



Independent Living Resource Center Consumer Emergency Plan

Consumer Name: _____ Date: _____

Primary Attendant: _____

Do you have back-up Attendants? Yes No

If your Attendant does not come to work, what would you do?

Do you have sufficient smoke detectors? Yes No

Do you have a carbon monoxide detector? Yes No

What would you do in case of a fire? _____

Is your Attendant trained for medical emergencies? Yes No

If so, describe: _____

What would you do in case of a medical emergency? _____

What would you do in case of a tornado? _____

What would you do in case of a flood? _____

What would you do in case of a power outage? _____

Please list 3 individuals you would utilize for natural supports:

(Natural supports are the persons you would ask for assistance on an “as needed” basis.)

Name: _____ Relationship: _____ Phone: _____

Name: _____ Relationship: _____ Phone: _____

Name: _____ Relationship: _____ Phone: _____

Consumer Signature: _____

Attendant Signature: _____

Case Manager Signature: _____

Having an evacuation plan is very important for your family. In an emergency, every second counts, so you want to be as prepared as possible. Evacuation plans can be useful for many different types of disasters. House fires are one of the most common disasters people face, so it's important to prepare and practice an evacuation plan regularly. Attendants should be instructed of their role in the plan. Practice! Practice! Practice! Evacuation plans will work best if it is practiced on a regular basis.

Make a map of your home and include exits, doors, windows and hallways. Label the primary exits and secondary exits (usually windows) in case the primary exits are blocked by smoke or flames.

Indicate where household members sleep and include information about special assistance needed to evacuate or be rescued. For instance, if an individual requires partial or total assistance to ambulate, make that information clear.

Label the main valves of the gas, electricity and water lines. Indicate when it is necessary to turn off any or all utilities.

Establish a safe meeting place outside the home so everyone can be accounted for. Involve everyone. It is important for everyone in the household to learn how to escape. It may be necessary to arrange furniture so a dresser or night stand is under a window to make it easier to escape. Special attention should be paid to escape from basement and upper floor windows.

Make a 72-hour kit.

Place 72-hour kits strategically near the exits so they are easy to grab in a hurry. When you practice, assign certain family members to be in charge of grabbing the 72-hour kit.

Practice other life saving habits such as leaving a pair of shoes and a flashlight at each person's bedside.

Practice with time in mind. Try running through your plan at least 4 times each year and adjust your plan according to the abilities and needs of household members and attendants.

A phone call should be made to report the emergency to 9-1-1 or the fire department as appropriate. When reporting a fire by telephone, give all of the following information: name of person making call, location of emergency (address, floor, and room location), and people injured, trapped or disabled.

If a fire is detected or the fire alarm sounds, evacuate the area, and follow the emergency plan. Do not attempt to extinguish fires unless you have been trained on the proper use of portable fire extinguishers. Once outside the building stay out and move across the street or down the sidewalk away from the building to clear access for the fire department and other emergency responders.

Assist persons with disabilities to the nearest unobstructed fire exit or stairwell. Disabled persons will remain in these fire safe locations until fire department personnel can assist them in exiting the building. A volunteer should remain in the fire exit or stairwell with the disabled person until fire department assistance arrives. Do not re-enter the building until expressly directed to do so by the fire officer in charge.

Evacuate in an orderly manner, don't panic. Walk, don't run. When appropriate, turn off electricity and water. Turn off electricity at the main fuse or breaker, and turn off water at the main valve.

If smoke is too heavy, close the door, place a towel or article of clothing along the bottom edge of the door to keep smoke out. If, for any reason, you must remain in a room or office during a fire or other emergency, remain calm, call 9-1-1 or the appropriate emergency agency and advise of your location and situation, and wait for emergency rescue personnel to assist you.

Report any unsafe condition within your building or any safety equipment that is not functioning properly, such as: burned out exit lights, emergency lighting not working, and fire alarm components not functioning.

If you safely have time to take a 72-hour kit before leaving, grab these things and evacuate!

