



# Personal Emergency Preparedness Workbook





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# Introduction

Las Animas County and its municipalities would like to thank The Independence Center for allowing us to adapt their existing workbook and personalize for our communities. This workbook will help not only those with disabilities but also all members of our community prepare for emergencies. Having an emergency plan in place will increase your confidence in your own ability to stay safe in a disaster situation.

This workbook will guide you through the process of gathering the information and supplies you will need if a disaster strikes. It is filled with worksheets, checklists, and tips to help you prepare for an emergency. That way you have all of the information you need to make sure that you continue to live independently if you should ever need to evacuate your home, work, or school. You may want to make copies of these pages so that you can keep them up to date in the months and years to come.

Before you start filling out the pages in this workbook, it is important to start thinking about three people you can share information with. These individuals will be part of your Personal Support Network. You may have different Personal Support Networks at home, work, school, or anywhere you spend a great deal of time. The people in your Personal Support Network will work with you to prepare for a disaster.

Finally, completing this workbook, identifying the members of your Personal Support Network, and putting together emergency kits for your home, car, and person are only the beginning. We encourage you to learn more about disasters that can happen in your area. Contact the resources on the last pages to learn more about disaster planning, first aid, and sheltering.

Remember, you are ultimately responsible for yourself. Being prepared is one of the most important things you can do to live up to that obligation.

# Emergency and Disaster Preparation

- Fill out the Emergency Information List.
  - Fill out the Medical Information List.
  - Fill out a Disability Specific Checklist.
  - Attach copies of your health insurance cards and related information to your Medical Information List.
  - Keep at least a three-day supply of essential medications with you at all times. One option is to put the last 3 days of your monthly supply in the kit, and rotate those three at the end each month, when you refill.
  - Have a current medication list of prescriptions and dosages with you at all times.
  - Install at least one smoke detector on each level of your home, as well as one in each bedroom.
  - Find the location of utility cutoff valves and switches. Become familiar with how to operate them.
  - Consider securing and anchoring your propane tank.
  - Identify as many exits as possible from each room and from your building.
  - Make a floor plan of your home, including primary escape routes.
  - Practice your escape plan.
  - Decide what equipment you will need for assistance during an evacuation.
  - Be ready to give brief, clear, specific instructions and directions to rescue workers.
  - Become familiar with the emergency or disaster evacuation plan for your office, school, or other locations where you spend a lot of time.
  - Have an alternative place to stay if you are evacuated.
- Talk with your doctor or pharmacist about what you should do if you do not have enough medicine after a disaster. Also, find out the shelf life of your medication and the storage temperature it needs.
- Determine how often you should replace stored medication,

## Identify places to go during an:

- Wildfire
- Tornado
- Winter Storm
- Flood

- Have a plan to care for your pets and/or Service animal(s).

# Personal Support Network

## WHO, What, Where and WHY?

A Personal Support Network is a group of people who come together to help keep one another safe in an emergency. The people in your Personal Support Network will work with you to prepare for a disaster. You might practice evacuating together, or work with one another to prepare emergency kits for your car, home, and to carry with you on your person.

The following tips will help you develop your Personal Support Network:

Ask people you know and trust to be part of your Personal Support Network. Members of your Network can be relatives, neighbors, co-workers, or friends. You should have at least three people in your Personal Support Network for each location you spend a lot of time at (home, work, school, volunteer sites, etc.).

## HOW TO PREPARE

Give copies of your Emergency Information, Medical Information, and Disability- Related Supply lists to members of your Personal Support Network.

Have members of your Personal Support Network check on you if emergency officials issue an evacuation order, or if a disaster occurs. If you are Deaf or hard of hearing, have members of your Personal Support Network contact you when a siren or loudspeaker announces an emergency.

Do not count on phone service during an emergency. Decide on signals members of your Personal Support Network can use in an emergency that all of you will understand. For instance, you can hang sheets outside your windows, shout to each other or use high-pitched noisemakers or bells to let one another know if an emergency is happening.

Share important keys with your Personal Support Network so that they can enter your home, car, or other places if they need to.

