



STAY AWARE. BE PREPARED.

AN EMERGENCY PLANNING TOOL

You and your family can be ready for emergencies.

Visit mass.gov/BePrepared





Emergencies can happen at any time

Planning ahead and being prepared can lead to better outcomes for you and your family.

This tool can be used individually or with family members or caregivers. It can help you think about how to support your daily living activities during and after an emergency. Once you have thought about your needs, we recommend that you:

- Make a family or individual emergency plan
- Create an emergency preparedness kit
- Develop a contact list

Visit our website to find out how to prepare an emergency kit and build your family or individual emergency plan: [*mass.gov/BePrepared*](https://mass.gov/BePrepared)





Communication

Write down information about your language and communication needs. These might include things like a pad of paper and pen, hearing aids, portable magnifying glass, a communication board or book, or other assistive tools. Think of different ways of getting emergency notifications, such as TV, radio, the internet, mobile apps, etc.



Show Me for Emergencies is a free mobile app that can assist people with communication challenges during emergencies. Point your smartphone's camera at this code for more information.





Medical needs and maintaining health

Write down information about your medicines (including dose, time of day you take it, and what it is for). Include information about related supplies and any ongoing treatments you need. For example, what medicines or recurring medical services do you use? Do you have allergies or other health conditions?

If you require oxygen, do you have a spare tank or a way of contacting the supplier in an emergency? If you have to evacuate from your home, what will you need for your daily living activities?





Independence

Write down information about assistive equipment, prosthetics, and other medical equipment you use to function independently. Do you have supplies to last three days? Where would you get extra supplies? For example, do you have extra batteries for portable devices, a manual wheelchair in case your powered chair is damaged, or extra eyeglasses? Do you need extra feeding tubes, diapers, formula, bandages, etc.? List any supplies:

ITEM	SUPPLIER/PHONE #

If you have a service animal, be sure to include their supplies in your emergency preparedness kit!





Service / Support

Write down information about your support network. Include anyone that needs to be on your contact list to assist you during an emergency. For example: family and close friends, Personal Care Attendant (PCA). Remember to include any supports you may need for psychological or emotional needs. Do you need help managing panic or PTSD reactions, or help with completing a multi-step process?

NAME	RELATIONSHIP	PHONE #

Plan with your support network before a disaster so they know you will need their assistance. Do they know where your emergency kit is? Can they operate any assistive devices you have? If you have a plan for psychological emergencies such as a Wellness Recovery Action Plan (WRAP), do your support people know what it is and how to use it?





Transportation

Write down information about your transportation needs. Do you have access to private transportation? Do you use mass transit or an accessible vehicle?

TRANSPORTATION COMPANY	PHONE #

Do you have maps that show alternate routes in case main roads are closed, or if you can't access your usual method of public transportation?



After filling out this tool, put it in a waterproof document bag and keep it in your emergency supply kit along with copies of other important documents like your medical information, copies of your ID, and financial information.

For more guides and resources, visit our website (mass.gov/BePrepared) or point your smartphone's camera at this code:



MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

