



## Preparing for an Emergency

Emergencies like wildfires, earthquakes, heat waves with power outages, and other situations can happen at any time. It's important to help those you serve be prepared.

### Ways to Prepare

#### 1) Set Up Alerts

- You can set up local emergency alerts to learn about things happening in your area.
- Alerts can be sent by email, phone call, or text message depending on the agency.
- Example: [CA Public Safety Power Shutoff Alerts](#)

#### 2) Introduce the Individuals You Serve to Local Emergency Professionals

- This can help the local fire and police departments become acquainted with individuals.

#### 3) Prepare To-Go Packs for Emergencies

- [Listos California](#) has ideas for preparing to-go kits and the order for collecting things when you need to pack in an emergency.

#### 4) Prepare Stay-At-Home Emergency Kits

- Prepare another kit to shelter-in-place for several days in case individuals are unable to evacuate during an emergency.

#### 5) Make an Evacuation Plan

- Set up a plan for evacuation, a map of the home and where to evacuate, and actions to take following an evacuation.
- Have a document with the name, phone number, and emails of local and out-of-town emergency contacts, support team, family members, doctors, and local fire and police departments.
- Have a health passport completed and ready to take on the go.

#### 6) Practice the Plan

- Practicing helps demystify the plan and can build confidence in your preparedness.

### Resources



Download Disaster Resource Guides in Multiple Languages:  
[Get Resources – Listos California](#)

You can download many resources on the DDS website.

[Emergency Preparedness - CA Department of Developmental Services](#)



Preparing for an Emergency – Overview:  
[Preparing for an Emergency \(ca.gov\)](#)

Preparing a Home for an Emergency:

[Preparing a Home for an Emergency \(ca.gov\)](#)

Create an Emergency Evacuation Plan:

[Creating an Emergency Evacuation Plan \(ca.gov\)](#)

Preparing an Emergency Kit:

[Preparing an Emergency Kit \(ca.gov\)](#)

What You Can Do to Stay Safe Inside Your Home When Evacuation is NOT an Option:

[What You Can Do to Stay Safe Inside the Home, When Evacuation is NOT an Option](#)

Mental Well-Being During Emergencies:

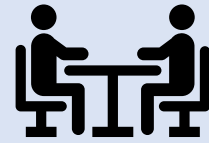
[Mental Well-Being During Emergencies \(ca.gov\)](#)



## Conversation Topics Regarding Emergency Preparedness

In addition to talking about evacuation plans and what to keep in an emergency kit, you may want to have conversations with those you serve about these questions:

- What should someone do if an in-home caregiver needs to leave or cannot come to the home in an emergency?
- What can individual do if they are unable to evacuate and don't know when a caregiver will be coming to their home?
- Who else can an individual call in an emergency beside their direct support professionals?



## Preparing an Emergency Kit

The following are basic items that should be gathered for an emergency supply kit. Individuals may need other specific items (i.e. back-up batteries for electric wheelchairs).

Remember: Check on and replenish expired food and medications every 6 months.



- Water: one gallon for each person, for each day (prepare a 3-day supply for evacuation and a 2-week supply for home);
- Food: non-perishable food such as canned beans, vegetables, etc. (prepare a 3-day supply for evacuations, 2-week supply for home);
  - Include food items for those with prescribed dietary restrictions;
- Flashlights and extra batteries (be sure to check every six months that the batteries are working);
- First aid kit;
- N95 or surgical masks;
- Battery-powered radio;
- Medications and medical items (prepare a 7-day supply for every person supported);
  - Medications should be stored in a locked bag or container;
- Sanitation and personal hygiene items;
- Copies of important personal documents (identification, medical information, proof of address, passports, birth certificates, insurance policies, etc. for each person);
- Cell phone charger;
- Emergency contact information for each person;
- Extra cash (small bills like \$1 and \$5 are preferred);
- Emergency blankets;
- Map of the town or area;
- Extra set of house and car keys;
- Extra clothing for each person; and
- Comfort items such as games, cards, or stuffed animals.