

## Before Daily Emergencies

**Local Resources:** Research and compile a list of local resources and organizations that can provide assistance to disabled individuals during emergencies, such as disability advocacy groups or accessible transportation services.

**Communication:** Establish clear communication methods with disabled individuals, including those with speech or hearing impairments. Ensure they have a way to contact you or call for help in case of an emergency.

**Evacuation Plan:** Develop a plan for evacuating your home or workplace if necessary. Identify accessible evacuation routes and safe meeting points.

**Emergency Contact Information:** Maintain an up-to-date list of emergency contacts, including family members, caregivers, neighbors, and healthcare providers.

**Emergency Kit:** Prepare a basic emergency kit that includes essential items like medication, medical supplies, mobility aids, water, non-perishable food, a flashlight, and extra batteries. Keep this kit

**Medical Information:** Keep important medical information readily available, such as medication lists, allergies, and relevant medical records. Ensure caregivers and family members are aware of this information.



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During Daily Emergencies:

**Assessment:** Assess the situation to determine if it's safe to remain in place or if evacuation is necessary.

**Communication:** Maintain communication with disabled individuals, providing updates on the situation and any necessary instructions.

**Assistive Devices:** Ensure that assistive devices, such as hearing aids or communication devices, are functioning properly and readily accessible.

**Medication:** If the emergency disrupts regular routines, help disabled individuals adhere to their medication schedules and monitor their health.

**Mobility Aids:** If applicable, assist with the use of mobility aids or devices to navigate the environment safely.

**Emergency Services:** If required, contact emergency services (e.g., 911) and provide clear information about the situation and the needs of disabled individuals.

**Safety:** Prioritize the safety of disabled individuals and yourself. Follow safety protocols and instructions from emergency responders.

**Stay Informed:** Stay informed about the situation through news updates and official channels to make informed decisions.

**Support:** Offer emotional support and reassurance to disabled individuals to help reduce anxiety and stress during the emergency.

**Evacuation:** If evacuation becomes necessary, assist disabled individuals in a safe and orderly manner, using established evacuation routes and methods.

**Documentation:** Keep records of the emergency, including any actions taken, communication with authorities, and any changes in the condition or needs of disabled individuals.