



Las emergencias pueden ser alarmantes y desconcertantes. Posiblemente te quedes sin luz. Podría ocurrir que pierdas contacto con las personas de quienes dependes. Quizás las calles queden inundadas u obstruidas. Tal vez tengas que salir apresuradamente de tu hogar y dirigirte a un sitio donde jamás has estado para refugiarte, comer y contar con ayuda médica.

Esas son cosas que no puedes controlar. Pero puedes tener autodeterminación y emplear la *toma de decisiones asistida* con personas en las que confías para desarrollar un plan sobre qué hacer en una emergencia. De esa manera, cuando la emergencia ocurra, estarás preparado y podrás poner tu plan en acción.

Esta guía incluye algunas acciones que puedes implementar y formas en las que puedes emplear la *toma de decisiones asistida* para prepararte para las emergencias.



ELABORA UNA LISTA DE LOS ARTÍCULOS NECESARIOS EN UNA EMERGENCIA

Lo primero que debes hacer es pensar qué necesitas para superar una emergencia. Imagina que no tienes luz y que no puedes salir de tu hogar por los daños causados por una tormenta. ¿Qué necesitarías para sobrevivir durante una semana o más? ¿Qué cosas son absolutamente necesarias para subsistir?

Puedes emplear la toma de decisiones asistida en colaboración con personas en las que confías para que te ayuden a pensar y elaborar una lista de las cosas necesarias para permanecer sano y salvo.

We recommend that you include:

- Food and bottled water to last at least a week.
- A charger and battery pack for your cell phone, if you have one.
- A radio and batteries so you can listen for news updates.
- A first aid kit.
- Any equipment you need, like a wheelchair, hearing aid, eyeglasses, or other assistive technology, and supplies like batteries to keep them working.
- Your medicine and a list of the medicines you take, what you take them for, the dose you take, and how you can get refills.
- A copy of your insurance card.
- Supplies for your service animal, if you have one, for at least a week.

Once you've made your list, you should make sure that you have those things in your home at all times. That way, if you have to wait out a storm or other emergency in your home, you'll know you have what you need to get by until it's safe to leave.



MAKE A LIST OF YOUR SUPPORTERS

Your supporters are people you trust, who help you live your best life. They can be family, friends, neighbors, or professionals you work with like doctors, case managers, counselors, job coaches, or personal care attendants.

Think about who your supporters are and how they help you. For example: your doctors provide medical care and prescribe your medication. Your friends

and family members help you do things in the community and in your day-to-day life. Your personal care attendant helps you take care of yourself around the house and in the community. Your case manager helps you set up supports and take part in activities.

All of these people support you and can help you in an emergency. So, you should make a list of your supporters, how they help you, and how you can get in touch with them in an emergency.

Your list should include their name, address, telephone number, cell phone number and email.

For example, your list might say this for your doctor and personal care attendant:

Dr. Jada Jackson

Gives me medical care and prescribes my medicine

Address: 555 Main Street,
Jefferson City, Missouri.

Email: JadaJackson@DrJackson.com

Office phone: 555-555-5555

Cell phone: 333-333-3333

Thomas Jones, Personal Care Attendant.

Helps me take care of myself in my home
and in the community

Address: 111 South Street,
Jefferson City, Missouri.

Email: TommyJones@email.com

Office phone: 555-444-333

Cell Phone: 444-333-2222

You can use Supported Decision-Making to work with your supporters and make the list. They can help you identify people who should be on your list, talk to them about how they can help you and how you can get in touch with them in an emergency, and put the list together.

The “Setting the Wheels in Motion” guide⁴, at <http://supporteddecisionmaking.org/sites/default/files/Supported-Decision-Making-Teams-Setting-the-Wheels-in-Motion.pdf>, has worksheets that can help make your list by thinking about the kinds of help you want, when you want it, and who you want to help you. The guide was designed to help parents work with their children with disabilities, but you can also use it work with the people in your life.



MAKE A “GO BAG”

In an emergency, you may have to leave your home in a hurry and go to a shelter. To prepare for those times, you should pack a bag or suitcase you can take with you that has the things that are the most important for your health and safety. We call this a “Go Bag.”

This is another time to use Supported Decision-Making. Ask the people who know you best what you should have in your Go Bag. Your doctor can tell you the most important medications you take

and might give you an extra prescription for emergencies. Your counselors or case managers can help you make a list of the things you need to stay in touch with them, like an extra cell phone battery pack or a list of people you can contact.

We recommend that your Go Bag have, at least:

- Your medications and a list describing what they're for and how you can refill them in an emergency if you can't reach your doctor.
- A copy of your insurance card and identification material like a driver's license or some other form of ID.
- The list you made of your supporters and how to contact them.
- The list you made of the things you need for your health and safety.
- Communication devices, if you use them.
- Extra hearing aids, batteries, and glasses, if you use them.
- An extra cell phone charger or battery pack, if you use one.
- Some cash or credit cards.
- Extra clothes and personal hygiene supplies.
- Supplies for your service animal, if you have one.