If you use special equipment of any sort, make sure members of your Personal Support Network know how to operate and safely move it. It is a good idea to make labels with instructions for your equipment.

If you have a service animal, make sure the animal is familiar with members of your Personal Support Network. This will make it easier on your animal if it needs to receive care from someone other than you.

If you need any type of personal assistance, make sure members of your Personal Support Network know what you need and how to provide it.

## PRACTICE AND REVIEW

- Practice evacuating from your home, office, or school with members of your Personal Support Network. You should choose an emergency meeting place where you can reunite with your Personal Support Network after evacuating from your home, school, or office. Select a signal you can use to let your Personal Support Network know that you have safely evacuated if you cannot meet in person.
- Review and revise your plan with your Personal Support Network every six months, or as your situation changes.
- Be sure to let your Personal Support Network know when you plan to travel!
- When contacting your Personal Support Network, consider texting over phone calls, if possible. Phone lines need to remain clear for first responders, and cell towers can be quickly overwhelmed. Texts send faster, and easier.
- **During an active emergency**  
Follow protocols established by Las Animas County Office of Emergency Management to report location.
- Consider asking one of your personal support network to update your Facebook, Twitter or other social media accounts that you may use often. Encourage inquiring family to contact that person for updates and information, to allow you to free your time to contact doctors, insurance and other important calls you may need to make.



# Medical Information & Supply List

## SUPPLIES:

Check items you use

- |   |   |
|---|---|
| <input type="checkbox"/> Glasses:                 | <input type="checkbox"/> Suction Equipment:     |
| <input type="checkbox"/> Ostomy Supplies:         | <input type="checkbox"/> Wheelchair:            |
| <input type="checkbox"/> Eating Utensils:         | <input type="checkbox"/> Sanitary Supplies:     |
| <input type="checkbox"/> Walker:                  | <input type="checkbox"/> Wheelchair Repair Kit: |
| <input type="checkbox"/> Grooming Utensils:       | <input type="checkbox"/> Other                  |
| <input type="checkbox"/> Crutches:                | <input type="checkbox"/> _____                  |
| <input type="checkbox"/> Dressing Devices:        | <input type="checkbox"/> _____                  |
| <input type="checkbox"/> Cane(s):                 | <input type="checkbox"/> _____                  |
| <input type="checkbox"/> Writing Devices:         | <input type="checkbox"/> _____                  |
| <input type="checkbox"/> Dentures:                | <input type="checkbox"/> _____                  |
| <input type="checkbox"/> Hearing Devices:         | <input type="checkbox"/> _____                  |
| <input type="checkbox"/> Dialysis Equipment:      | <input type="checkbox"/> _____                  |
| <input type="checkbox"/> Oxygen: Flow Rate: _____ | <input type="checkbox"/> _____                  |
| <input type="checkbox"/> Urinary Supplies:        | <input type="checkbox"/> _____                  |

# Emergency Kits

At a minimum, you should have two emergency kits prepared: a personal kit that you can keep with you at all times, and a larger kit that you can keep at home. If you have a car, you should have a mobile emergency kit there, as well. Finally, if you have a service animal or pet, you should keep a separate emergency kit to make sure you can care for your animal in the event of a disaster.

Your emergency kits should, at a minimum, allow you to sustain yourself for at least three days. Ideally, your kits should contain supplies for up to seven days. If you have a disability, you may need items that are not included on the following lists. Please refer to the disability specific tips pages for ideas on additional items you might need.

The following lists are intended as guidelines; each individual must determine how this information applies to your situation.

