

people with

# FLASH

cards

FLASHcards



**FLASH**<sup>®</sup>  
FEDERAL ALLIANCE FOR SAFE HOMES

# People with Disabilities

People with disabilities often require assistance and additional lead time in order to prepare for a disaster. The following list, while not exhaustive, provides some practical tips for those with special needs.

- Establish a personal support network. This network of friends, family and neighbors can assist in disaster preparations and getting you to a safe place.
- Post Emergency Instructions on the refrigerator to include medication dosages, necessary equipment and emergency contacts.
- Register with local emergency management and fire departments.
- Identify multiple evacuation routes at home and at work.
- Ask your employer to include and test these plans.
- Carry with you at all times emergency health information and emergency contacts. A medical alert tag or bracelet to identify your disability can prove helpful.
- Have an alternate means of communication, like a dry erase board or writing tablet and markers.
- When calling 911, tap the space bar to engage the TDD system.
- Install fire safety devices in the home, such as fire extinguishers and smoke alarms with a vibrating pad or flashing light. Consider also installing an alarm with strobe light outside the home to alert neighbors. Test alarms and inspect extinguishers regularly and replace smoke alarm batteries every six months.
- Keep a flashlight, whistle or bell handy to signal whereabouts to others.
- Stock emergency supplies, such as batteries, blankets, cash, non-perishable foods, medications, water and a weather radio.

Protect your home in a **FLASH** with  
the Federal Alliance for Safe Homes!

[www.flash.org](http://www.flash.org) ■ toll-free 1-877-221-SAFE

[www.fema.gov](http://www.fema.gov)