After you've worked with your supporters to make the list of what you need for your Go Bag, make sure you have those things in your home either packed or kept in a place where you can pack them in a hurry. Also, you should review your Go Bag at least once a year or when you've had a change in your life or health to make sure it has what you need.

MAKE AN EMERGENCY PLAN AND PRACTICE IT!

As we said, emergencies are confusing and scary. When they happen, it may be hard to think or figure out what to do. That's why you should make a plan for emergencies and practice it with your supporters. That way, you'll know what to do, and how to do it, in an emergency.

You can use Supported Decision-Making to talk with your supporters about what they will do to help you in an emergency and how you'll be able to contact them. You should also work with them to develop back up-plans to make sure you'll be able to get what you need for your health and safety if you can't get in touch with them. For example, ask your doctors for the name and telephone number of another doctor in case you can't reach them and need a refill of your medicine.

We recommend that you include the following things in your Emergency Plan:

- Where you will go in an emergency and how you can get there.
- What you will take with you.

- The place where you and your supporters will meet in an emergency. If you're not able to go there, how you'll contact your supporters to tell them where you are and to find out where they are.
- How you'll make sure your supporters have up-to-date versions of the lists you made of the things you need and the contact information for your other supporters.
- A list of people who will contact you in an emergency to make sure you're ok.
- The names and contact information of people you can contact for support if you can't reach your supporters.
- A list of the things you'll need if you have to evacuate to a shelter and where you keep them or can find them
- How you'll get medicine, food, and other supplies while you're out of your home.
- How you can take care of your service animal, if you have one, while you're out of your home.

Once you've developed your Emergency Plan, practice it! Work with your supporters to set up "dry runs" where you pretend it's an emergency and you have to go to a shelter, or you're stuck in your

home. Practice packing your Go Bag. Go through your supplies so you know that you have what you need if you can't leave your home. Check your lists of supporters and the things you need to confirm that they're up to date and your supporters have them.

We recommend that you practice your Emergency Plan regularly and take part in any emergency exercises in your community. You should also review your plan and update it whenever you've had a change in your life or health. That way, when the next emergency happens, you'll be sure that your information is up to date and that you and your supporters know what to do and how to do it!

LEARN ABOUT AND CONTACT EMERGENCY SERVICES IN ADVANCE

In an emergency, first responders will be helping and rescuing people. Shelters will be setting up and making sure they have supplies. Paramedics and hospitals will be working overtime to take care of people who are hurt. In all that chaos, they may not know how to help you or have the time to learn the best ways to support you.

Therefore, we recommend that you use Supported Decision-Making to learn about and reach out to emergency workers in advance to make sure they know who you are, what you need, and the best ways for you to work with them. You can find the contact information for the Local Emergency Management Agency for your county here: <https://sema.dps.mo.gov>.

We also recommend you contact your local fire department, ambulance services, and the Red Cross. You find the Red Cross serving your area here: <https://www.redcross.org/find-your-local-chapter.html>.

If you need accessible transportation or have a service animal, let them know. Give them the lists of your supporters and the things you need in an emergency.

You should ask them to keep your information on file. When you practice your Emergency Plan, ask if they have your information and go over it with them again. That way, they'll be prepared to help you in an emergency. Also, ask them what you can do to help them be prepared for you.

Finally, you should learn about and plan to use the Federal Emergency Management Agency's Disaster Case Management Program. When the President declares that an area has been in a disaster, the program helps people in those areas work with case managers to set up a recovery plan. You can learn more about the Program here: <https://www.youtube.com/watch?v=jnjmTi0LC7o>

By working together and supporting each other, you'll make sure that they can help you stay safe and healthy!

References

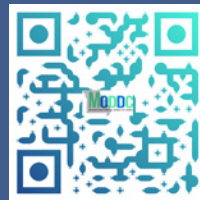
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3. There are many guides that can help you prepare for an emergency. These include:
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4. Francisco, S. & Martinis, J. (n.d.) Supported decision-making teams: Setting the wheels in motion. Retrieved from: <http://supporteddecisionmaking.org/sites/default/files/Supported-Decision-Making-Teams-Setting-55the-Wheels-in-Motion.pdf>,



We Can Help!

Whether you're just starting to think about making an Emergency Plan or want help finding and working with supporters and emergency service providers, we can help! We can answer your questions or connect you with people and organizations that may be able to work with you.

Feel free to contact us at:
(800) 500-7878
moddcouncil.org



OUR NETWORK PARTNERS

**Missouri Protection and
Advocacy Services**

(800) 392-8667
moadvocacy.org

**UMKC Institute for Human
Development, UCEDD**

(816) 235-1770
ihd.umkc.edu

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