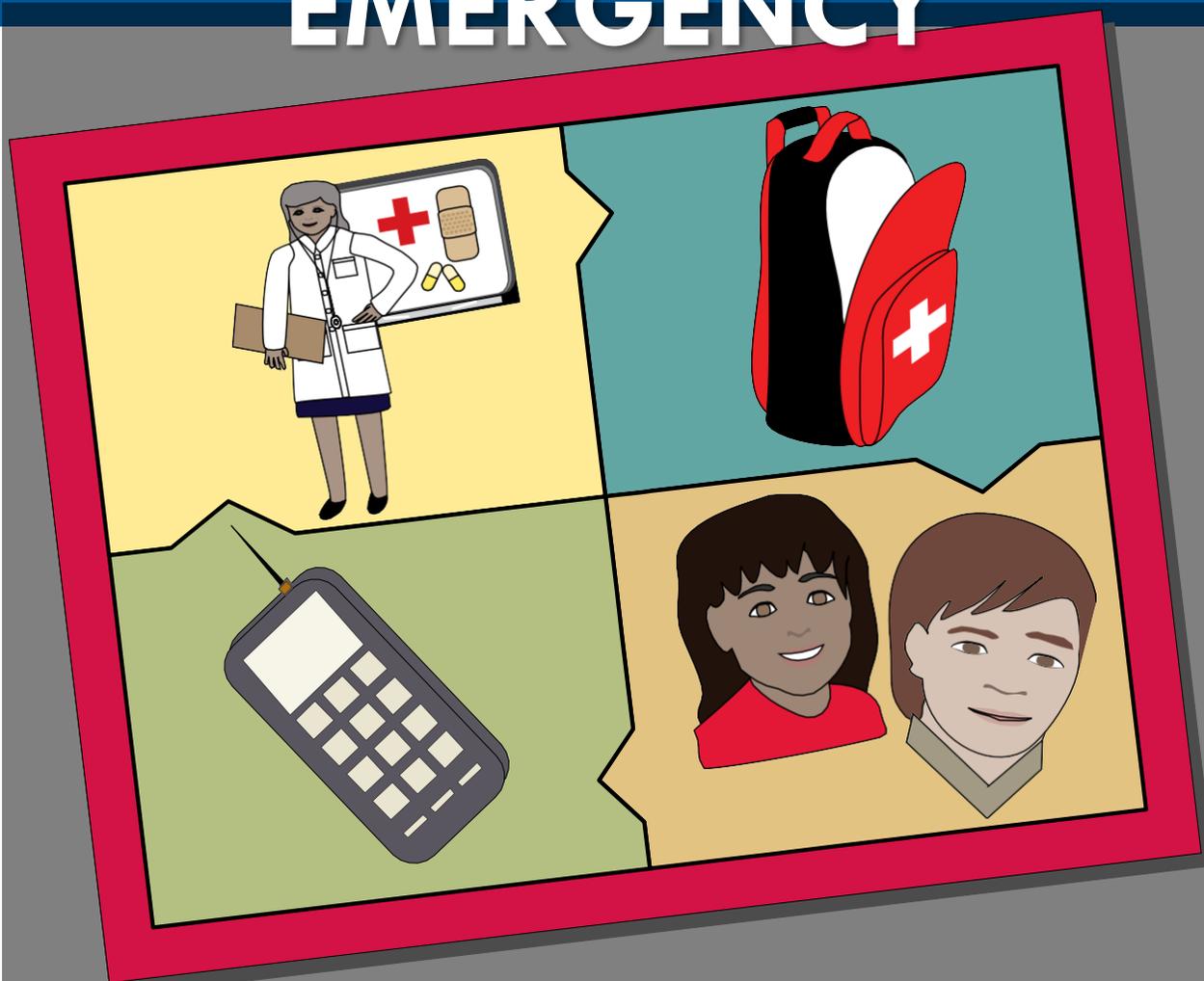


FEELING SAFE, BEING SAFE

My Personal Safety in an EMERGENCY



FEELING SAFE, BEING SAFE

MAKING YOUR OWN PLAN



This worksheet 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.

Register for all local emergency alert systems!