## GUIDANCE FOR EMERGENCY PROFILE

- Include your name as it appears on your most current medical file.
- Make secure copies of your important documents- do NOT place original documents in ANY of your emergency kits
- Storage of documents- if you can, store your documents electronically, either on a cloud server, or a secured thumb drive.
- Consider multiple thumb drives- to give to your personal network.
- Thumb drives can be password protected.
- Keep your password(s) available in your wallet, or other place that you may know, but most people would not.
- Take photos of your home, and its contents, and store them on the cloud

## DOCUMENTS TO INCLUDE IN YOUR KIT(S)

- Marriage License/Divorce Paperwork
- Any legal documents with specific instructions (restraining orders, child support, legal directives, etc.)
- Insurance information- Home, vehicle, and any others you may have- also include a phone number for your insurance agent.
- A piece of mail with your current address on it-preferably a utility bill.
- Lease, mortgage and/or rental agreements for your home or your property
- Prescriptions, doctor's note and/or any supporting medical paperwork that may aid you in receiving needed assistance.
- Preferred hospital, primary care information, home health provider contact information, medical equipment contact, etc.
- Veterinary care information for your pet/service animal.
- Tax information from one year prior
- Hard Maps, with routes marked for exit out of your community. Two or more exit routes is ideal.

## PERSONAL EMERGENCY KIT

Your personal emergency kit should contain essential items that you cannot live without, and you should keep it with you at all times.

- Food- 2 meals per day/per person, non-perishable, ready to eat
- Water- 1 gallon per day/per person (Rotate water for freshness)
- First Aid/Medical Supplies (also copies of Medical Information- insurance, prescriptions, advance directives, DNRs, etc.)
- Tools (to fix equipment. Also consider batteries for items you bring)
- Clothing/Bedding- Consider seasons, and rotate clothing accordingly. Any supportive pillows, blankets and bed items should be included as well)
- Important Documents (Emergency Information List, proof of address, lease agreement/mortgage loan information, insurances, ID's of any kind, passport, social security, birth certificate, etc.)
- Misc. Other- Any comfort items, hygiene items, items for pets/service animals, hearing aids, glasses, communication devices, phone charger, cash, cell phone, key ring flashlight, any device that draws attention to yourself
- Other Disability Specific Items: \_\_\_\_\_

## HOME EMERGENCY KIT

- Personal Emergency Kit Items
- Sturdy gloves to protect your hands from rubble and debris.
- Roll of duct tape and plastic sheeting.
- Can opener and canned goods- enough to survive 3 days at home with no food or running water.
- Warm blankets
- Other Disability Specific Items: \_\_\_\_\_

## CAR EMERGENCY KIT

- Personal Emergency Kit Items
- Tow Straps
- Jumper Cables
- Reflective traffic triangles, or cones to redirect traffic around your vehicle
- Towels or dry clothing items
- Snacks that are NOT held together by chocolate or honey
- Winter goggles or eye protection of some kind

- Warm gloves/hat/mittens
- Options to use the restroom (in case you are stranded for a long period of time)
- Other Disability Specific Items: \_\_\_\_\_

## **Pet/SERVICE ANIMAL EMERGENCY KIT**

- Vaccination records, along with a photo of the animal.
- Food, treats, and water – at least a three-day supply,
- Food and water dishes.
- Brush, shampoo, and other relevant hygiene items.
- Pooper scooper or plastic bags for waste disposal.
- Animal first aid kit (medications, vitamins, contact information for local vet offices, tape, scissors, antibacterial soap, and cotton balls).
- Leashes, vests, collars, etc.
- Veterinarian information- ID tags/vet tags, or if the animal is chipped, ensure the chip is up to date with address and contact information

# Chemical and Food Sensitivities

## BEFORE A DISASTER HAPPENS...

Anticipate that emergency personnel will probably not be able to meet your needs during an emergency. Include air filtering items such as masks, or food items you can safely eat in all of your emergency kits.

## ITEMS TO ADD TO EMERGENCY KITS for Chemical/Food Sensitivities

- Alternate cooking method
- Antihistamine
- Disposable hand wipes
- Disposable plates and utensils
- Epinephrine auto-injector
- Ready-to-eat foods
- Special dietary supplements

## BREATHING/RESPIRATORY LIMITATIONS:

- Alternate charging source
- Alternate power source
- Extra batteries, alternate power source, or charging system for oxygen and breathing devices
- N95 rated particulate filter mask
- Rechargeable batteries
- Resuscitation bag
- Towels, masks, industrial respirators or other supplies you can use to filter your air supply

## DON'T FORGET

- Check your emergency kits regularly to ensure food items and medications are not expired.
- Ensure that masks, towels, and other supplies are clean and ready for use at regular intervals.

