Disaster preparedness for people with disability

* People with disability are twice as likely to be injured or be socially isolated during a disaster.
* If you are, know, or care for someone living with disability, there are a few simple steps you can take now to reduce the impact of severe weather and disasters.

Understand your risk

* Understand what risks you are likely to face by talking with your friends, family, support networks, colleagues and local council.
* Self-asses your preparedness, capabilities and support needs in emergencies and make a plan for how you will respond with your support network in an emergency.
* You can do this using the [Person-Centred Emergency Preparedenss Workbook](https://collaborating4inclusion.org/wp-content/uploads/2020/08/2020-08-14-P-CEP_Workbook_overview.pdf).
* Think about all of your roles and responsibilities by considering what you do, where you do it and who you do it with, because emergencies can happen anywhere at any time.
* You can also plan to protect your home to prevent or reduce damage from natural hazards.

Planning for disasters

* Having a plan will help keep you safe in an emergency.
* Communicate with your support network about how you will plan and act together in an emergency.
* Consider how you will manage during loss of essential services like water and power.
* Consider how you will manage during loss of supports (such as community-based disability support services, home nursing, and personal care) that you rely on every day.
* [Complete a Person-Centred Emergency Preparedness plan](https://collaborating4inclusion.org/wp-content/uploads/2020/08/2020-08-19-Person-Centred-Emergency-Preparedness-P-CEP-WORKBOOK_FINAL.pdf) and keep a copy in an easily accessible place. (<https://collaborating4inclusion.org/wp-content/uploads/2020/08/2020-08-19-Person-Centred-Emergency-Preparedness-P-CEP-WORKBOOK_FINAL.pdf>).

Preparing for disasters

* Prepare a kit with at least three days’ worth of supplies in case you are unable to leave home.
* Your kit should contain:
  + plenty of water and non-perishable food;
  + a first-aid kit with at least a week’s supply of prescription medication, syringes, catheters and other medical supplies;
  + copies of important documents;
  + a torch;
  + a battery-powered radio with spare batteries;
  + medical devices such as glasses, hearing aids, augmentative communication devices, cane, walker and associated spare batteries;
  + list of emergency contacts including your primary physician, pharmacist, assistive equipment supplies, medical supplier and support network member in and out of town;
  + toiletries including hand sanitizer, tissues, and face masks;
  + supplies for service animals including food, water, identification, vet contact details and proof of vaccination; and
  + any additional items needed to meet your personal needs.

**For more information on how to prepare this disaster season,**

**visit** [**collaborating4inclusion.org**](https://collaborating4inclusion.org/) **and getready.qld.gov.au/disabilitysupport**