

Cognitive Disabilities

BEFORE A DISASTER HAPPENS...

Mark your calendar and check your emergency kits every six months. Make sure medications and food items are not expired.

Update personal information on your Emergency and Medical Information Lists, and make sure you have current copies of your health insurance cards in your kits.

Practice what you will do during a disaster at your job, home, school, or any place you spend a lot of time.

Keep a list of tasks you will need to do in an emergency on a small tape recorder you can carry with you at all times. This will help you remember what you need to do.

Make sure you give copies of your written emergency plan to the people in your Personal Support Network. You can call them, if it is safe, during an emergency. Think about what an emergency worker will need to know.

For example:

“I use a communication device. I can point to simple pictures or key words.”

“I forget things easily. Please write down information for me.”

Write your statement below: _____

Practice your statement so that you remember it and can tell an emergency worker when you need to.

ITEMS TO ADD TO EMERGENCY KITS

Organizational Aids:

- Color Post-it flags
- Color Sticky Notes
- Highlighter marker
- Highlighter tape
- Notebook

Prompting Devices:

- Picture prompting books
- Talking Photo Album
- Voice Cue