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# Cognitive Disabilities

## BEFORE A DISASTER HAPPENS...

**Mark your calendar and check your emergency kits every six months.** Make sure medications and food items are not expired.

**Update personal information on your Emergency and Medical Information Lists,** and make sure you have current copies of your health insurance cards in your kits.

**Practice what you will do during a disaster at your job, home, school, or any place you spend a lot of time.**

**Keep a list of tasks you will need to do in an emergency on your cell phone or a small tape recorder you can carry with you at all times.** This will help you remember what you need to do.

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**Make sure you give copies of your written emergency plan to the people in your Personal Support Network.** You can call them, if it is safe, during an emergency. Think about what an emergency worker will need to know.

### For example:

*“I use a communication device. I can point to simple pictures or keywords.”*

*“I forget things easily. Please write down information for me.”*

Write your statement below: \_\_\_\_\_

Practice your statement so that you remember it and can tell an emergency worker when you need to.

## ITEMS TO ADD TO EMERGENCY KITS

### Organizational Aids:

- Color Post-it flags
- Color Sticky Notes
- Highlighter marker
- Highlighter tape
- Notebook

### Prompting Devices:

- Picture prompting books
- Talking Photo Album
- Voice Cue



# Communication or Speech Limitations

## BEFORE A DISASTER HAPPENS...

Figure out how you will let emergency personnel know what you need if you do not have communication devices with you (word boards, augmentative communication devices, artificial larynx, etc.).

Store pads of paper and pens, copies of letter/word boards, or any other communication aids you believe you might need in all of your emergency kits.

Make sure your Medical Information List explains the best way to communicate with you.

If you use a computer frequently as a means of communication, make sure you have an alternative power source in your emergency kits.

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## ITEMS TO ADD TO EMERGENCY KITS

### Low Tech Communication Aids:

- Dry erase board
- Laminated alphabet boards
- Laminated communication board
  
- Paper and pens

# Deaf or Hard of Hearing

## BEFORE A DISASTER HAPPENS...

- Store hearing aids in the same secure place consistently so that you can locate them easily during an emergency.
- If possible, keep an extra hearing aid in your emergency supply kits.
- Store extra batteries for hearing aids or implants in your emergency supply kits.
- Install both audible and visible smoke alarms in your home.
- Decide how you will communicate with emergency personnel if there are no interpreters available, or if your hearing aids are not available/operational.
- Carry a pre-printed card that reads “I speak American Sign Language.”
- When traveling, make sure hotels have access packets for people who are Deaf or hard of hearing. Ask for them when you check in.

## DISABILITY SPECIFIC CHECKLIST

- Store and maintain extra hearing aids and batteries.
- Install both audible and visual smoke alarms.
- Write down key phrases for emergency workers.

## ITEMS TO ADD TO EMERGENCY KITS

- Paper and pens
- Cell phone amplifier
- Extra hearing aid batteries
- Portable phone amplifier
- Vibrating watch
- Dry erase board
- Extra cochlear implant batteries
- Extra power cord for your smart phone or pager
- Amplification systems – pocket talker
- Alternate power source or charging system for your smart phone or pager



Consider getting a weather radio with a visual/text display that warns of weather emergencies

# Life Support Systems

## BEFORE A DISASTER HAPPENS...

Figure out which facilities or providers can meet your needs if your usual provider cannot help you or your system becomes inoperable.

Find out more about the following issues:

- Alternative power sources that can keep you going for up to seven days.

- Manually operated equipment.

- The use of a vehicle battery to power equipment.

Generally, gasoline powered generators are preferable to other types. If you opt for a gasoline-powered generator, be sure to test it periodically, store gasoline safely, and keep a syphon kit on hand in the event you have to get gasoline from a vehicle.

If you use a battery powered backup system, be sure to make sure batteries are charged periodically. You may ask your utility company for advice on the use and maintenance of your backup power supply.

Secure life support equipment with welded (not bent) chains to prevent damage. Make sure everyone in your Personal Support Network knows how to operate and move your equipment. Attach instructions to all machines.

