

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, 2010



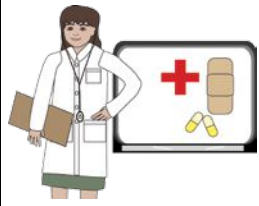
©2010 Department of Developmental Services
In general, this booklet is considered in the public domain.
It may be distributed or copied as permitted by law;
however, it may not be altered in any way.

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

Office of Human Rights & Services
1600 9th Street, Room 240 Sacramento, CA 95814
916-654-1888
<http://www.dds.ca.gov/ConsumerCorner/Publications.cfm>



Developed by:
The Board Resource Center, Inc.
Mark@brcenter.org <http://brcenter.org/>



PERSONAL SAFETY

IMPORTANT INFORMATION ABOUT ME

PERSONAL INFORMATION:



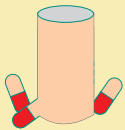
My Name _____

Health Insurance _____

CARD NUMBER

HEALTH/MEDICAL INFORMATION:

My Meds _____



My Doctor _____



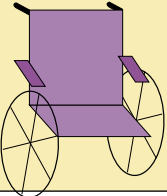
Information about my disability _____

IMPORTANT THINGS I USE:



☐ Glasses

☐ Hearing aids



☐ Wheelchair

☐ Walker

☐ Service animal

☐ Other _____

COMMUNICATION:

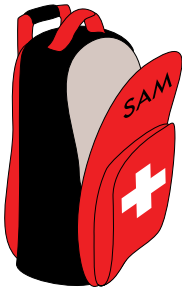


My way of talking _____

Best way to talk to me _____

Best way to assist me _____

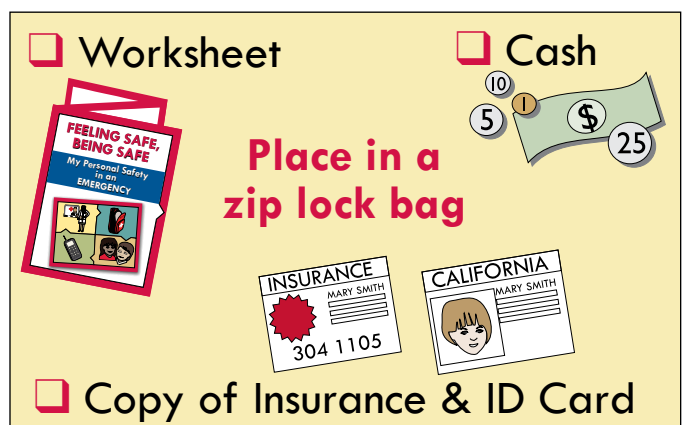
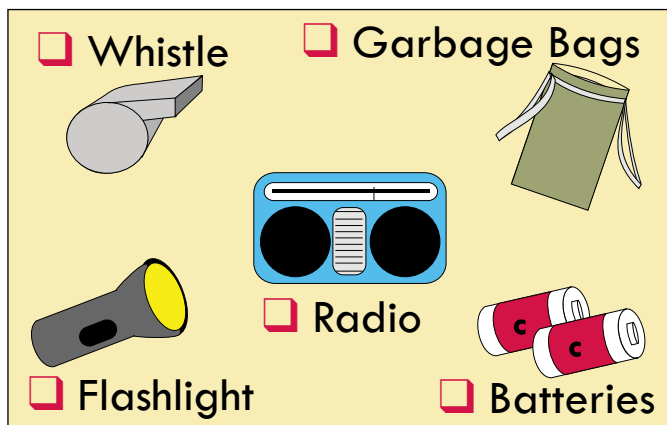
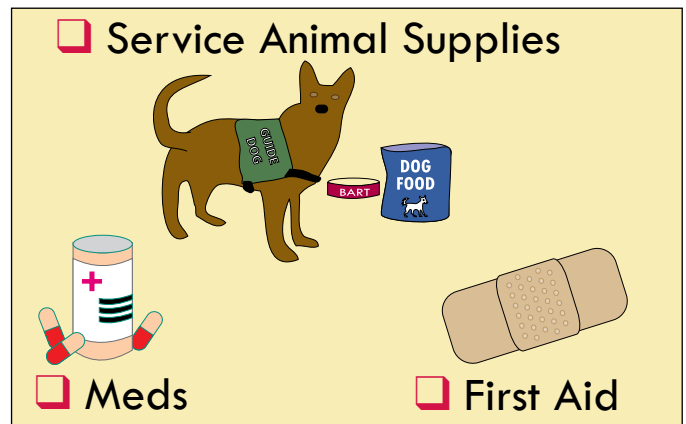
How I respond to stress _____



SAFE AT HOME

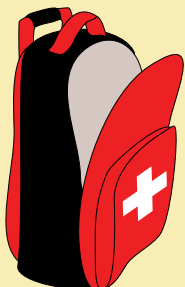
PREPARING SO YOU ARE SAFE AT HOME

EMERGENCY KIT:



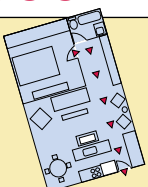
Place in a zip lock bag

REMEMBER:

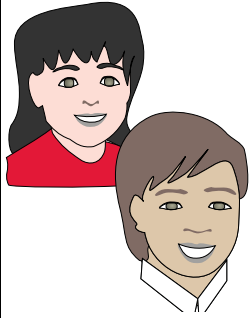


- ☐ Put your name on the front of the kit.
- ☐ Put it in a place easy to find.
- ☐ Tell important people where it is.
- ☐ Check the kit often.

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:

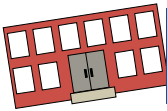
Support Staff _____ # _____

Program _____ # _____

Regional Center _____ # _____

4

COMMUNITY RESOURCES



WHO TO CALL FOR EMERGENCY INFORMATION



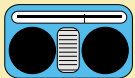
911



Office of Emergency Services _____

Fire # _____ Police # _____

WHERE TO GET INFORMATION TO BE SAFE IN AN EMERGENCY:

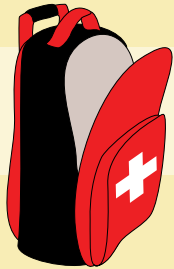


Radio Station _____

TV Station _____

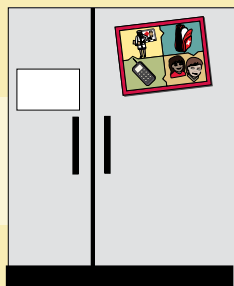
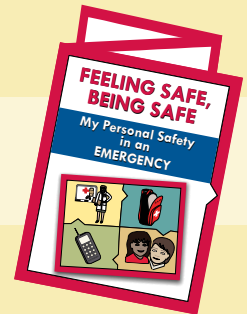
SAFETY TIPS

GOOD IDEAS FOR BEING SAFE



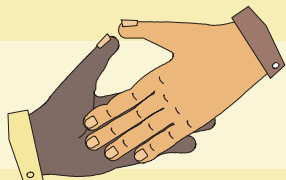
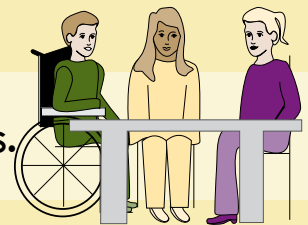
My kit is ready.

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.



Feeling Safe, Being Safe = Being Prepared

