

TIPS FOR PEOPLE WITH COGNITIVE DISABILITIES

Before, During and After a Disaster

- Practice what to do during and after specific disasters that occur in your area. Practice evacuating from places where you spend time (job, home, school, volunteer assignment) until you feel comfortable and confident that you will know what to do during and after an emergency.

Emergency Plan

- Keep a written emergency plan with you and in several locations. Make sure it is easy to read and understand.
- After a disaster, information often comes at you quickly. Think through ways to do things you will need to do after a disaster. Keep a list of tasks, a calendar with room for notes and a small tape recorder with you in order to help you remember things.
- Give copies of your written emergency plan to the people in your **personal support network**.

Communication

- Think about what a rescuer might need to know about you and be prepared to say it briefly, or keep a written copy with you. For example:
 - "I communicate using an augmentative communication device. I can point to simple pictures or key words, which you will find in my wallet or emergency supply kit."
 - "I may have difficulty understanding what you are telling me, please speak slowly and use simple language."
 - "I forget easily. Please write down information for me."

Checklist

- _____ Practice what to do during and after specific disasters that occur in your area.
- _____ Keep a written emergency plan with you.
- _____ Give copies of your plan to people in your personal support network.
- _____ Think of ways to help you remember important things.
- _____ Practice how to tell someone what you need.

Developed by [Independent Living Resource Center San Francisco](#) in cooperation with [June Kailes, Disability Consultant](#), through a grant from [The American Red Cross Northern California Disaster Preparedness Network](#).