## OXYGEN USERS:

Find out if using a reduced flow rate during an emergency will help your system last longer. If so, record the reduced flow numbers on your equipment.

Post “Oxygen in Use” signs so that emergency personnel can identify them easily.

Make sure you can get to the shut-off switch for your equipment quickly in an emergency.

### Breathing/Respiratory Limitations:

- Alternate charging source
- Alternate power source
- N95 rated particulate filter mask
- Rechargeable batteries
- Resuscitation bag
- Extra batteries, alternate power source, or charging system for oxygen and breathing devices
- Towels, masks, industrial respirators or other supplies you can use to filter your air supply

### Medical Needs:

- Blood pressure monitor
- Medi-straw
- Medication reminders/alarms
- Nail Clippers
- Pill boxes, Pill splitter, & popper
- Pill swallowing cup
- RX Magnifiers
- Talking Glucose Meter
- Thermometers
- USB MediTag

### Mobility Limitations:

- Bottle openers
- Cooling aids
- Dressing aids
- Drink holders
- Drinking aids – long straw, uDrink
- Eating aids
- Reachers
- Writing aids

## DISABILITY SPECIFIC CHECKLIST

Make sure vital equipment is secured.

Keep an up-to-date list of alternate providers in your emergency kits.

Make sure everyone in your Personal Support Network knows how to operate your equipment, including backup power sources.

Test your backup power sources regularly.

Teach members of your Personal Support Network how to operate and move all equipment, and keep instructions with each piece.

# Mobility Limitations

## BEFORE A DISASTER HAPPENS...

- Keep a personal emergency kit attached to your walker, wheelchair, or scooter.
- Store any assistive technologies (canes, crutches, walkers, wheelchairs, etc.) you use close by in a consistent and secure place.
- If you use a motorized wheelchair, keep extra batteries with your emergency kits. Ask your vendor if you can recharge batteries by connecting jumper cables to a vehicle battery, and if there are any special converters available that would allow you to recharge with a vehicle cigarette lighter.
- Keep a patch kit or a can of “seal in air” in your emergency kits if you do not have puncture proof tires on your wheelchair.
- If you can obtain one, keep a lightweight manual wheelchair with your emergency kits (at least your larger home kit).
- Prepare for the possibility that you will have to leave your chair behind in an evacuation.
- Practice lifting and carrying techniques with members of your Personal Support Network, and be prepared to let emergency personnel know how they can help you move best.
- If you regularly spend time in places where you use elevators, practice evacuating from those areas without using the elevator.
- Secure furniture in your home, office, or anywhere you spend a lot of time to prevent possible barriers.
- Keep a pair of heavy gloves with you at all times, just in case you have to wheel over glass or debris.

## ITEMS TO ADD TO EMERGENCY KITS

- Heavy gloves for wheeling over glass or debris.
- Bottle openers
- Cooling aids Dressing aids
- Drink holders
- Drinking aids – long straw, uDrink
- Eating aids, Reachers, Writing aids

# Psychiatric Disabilities

## BEFORE A DISASTER HAPPENS...

There are several ways you might react to an emergency on emotional, mental, or physical levels. It is important to anticipate reactions you may have and think through strategies for coping with them.

It is possible that the following emotional responses might occur or become more severe during and after an emergency: confusion, fear, paranoia, sadness, panic, depression, withdrawal, irritability, and anxiety.

You might also experience one or more of the following: difficulty with memory or mental processing, shaking, pacing, shouting, or crying.

Seek advice from friends, family, therapists, or other service providers on additional ideas for coping.

Let members of your Personal Support Network know what your plans are and keep them apprised so that they can lend support during an emergency.

Practice communicating your needs.

Think about and plan for the reactions you may have during and after a disaster.

Think about what an emergency worker will need to know.

### For example:

*“I have a panic disorder. If I panic, (instructions for medication or other intervention).”*

Write your statement below: \_\_\_\_\_

Practice your statement so that you remember it and can tell an emergency worker when you need to.