Have someone help you:

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



Department of Developmental Services
Consumer Advisory Committee



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Revised by the CAC 2021

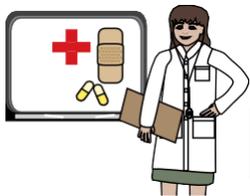
For additional Feeling Safe, Being Safe materials
are available for download

Office of Legislation, Regulation & Public Affairs
1215 O Street, MS 9-10
916-654-1494

<https://www.dds.ca.gov/consumers/resources/consumer-friendly-publications/>



Developed in Partnership with:
The Board Resource Center, Inc.



PERSONAL SAFETY

IMPORTANT INFORMATION ABOUT ME

PERSONAL INFORMATION:

My Name _____ Cell _____

Address _____ Email _____

HEALTH/MEDICAL INFORMATION:

Medical ID# _____ Meds _____

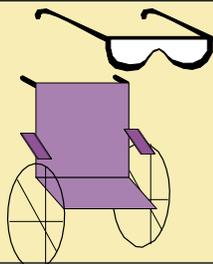


My Doctor _____



Disability Information _____

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 _____

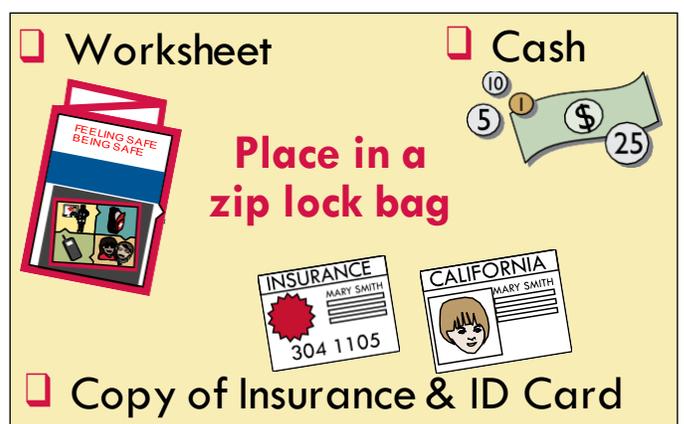
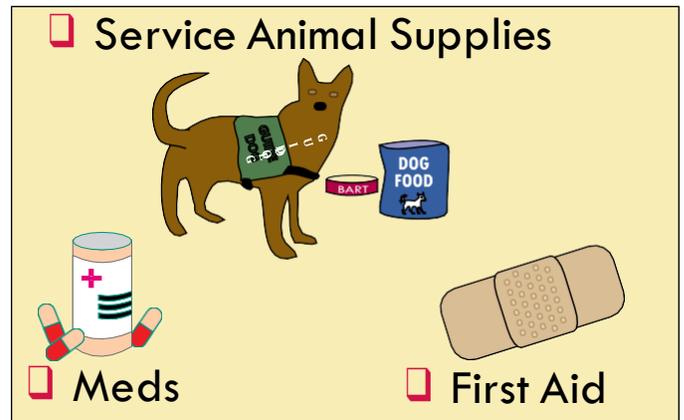
How I respond to stress _____



SAFE AT HOME

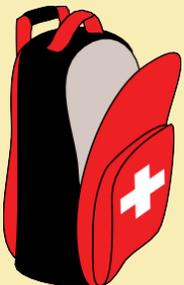
PREPARING SO YOU ARE SAFE AT HOME

EMERGENCY KIT:



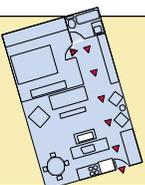
4

REMEMBER:

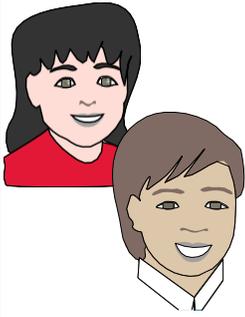


- Put your name on the front of the kit.
- Put it in a place easy to find.
- Tell important people where it is.
- Check the kit often.

GOOD IDEAS ABOUT BEING SAFE AT HOME:



- Clear 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:



Neighbor _____ # _____

Apt. Manager _____ # _____

Family/Friend _____ # _____

OTHER IMPORTANT CONTACTS:

Support Staff _____ # _____

Program _____ # _____

Regional Center _____ # _____

5

COMMUNITY RESOURCES



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



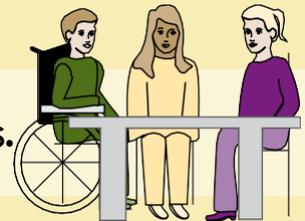
My kit is ready and has been updated.

My worksheet is finished and in my kit.



I am registered for all local emergency alert systems

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.



Feeling Safe, Being Safe = Being Prepared

