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:

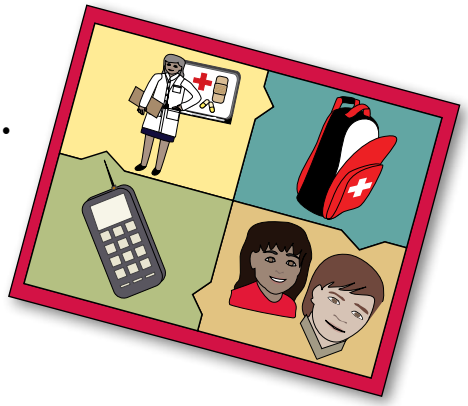
- ❑ Important people to call.
- ❑ Being safe at home.
- ❑ A safe place to go.

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.



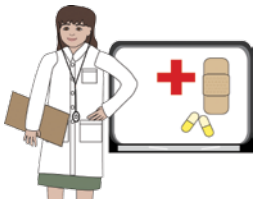
Department of Developmental Services Consumer Advisory Committee, 2010

©2010 Department of Developmental Services
In general, this booklet is considered in the public domain.
It may be distributed or copied as permitted by law;
however, it may not be altered in any way.

For additional Feeling Safe, Being Safe materials available for download

Office of Human Rights & Services
1600 9th Street, Room 240 Sacramento, CA 95814
916-654-1888
http://www.dds.ca.gov/ConsumerCorner/Publications.cfm

Developed by:
The Board Resource Center, Inc.
Mark@brcenter.org http://brcenter.org/



PERSONAL SAFETY

IMPORTANT INFORMATION ABOUT ME

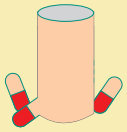
PERSONAL INFORMATION:

My Name _____

Health Insurance _____
CARD NUMBER

HEALTH/MEDICAL INFORMATION:

My Meds _____



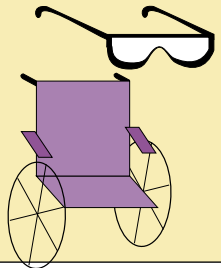
_____

My Doctor _____

Information about my disability _____

_____

IMPORTANT THINGS I USE:



- ❑ Glasses
- ❑ Hearing aids
- ❑ Wheelchair
- ❑ Walker
- ❑ Service animal
- ❑ Other _____

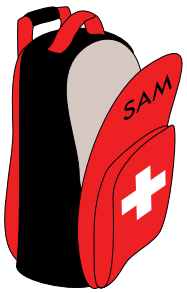
COMMUNICATION:

My way of talking _____

Best way to talk to me _____

Best way to assist me _____

How I respond to stress _____



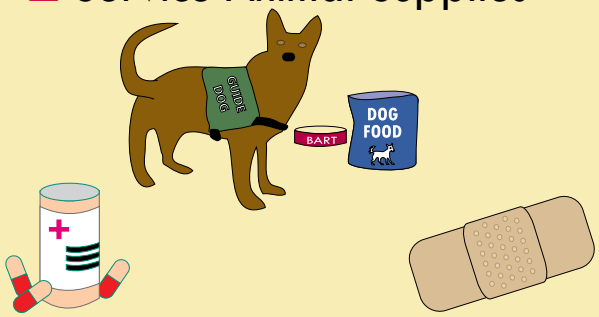
SAFE AT HOME

PREPARING SO YOU ARE SAFE AT HOME

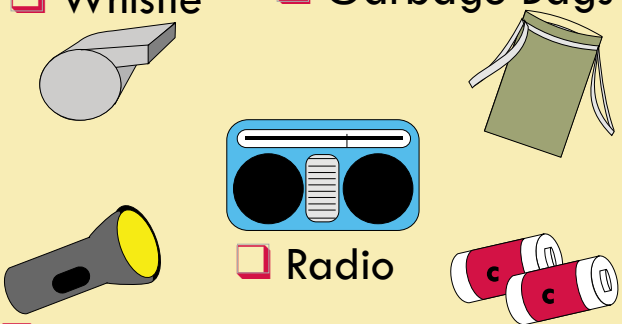
EMERGENCY KIT:

- ❑ Water
- ❑ Food
- ❑ Extra Clothes
- ❑ Coat
- ❑ Gloves

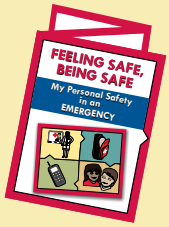
- ❑ Service Animal Supplies
- ❑ Meds
- ❑ First Aid



- ❑ Whistle
- ❑ Garbage Bags
- ❑ Radio
- ❑ Flashlight
- ❑ Batteries

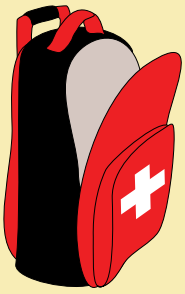


- ❑ Worksheet
- ❑ Cash
- ❑ Copy of Insurance & ID Card



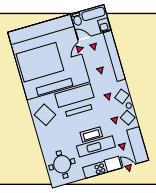
Place in a zip lock bag

REMEMBER:

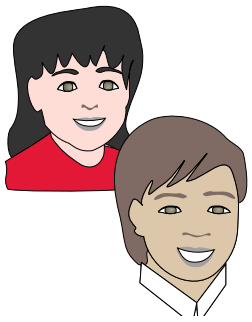


- ❑ Put your name on the front of the kit.
- ❑ Put it in a place easy to find.
- ❑ Tell important people where it is.
- ❑ Check the kit often.

GOOD IDEAS ABOUT BEING SAFE AT HOME:



- ❑ Clear 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 CLOSE:

Neighbor _____ # _____

Apt. Manager _____ # _____

Family/Friend _____ # _____

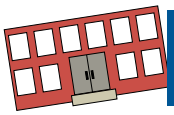
OTHER IMPORTANT CONTACTS:

Support Staff _____ # _____

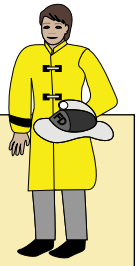
Program _____ # _____

Regional Center _____ # _____

COMMUNITY RESOURCES



WHO TO CALL FOR EMERGENCY INFORMATION

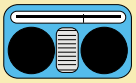


911

Office of Emergency Services _____

Fire # _____ Police # _____

WHERE TO GET INFORMATION TO BE SAFE IN AN EMERGENCY:

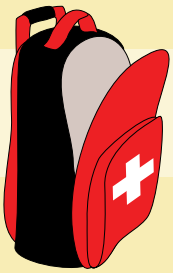


Radio Station _____

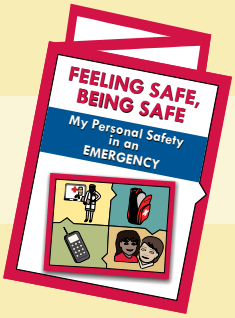
TV Station _____

SAFETY TIPS

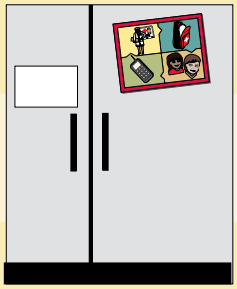
GOOD IDEAS FOR BEING SAFE



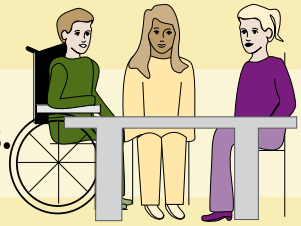
My kit is ready.



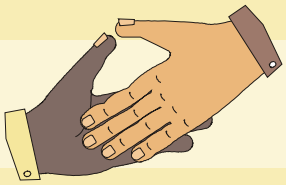
My worksheet is finished and in my kit.



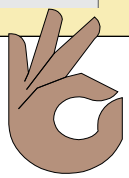
My magnet is finished and on my refrigerator.



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.

Feeling Safe, Being Safe = Being Prepared