You should consider making a 72-hour kit to include the following and put them all together in a duffle bag or other large container in advance:

- Disaster Supplies: flashlight, batteries, radio, first aid kit, bottled water (at least one gallon per person is recommended; more is better), extra batteries

- Clothing and bedding: a change of clothes and a sleeping bag or bedroll and pillow for each household member

- Medical supplies: prescription medications in their original bottles, plus copies of the prescriptions, dentures, crutches, prostheses, First Aid kit

- Car keys and keys to the place you may be going (friend's or relative's home).

 - Eyeglasses (with a copy of the prescription)

 - Foods that do not require refrigeration or cooking

 - Items such as disability related items and supplies that household members may require

 - Checkbook, cash, and credit cards

 - Map of the area

 - Important papers to take with you: driver's license or personal identification, Social Security card, proof of residence (deed or lease), insurance policies, birth and marriage certificates, stocks, bonds, wills, deeds, and copies of recent tax returns

Designate an out of town and an out of state contact person for your family to call in case you separate and have everyone memorize the phone numbers. Practice using your 72-hour kit supplies.

Preparing for a Tornado

Although tornadoes can occur anywhere and at any time of the year, the peak season stretches for six months from March through August. A tornado's direction can be very erratic and may change suddenly. Adding to a tornado's wind speeds range from 40 to 379 MPH.

Develop a tornado safety action plan for your household. Make sure your attendant(s) are familiar with your emergency plan. A tornado watch indicates that conditions exist that may spawn tornadoes, while a tornado warning indicates that funnel clouds have been spotted. Take shelter immediately. Familiarize yourself with the location of your local storm shelter. Determine the best place in your home to gather if a tornado warning is issued. When away from home, know the type of shelter to look for.

Plan for shutting off water, gas and electricity to the house if necessary.

Prepare an inventory of your personal property and consider videotaping your entire household contents for record keeping purposes. Keep copies in a safe place, away from home if possible.

Review your insurance policy to assure that you have adequate coverage.

During a tornado warning, stay calm.

Avoid rooms with windows or patio doors, do not open windows.

If possible move your vehicle into a garage or under a carport to minimize damage.

If you live in a mobile home, even if it is anchored, leave and find more substantial shelter if possible.

Seek shelter in your basement. If you don't have a basement, take shelter in a bathroom or closet located nearest to the center of your home. It's helpful to find shelter under something sturdy (e.g. workbench, pool table, and staircase).

If you're caught outdoors when a tornado approaches, find the lowest point possible, lie face down in a ditch, ravine or other low area and cover your head to protect it from flying debris.

If you are driving when a tornado strikes, stop and get out of your car. Take cover in a substantial building or under an overpass if possible. Do not attempt to out run a tornado. If none of the former suggestions is available, lie face down in a ditch, ravine or other low area upwind from your parked vehicle.

Keep tuned in to your local weather alert radio station.

Do not go into a damaged home or structure. Be alert for potential hazards. Watch for broken power lines, shattered glass, splintered wood or other sharp objects. Take steps to prevent additional property damage from rain, wind and looting.

If power is off for more than a few hours, food may spoil. Freezers, when left closed, may keep food frozen for several days. However, if food begins to thaw, do not re-freeze them as they may be spoiled.

Preparing for a Winter Freeze

Winter weather brings safety hazards that, if neglected, can be dangerous. Learn tips to keep you and your home safe during the winter season.

Wrap pipes when needed to prevent freezing.

Wash spray equipment, such as a hose or sprinkler, drain it, and put it away for the season.

Keep the furnace and flue in good condition.

Make sure combustible material such as spray cans or paint are not near a heater or any source of heat. Ensure proper ventilation and maintenance for heating systems.

Change furnace filters regularly.

Keep all sidewalks and entrances to your home free from ice and snow.

Ensure hand railings and steps are in good shape.

Remove dead tree branches. Heavy snow or ice can cause them to break and cause damage or injury.

Use your own good judgment about anything else that is appropriate to preparing for winter weather.