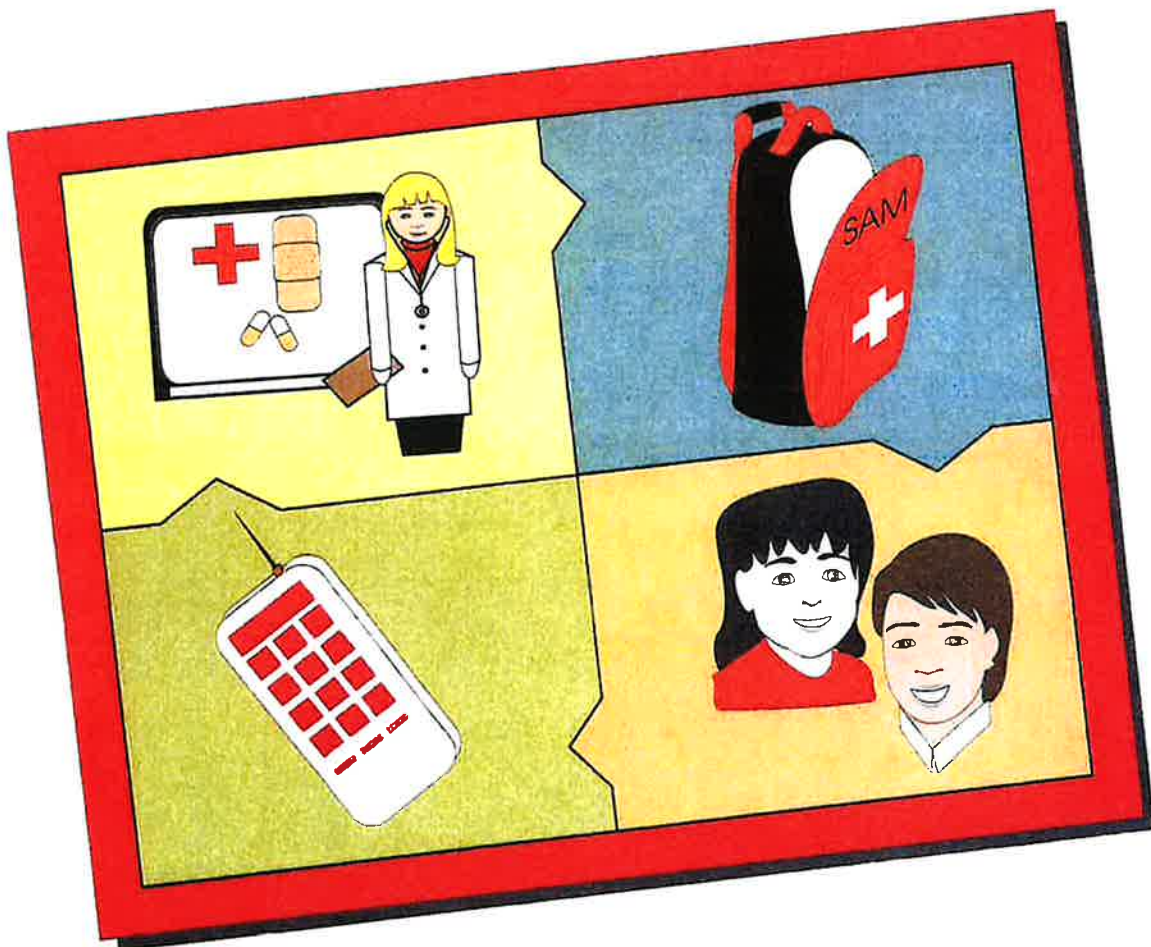


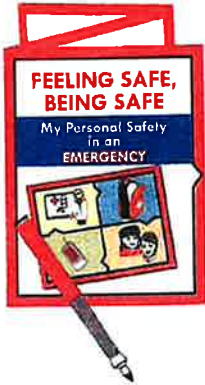
# FEELING SAFE, BEING SAFE

## My Personal Safety in an EMERGENCY



# 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.

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.

**Have someone help you:**

- Get all the information you need.
- Put your emergency kit together.
- Complete the worksheet.
- Fill in your magnet.



**Department of Developmental Services  
Consumer Advisory Committee, 2007**

**For additional copies and other CAC tools**

Office of Human Rights & Advocacy Services  
1600 9th Street, Room 240 Sacramento, CA 95814 916-654-1888  
Or download PDF copies  
[Http://www.dds.ca.gov/ConsumerCorner/Publications.cfm](http://www.dds.ca.gov/ConsumerCorner/Publications.cfm)

Developed by:  
 **The Board Resource Center, Inc.**  
Mark@brcenter.org



# PERSONAL SAFETY

## IMPORTANT INFORMATION ABOUT ME

### PERSONAL INFORMATION:



My Name \_\_\_\_\_

Health Insurance \_\_\_\_\_

CARD NUMBER

### HEALTH/MEDICAL INFORMATION:

My Meds \_\_\_\_\_



\_\_\_\_\_



My Doctor \_\_\_\_\_



Information about my disability \_\_\_\_\_

\_\_\_\_\_

2

### IMPORTANT THINGS I USE:



Glasses

Hearing aides



Wheelchair

Walker

Service animal

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



Extra Clothes  Coat  Gloves

Service Animal Supplies



Meds  First Aid

Whistle  Garbage Bags



Flashlight  Radio  Batteries

Worksheet  Cash


Place in a zip lock bag



Copy of Insurance & ID Card

3

### REMEMBER



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

### GOOD IDEAS ABOUT BEING SAFE AT HOME



- Clear path ways 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



Neighbor \_\_\_\_\_ #

Apt. Manager \_\_\_\_\_ #

Family/Friend \_\_\_\_\_ #

### OTHER IMPORTANT CONTACTS

Support Staff \_\_\_\_\_ #

Program \_\_\_\_\_ #

Regional Center \_\_\_\_\_ #

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# COMMUNITY RESOURCE



## WHO TO CALL FOR EMERGENCY INFORMATION



911



Office of Emergency Services \_\_\_\_\_

Fire # \_\_\_\_\_ Police # \_\_\_\_\_

### 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.

My worksheet is finished and in my kit.



My magnet is finished and on my refrigerator.

I practiced telling people about my personal needs.



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

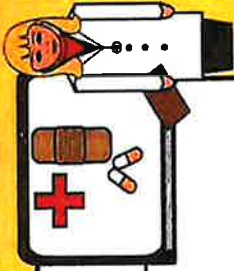
I asked about being safe at work in an emergency.



**Being Safe, Feeling Safe = Being Prepared**



# PERSONAL SAFETY



I am \_\_\_\_\_

My Meds \_\_\_\_\_

Important things I use \_\_\_\_\_

My kit is located:

\_\_\_\_\_  
\_\_\_\_\_



# SAFE AT HOME



911

Regional Center

NAME \_\_\_\_\_ # \_\_\_\_\_

EMERGENCY INFORMATION



Radio



TV



My Neighbor

NAME \_\_\_\_\_ # \_\_\_\_\_



Friend/Family

NAME \_\_\_\_\_ # \_\_\_\_\_

# COMMUNITY RESOURCES

USE PERMANENT MARKER

# PEOPLE WHO CARE