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# Why? Prepare



- **Unlearn helpless syndrome**
- **You do have some control**
- **Can be prepared**
- **Lots you can do besides waiting for help to come ....**

# Preparedness is not the goal; it is a means to an end....

- **Protecting your:**
  - **Life**
  - **Independence**
  - **Health**
  - **Family / Pets**
  - **Property**

# Plan for No One Coming to Rescue You

# Establish Support Teams

# **Rethink & Update Buddy Systems**

**Training one person to assist in an emergency**

**Major weaknesses: PERSON &  
LOCATION DEPENDENT!**

- **Person may be absent**
- **Individual's may be in area different from usual location**
- **Individual needing assistance may be at site after regular hours when buddy not available**

# Trash the Buddy System!





# Support Teams

- People who will assist in an emergency as needed.
- Should be people who are regularly in same area.

- **Conduct practice sessions to ensure individuals chosen are capable of offering assistance:**
  - i.e.: strong enough,
  - can communicate clearly,
  - can guide you safely.

# Emergency Plans

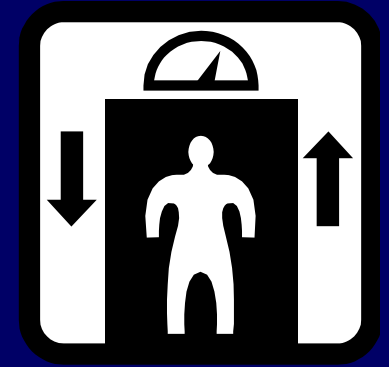
**Are you and others with access and functional needs included in decisions regarding plans & which equipment & procedures will work?**

- **If you need to stay in one place (home, school, work, etc) for several days what essential medications, diet, & other emergency supplies would you need?**
- **What would you do if you were without power & water?**
- **What evacuation assistance might you need & where could you get it?**

