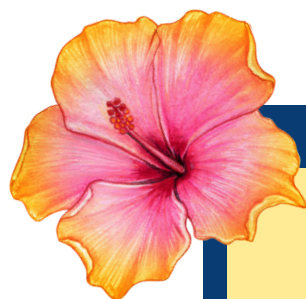


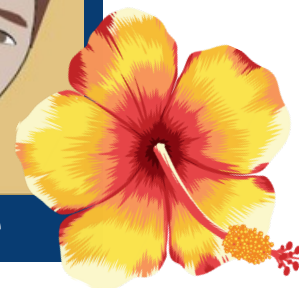
FEELING SAFE, BEING SAFE

My Personal Safety in an EMERGENCY

Worksheet



Personal Safety	Safe at Home
	
	
Community Resources	People Who Care



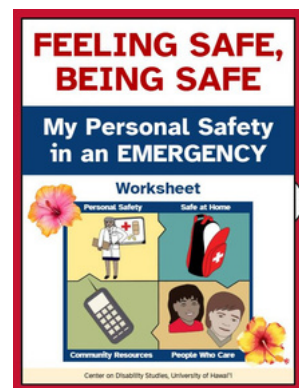
FEELING SAFE, BEING SAFE

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.

If someone gives you an emergency kit, it is not complete. You will need to add personal items like clothing, medications, etc.

2

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.

Register for all local emergency alert systems!

Have someone help you:

- ☐ Get all the information you need.
- ☐ Complete the worksheet.
- ☐ Put your emergency kit together.
- ☐ Practice.

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- coe.hawaii.edu/cds/



Mahalo to all of the self-advocates that helped develop the Hawaii and California curriculum and trainings!

Original design:

California Department of Developmental Services
©2010 DDS, approved adaptations for Hawaii

PERSONAL SAFETY

Important Information About Me

Personal Information:

My Name _____ Phone _____
Address _____ Email _____

Health/Medical Information:



Medical ID # _____

My Doctor's Name and Phone _____

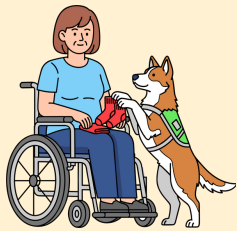
My Meds _____



Disability Information/Needs _____

3

Important Things I Use:

☐

Glasses

☐

Wheelchair

☐

Service animal

☐

Hearing aids

☐

Walker

☐

Other _____



Communication:



My way of talking _____

Best way to talk to me _____

Best way to assist me _____

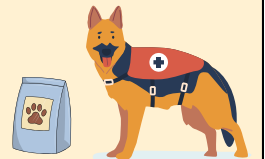
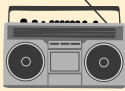
How I respond to stress _____



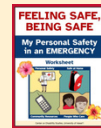
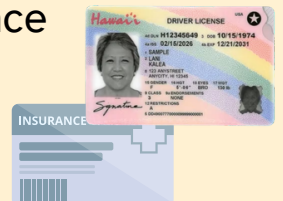
SAFE AT HOME

Preparing So You Are Safe At Home

Emergency Kit:

☐ Water☐ Food☐ Coat☐ Gloves☐ Extra Clothes☐ Meds☐ First Aid☐ Personal Hygiene☐ Service Animal
and Pet Supplies☐ Radio☐ Flashlight☐ Batteries☐ Garbage
Bags☐ Whistle

Place in a plastic bag

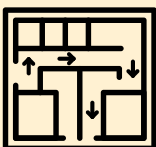
☐ Worksheet☐ Money☐ Copy of Insurance
and ID Cards
(+ Other Important
Documents)

4

Remember:

☐ Put your name on the front
of the kit.☐ Tell important people
where it is.☐ Put it in a place that is easy
to find.☐ Check the kit often.

Good Ideas About Being Safe At Home:

☐ Clear pathways 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:

Family/Friend's Name and Phone _____

Neighbor's Name and Phone _____

Apartment Manager's Name and Phone _____

Other Important Contacts:

Support Staff and Phone _____

Program and Phone _____

Out-of-State Contact _____

5

COMMUNITY RESOURCES

Who To Call For Emergency Information

911

Office of Emergency Services _____

Fire Department Phone _____

Police Department Phone _____

Where To Get Information To Be Safe In An Emergency:

Radio Station _____

TV Station _____

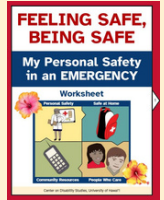
SAFETY TIPS

Good Ideas For Being Safe



My kit is ready and has been updated.

My worksheet is finished and in my kit.



My magnet is finished and on my refrigerator.

I am registered for all local emergency alert systems.



I practiced telling people about my needs.

I told people who care that I am depending on them.



I asked about being safe at work in an emergency.

I planned ways to be safe in the community.