# Visual Disabilities

## BEFORE A DISASTER HAPPENS...

Keep extra canes (if you use them) in secure and consistent locations at home, work, school, or any place you spend a lot of time in so that you can get around obstacles and hazards if you need to.

Place security lights around travel paths if you have some vision.

Think about how you will navigate without audio cues, which you might not be able to rely on during or after a disaster.

Label supplies with large print, fluorescent tape, or Braille so that you can access items easily.

Secure special equipment such as electronic magnifiers or computers.

## ITEMS TO ADD TO EMERGENCY KITS

- Big Print Address Book
- Book light
- Cell phone magnifier
- Extra batteries, alternate power source or charging system
- Extra glasses
- Have high-powered flashlights with wide beams and extra batteries
- Liquid Level Indicator
- Magnifiers
- Mark your disaster supplies with fluorescent tape, large print or Braille
- Signature guide
- Talking watch
- Talking clock/calendar

# How to Shelter in Place

Emergency personnel may tell you to shelter in place during certain kinds of disasters, like chemical spills. “Shelter in place” essentially means to take immediate shelter wherever you are at. You will need to pay attention to authorities to find out whether you need to simply take refuge where you are or take additional measures to seal the room to prevent outside air from coming in.

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The items in your Home Emergency Kit should help you shelter in place for up to seven days. Here are some additional tips to help you prepare to take shelter immediately:

- Check your emergency kits on a regular basis.
- Register for the “Code Red” through Las Animas County Dispatch 719-846-4441.
- Follow local emergency protocol for evacuation.
- Choose a room in advance for you to shelter in. This room should be in the innermost portion of your home, with limited/no windows.
- Before an emergency, contact your workplace, children’s schools, or anyplace you have family to find out what their shelter in place plans will be.
- At work, help make sure that emergency plans involve all employees. The safety planning team should have prescribed duties, and alternates should be assigned for each duty just in case someone is out for the day.
- Contact your Personal Support Network to let them know that you are safe.
- Bring service animals, pets, and children indoors immediately when a shelter in place order is issued.
  - If children are at school, they may be sheltered there.
  - Set up a place for your animals to relieve themselves indoors.
- Close and lock all doors and windows, and close shades, curtains, and blinds. Turn off your heating or air conditioning system, along with all fans. Close your fireplace or woodstove flues.
- If you are instructed to seal the room, use duct tape and plastic sheeting to seal all cracks around doors and windows. Tape over vents and electrical outlets, too.
- Turn off any air-intake, such as heating and cooling systems, air filtration systems, etc. If instructed, consider turning off water intake as well.



# Knowing How an Emergency Might Affect Your Disability

Disaster situations can be overwhelming – both physically and emotionally. It is important to understand how stress related to a disaster can impact your disability. Anyone affected by a disaster may experience one or more of the following symptoms.

## Thought

- Poor concentration
- Confusion
- Slowness of thought
- Limited ability to communicate verbally or in writing
- Forgetfulness
- Poor judgment
- Limited ability to think of alternatives or prioritize

## Behavior

- Hyperactivity
- Angry outbursts
- Limited objectivity
- Withdrawal, isolation, or distancing
- Increased use of tobacco, alcohol, or other drugs
- Avoidance of activities or places
- Family problems

## Psychological or Emotional

- Anxiety
- Irritability or restlessness
- Depression or crying
- Anger or blaming
- Apathy or diminished interest in usual activities
- Feelings of isolation or estrangement
- Feelings of guilt about surviving
- Denial or constricted feelings
- Exaggerated reactions to being startled
- Recurrent nightmares
- Insomnia
- Excessive sleeping

## Physical

- Headaches
- Weakness
- Nausea or upset stomach
- Sore muscles Sweating or chills
- Numbness or tingling
- Heavy feeling in arms or legs
- Lump in your throat
- Chest pain Tremors
- Fatigue
- Increase in allergies, colds, or flu
- Heart palpitations

