

# Individual Disaster Preparedness



## **body Left Behind**

Disaster Preparedness for Persons with Mobility Impairments

For information on 18"x24" color posters, please contact Pam Willits at [pwillits@ku.edu](mailto:pwillits@ku.edu).

## Disaster Do's and Don'ts Checklist

- ✓ Do create an individualized emergency plan.
- ✗ *Don't wait until it happens to you.*
- ✓ Do assemble a "to go" kit which includes a week's supply of meds.
- ✗ *Don't forget to conduct quarterly drills of your personal plan.*
- ✓ Do register with or form a registry with emergency responders.
- ✗ *Don't leave out those who can assist you in the planning process.*
- ✓ Do develop a network of family, friends, and neighbors to assist.
- ✗ *Don't forget a flashlight, radio and two routes for exiting your home.*
- ✓ Do check out accessibility of local shelters and hotels.
- ✗ *Don't put yourself in a dangerous situation when the power goes out.*
- ✓ Do have a portable generator or adaptor and car battery for power.
- ✗ *Don't think it won't happen to you.*
- ✓ Do have adequate rental or home insurance.
- ✗ *Don't forget small details, including having extra ready cash.*
- ✓ Do get training on and then direct others to turn off gas and water.
- ✗ *Don't procrastinate with safety.*
- ✓ Do heed early warnings to allow time for evacuation or taking cover.

visit [www.disabilityprepared.ku.edu](http://www.disabilityprepared.ku.edu) for more info

Created by the Research and Training Center on Independent Living at the University of Kansas by a grant from the Centers for Disease Control and Prevention, flow-through award #U59DD00284. This poster's contents come from persons with mobility limitations who submitted an on-line consumer survey that pertained to their disaster or emergency experiences, and do not necessarily reflect the views of the researchers, funder, or the University of Kansas. For more information: 785-864-4095 or 785-864-0706 (TDD).

© Research and Training Center on Independent Living at the University of Kansas, [www.rtcil.org](http://www.rtcil.org)