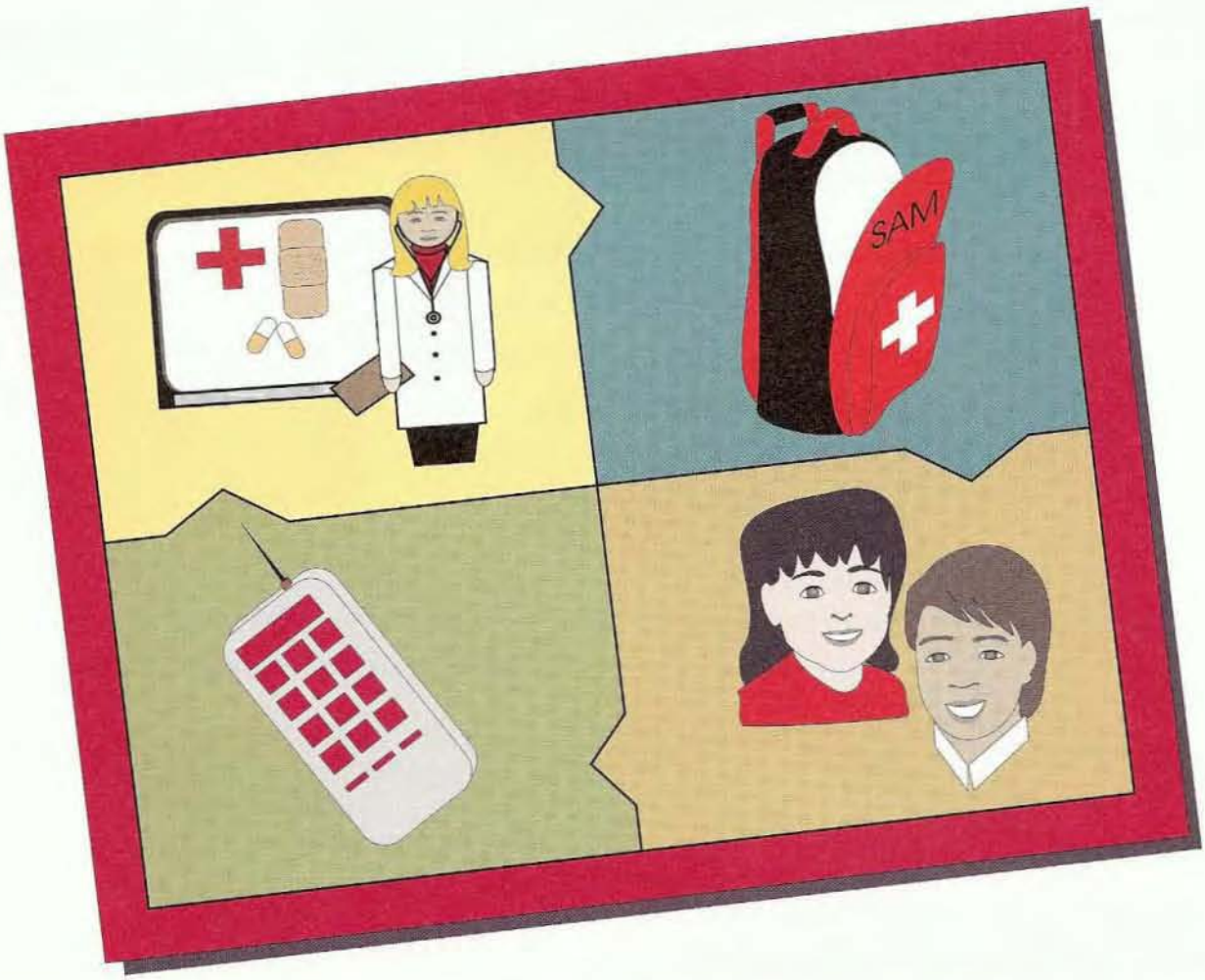
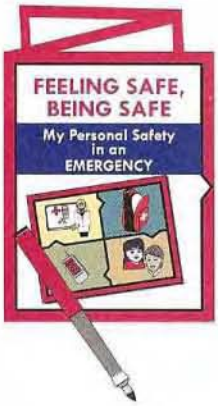
FEELING SAFE, BEING SAFE

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.

For additional copies and other CAC tools

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

Department of Developmental Services
Consumer Advisory Committee, 2007

Developed by:
The Board Resource Center, Inc.
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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 aides
- ☐ Wheelchair
- ☐ Walker
- ☐ Service animal
- ☐ Other _____

COMMUNICATION:

My way of talking _____

Best way to talk to me _____

Best way to assist me _____

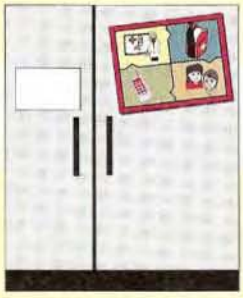
How I respond to stress _____

SAFETY TIPS

GOOD IDEAS FOR BEING SAFE

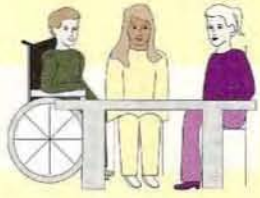
My kit is ready.

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.

Being Safe, Feeling Safe = Being Prepared

SAFE AT HOME

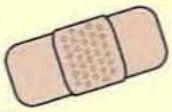
PREPARING SO YOU ARE SAFE AT HOME

EMERGENCY KIT

- [ ] Water
- [ ] Food

- [ ] Extra Clothes
- [ ] Coat
- [ ] Gloves

- [ ] Service Animal Supplies



- [ ] Meds
- [ ] First Aid

- [ ] Whistle
- [ ] Garbage Bags

- [ ] Flashlight
- [ ] Radio
- [ ] Batteries

- [ ] Worksheet
- [ ] Cash

Place in a zip lock bag

- [ ] Copy of Insurance & ID Card

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 path ways 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 _____ # _____

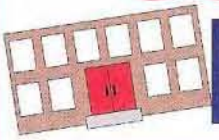
OTHER IMPORTANT CONTACTS

Support Staff _____ # _____

Program _____ # _____

Regional Center _____ # _____

COMMUNITY RESOURCE



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 _____

PERSONAL SAFETY

I am _____

My Meds _____

_____

Important things I use

_____

SAFE AT HOME

My kit is located:

_____

_____

COMMUNITY RESOURCES

911

Regional Center

_____

NAME #

EMERGENCY INFORMATION

Radio_____

TV_____

USE PERMANENT MARKER

PEOPLE WHO CARE

My Neighbor

_____

NAME #

Friend/Family

_____

NAME #