# Emergency Resources

**All Emergencies – Call 911**

**Non-Emergency Questions – Call 211**

**Refer to information provided by the local Emergency Management  
Public Information Office**

# Where to Get Emergency Information

## Local Television/Radio Stations Serving Las Animas County

Network	Call Sign	Website
NBC	KOAA-TV	<a href="http://www.koaa.com">www.koaa.com</a>
CBS	KKTV	<a href="http://www.kktv.com">www.kktv.com</a>
ABC	KRDO-TV	<a href="http://www.krdo.com">www.krdo.com</a>
Fox	KXRM-TV	<a href="http://www.coloradoconnection.com">www.coloradoconnection.com</a>
PBS	KTSC	<a href="http://www.rmpbs.org">www.rmpbs.org</a>
UNI	KVSN-DT	<a href="http://www.univision.com">www.univision.com</a>

### Weather Information

Weather updates can be followed via National Oceanic and Atmospheric Administration (NOAA)

<https://www.noaa.gov/>

Television and radio stations often have websites and Facebook accounts that have up- to-the- minute information. Twitter is also a good resource for breaking news.

# Other Resources For information:

## PREPAREDNESS WEBSITES:

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

[www.redcross.org/prepare](http://www.redcross.org/prepare)

[www.coemergency.com](http://www.coemergency.com)

[www.theindependencecenter.org](http://www.theindependencecenter.org)



## Preparedness Twitter Handles

@fema

@redcross

@ready.gov

@prepareathon

@koaa

@krdonc13



## NEWS AND INFORMATION VIA FACEBOOK

<https://www.facebook.com/KRDONewsChannel13/>

<https://www.facebook.com/KOAA/>

<https://www.facebook.com/kktv11news/>

## PREPAREDNESS ON FACEBOOK

<https://www.facebook.com/americasprepareathon/>

## PREPAREDNESS APPS

Red Cross Emergency App

FEMA App

Local News Apps

(Check your Google Play or App Store for these free options, which will give you tips and suggestions, as well as notifications when there is an emergency in your area)

# References

Assistive Technology Partners, CU Denver: <http://www.ucdenver.edu/academics/colleges/medicalschool/Programs/atp/Pages/AssistiveTechnologyPartners.aspx>

Colorado Springs Emergency Preparedness and Safety Guide: <http://www.springsgov.com/units/fire/oem/Colorado%20Springs%20Emergency%20Preparedness%20and%20Safety%20Guide.pdf>

Disaster Preparedness for People with Disabilities, American Red Cross Disaster Services:

[http://www.redcross.org/www-files/Documents/pdf/Preparedness/Fast%20Facts/Disaster\\_Preparedness\\_for\\_PwD-English.pdf](http://www.redcross.org/www-files/Documents/pdf/Preparedness/Fast%20Facts/Disaster_Preparedness_for_PwD-English.pdf)

Disasters R Us, disAbility Preparedness:

[http://www.disastersrus.org/MyDisasters/disability/disability\\_preparedness.htm](http://www.disastersrus.org/MyDisasters/disability/disability_preparedness.htm)

Inclusive Preparedness Center:

<http://inclusivepreparedness.org/DisasterReadiness.html>

Independent Living Resource Center, San Francisco: Publications – Emergency Preparedness:

<http://www.ilrcsf.org/resources/publications.shtml>

Kansas Department of Health and Environment: Emergency Preparedness – Kansas With Disabilities Can Be Healthy:

[http://www.kdheks.gov/disability/emerg\\_prepared.htm](http://www.kdheks.gov/disability/emerg_prepared.htm)

Nobody Left Behind: Disaster Preparedness for Persons with Mobility Impairments. Resources:

<http://nobodyleftbehind2.org/resources/index.shtml>

Preparing for a Disaster for People with Disabilities and other Special Needs, American Red Cross:

[http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4240199\\_A4497.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240199_A4497.pdf)

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# ABOUT THE IC

The Independence Center is a local nonprofit organization that provides traditional and self-directed home health care, independent living, and advocacy services for people with disabilities. These services range from providing peer support, skills classes, and employment assistance to individuals and advocacy to affect change within and outside the disabilities system. The IC's mission is to work with people with disabilities, their families, and the community to create independence so all may thrive.