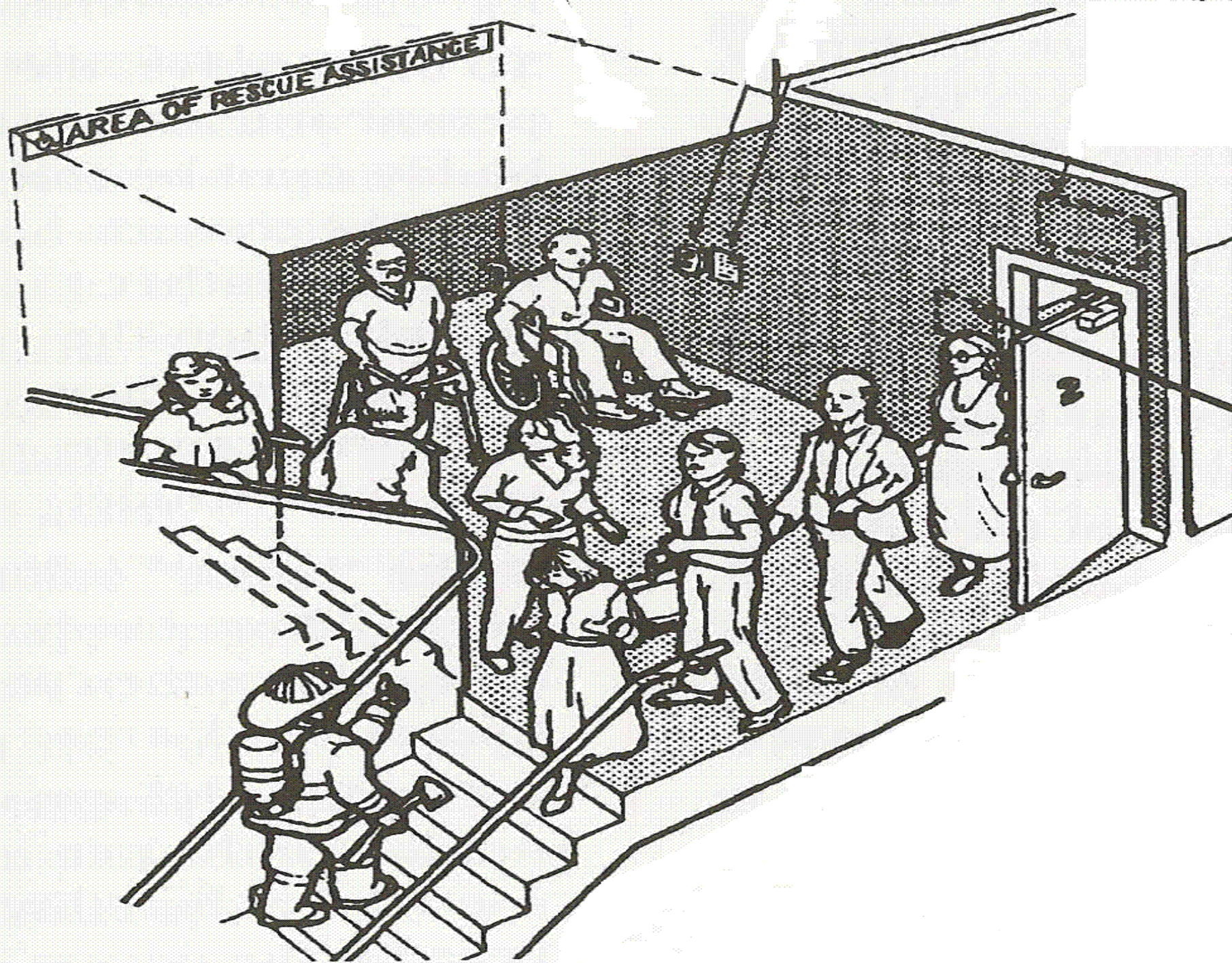
**Be  
Realistic**

# Determine & Prioritize All Evacuation Options

- Being Carried
- Use of Evacuation Chairs
- Area of Refuge/Rescue Assistance
- Use of Elevators









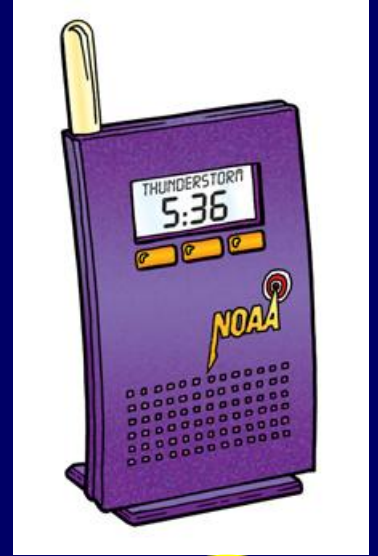


# DRILLS

**To know it, is to do it**

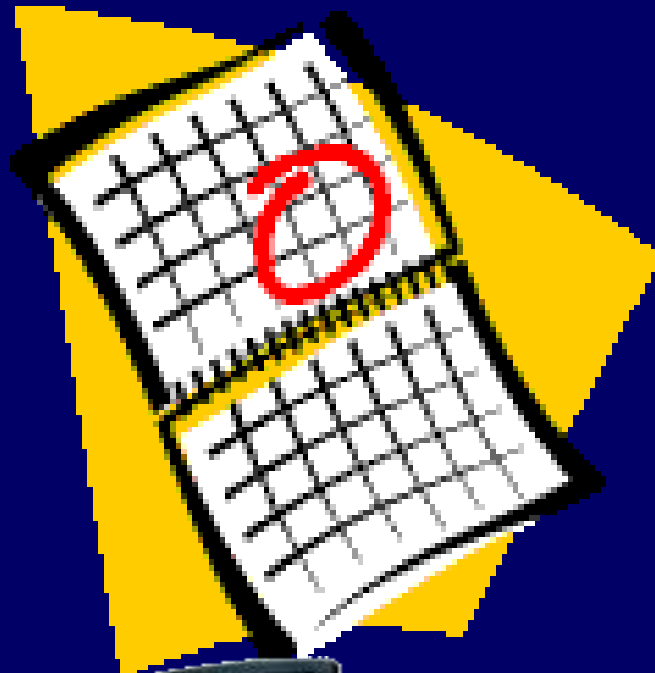
DO NOT DECLARE  
YOURSELF DEAD  
DURING DRILL –  
**PARTICIPATE!!**

- **Practice plans:**
  - **through regular drills**
  - **use of all exits**
  - **using evacuation devices with intended users**



# SUPPLIES





OR





# Grab and go kit

- **easy-to-carry**
- **can grab if you have to leave home (or school, workplace, etc.) in a hurry.**
- **have things you cannot do without but are not so large cannot manage them.**

