



**In an effort to ensure that you and your family is prepared at home and to support National Preparedness Month**

**The Tip of the Week**

**For People with Disabilities**

- ❖ Create a support network to help in an emergency.
- ❖ Tell these people where you keep your emergency supplies.
- ❖ Give one member of your support network a key to your house or apartment.
- ❖ Contact your city or county government's emergency information management office. Many local offices keep lists of people with disabilities so they can be located quickly in a sudden emergency.
- ❖ Wear medical alert tags or bracelets to help identify your disability.
- ❖ If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility.
- ❖ Show others how to operate your wheelchair.
- ❖ Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.
- ❖ *Additional Supplies for People with Disabilities:*
  - Prescription medicines, list of medications including dosage, list of any allergies.
  - Extra eyeglasses and hearing-aid batteries.
  - Extra wheelchair batteries, oxygen.
  - Keep a list of the style and serial number of medical devices.
  - Medical insurance and Medicare cards.
  - List of doctors, relatives or friends who should be notified if you are hurt.
- ❖ Go to <http://www.ready.gov/> for help in developing a family emergency plan



**Alaska Synod**

**Evangelical Lutheran Church in America**

God's work. Our hands.