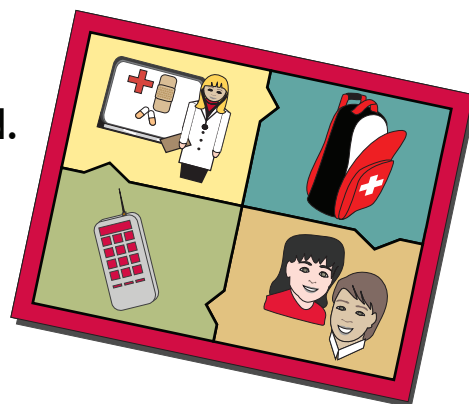
- ☐ Important people to call.
- ☐ Being safe at home.
- ☐ A safe place to go.

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.



For additional copies and other CAC tools

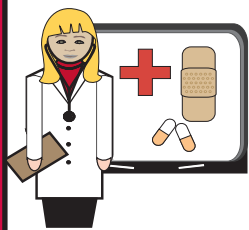
Office of Human Rights & Advocacy Services
1600 9th Street, Room 240 Sacramento, CA 95814 916-654-1888
Or download PDF copies
[Http://www.dds.ca.gov/ConsumerCorner/Publications.cfm](http://www.dds.ca.gov/ConsumerCorner/Publications.cfm)

**Department of Developmental Services
Consumer Advisory Committee, 2007**



The Board Resource Center, Inc.
Mark@brcenter.org

Developed by:



PERSONAL SAFETY

IMPORTANT INFORMATION ABOUT ME

PERSONAL INFORMATION:



My Name _____

Health Insurance _____

CARD NUMBER

HEALTH/MEDICAL INFORMATION:

My Meds _____



My Doctor _____



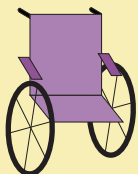
Information about my disability _____

IMPORTANT THINGS I USE:



☐ Glasses

☐ Hearing aides



☐ Wheelchair

☐ Walker

☐ Service animal

☐ Other _____

COMMUNICATION:

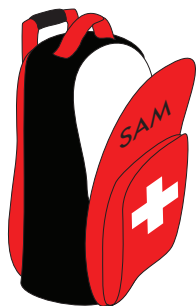


My way of talking _____

Best way to talk to me _____

Best way to assist me _____

How I respond to stress _____



SAFE AT HOME

PREPARING SO YOU ARE SAFE AT HOME

EMERGENCY KIT

☐ Water

☐ Food













☐ Extra Clothes

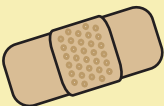
☐ Coat

☐ Gloves

☐ Service Animal Supplies





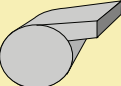


☐ Meds

☐ First Aid

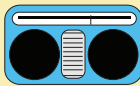
☐ Whistle

☐ Garbage Bags











☐ Flashlight

☐ Radio

☐ Batteries

☐ Worksheet

☐ Cash





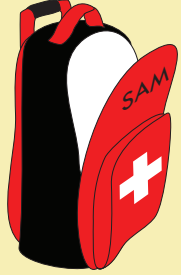




☐ Copy of Insurance & ID Card

Place in a zip lock bag

REMEMBER



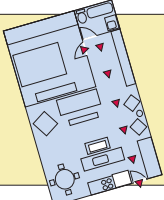
☐ Put your name on the front of the kit.

☐ Put it in a place easy to find.

☐ Tell important people where it is.

☐ Check the kit often.

GOOD IDEAS ABOUT BEING SAFE AT HOME



☐ Clear path ways to enter and leave easily.

☐ Keep window and door areas free of clutter.



PEOPLE WHO CARE

IMPORTANT PEOPLE IN AN EMERGENCY

SOMEONE WHO LIVES CLOSE



Neighbor _____ #

Apt. Manager _____ #

Family/Friend _____ #

OTHER IMPORTANT CONTACTS

Support Staff _____ #

Program _____ #

Regional Center _____ #

4

COMMUNITY RESOURCE



WHO TO CALL FOR EMERGENCY INFORMATION



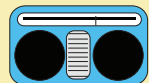
911



Office of Emergency Services _____

Fire # _____ Police # _____

WHERE TO GET INFORMATION TO BE SAFE IN AN EMERGENCY:



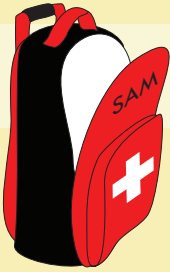
Radio Station _____



TV Station _____

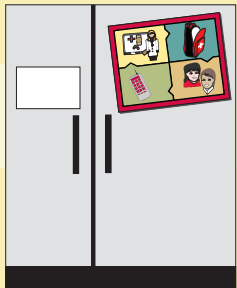
SAFETY TIPS

GOOD IDEAS FOR BEING SAFE



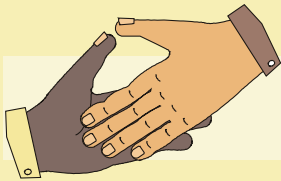
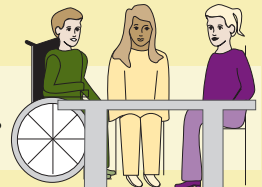
My kit is ready.

My worksheet is finished and in my kit.



My magnet is finished and on my refrigerator.

I practiced telling people about my personal needs.



I told people who care that I am depending on them.

I asked about being safe at work in an emergency.



Being Safe, Feeling Safe = Being Prepared

