

Disability Specific Supplies for Emergency Kits

September 2023, Edition

By June Isaacson Kailes, Disability Policy Consultant



This document is frequently updated. Please check for the current version at jik.com/mrp.html

Prepare different kits for different places and situations:

- **Keep it with you (KIWY) or carry-on you kit** is for the essential items you need to always keep with you.
- **Grab and go kit** is an easy-to-carry kit you can grab if you must leave home (or school, workplace, etc.) in a hurry. This has things you cannot do without but are not so big or heavy that you cannot carry them.
- **Home kit** or emergency supplies includes water, food, first aid supplies, clothing and bedding, tools, emergency supplies, and disability-specific items. It is all you would most likely need if you had to be alone for days at home.
- **Bedside kit** has items you may need if you are trapped in or near your bed and unable to get to other parts of your home.

- **Car kit** (if you have one) has items you will need if you have to evacuate the area or are in or near your vehicle during an emergency.

These ideas are not a complete list. The lists are presented to give you ideas on how to build your emergency supplies. Tailor the contents to your needs and abilities. It is ideal to plan for supplies for up to two weeks (medication syringes, ostomy bags, catheters, padding, etc.). Some of these items are no cost or low cost, while others are high cost. Do what is realistic and affordable for you. Know what you can carry in a fanny pack, backpack, or bag on your wheelchair, scooter, or other assistive device. If you can only carry a 3-day supply of insulin in your grab-and-go kit, that is right for you. Plan for what you can do.

Disability Emergency Supplies Kits

Carry on You	Home	Bedside	Grab-and-go	Car	Item
					Items Helpful For All
	x	x	x	x	Store kits securely in a set place so they are easy to find.
	x	x	x		Keep important items in a consistent and secure place, so you can quickly and easily get to them. (Items such as consumable medical supplies, teeth, hearing aids, prostheses, canes, crutches, walkers, wheelchairs, respirators, communication devices, batteries, eyeglasses, contact lenses with cleaning solutions, etc.)
x	x	x	x	x	Emergency Health Information [See Resource # 2]
x	x	x	x	x	Important hardcopy information (phone numbers, addresses, prescriptions) in case cell phones are not working or you can't access your cell phone or digital information.
x	x	x			Cell phone [See Resource # 4]
x	x		x	x	Cash (small bills for use during power outages)
	x		x	x	Cell phone charger
	x	x			Standard telephone (that does need to be plugged into an electric outlet)
x	x	x	x		Essential medications
X	x				copies of prescriptions
	x	x		x	Flashlights and extra batteries, light sticks
X	x		x		Extra batteries for oxygen, breathing devices, hearing aids, cochlear implants, and radios [See Resource # 4]
	x	x	x	x	Emergency food [See Resource # 3]
	x	x	x	x	Assorted sizes of re-closeable plastic bags for storing food, waste, etc.
	x	x	x		Sturdy work gloves to protect your hands from sharp objects you may try to lift or touch by mistake while moving over glass and rubble.
x					Lightweight flashlight (on a key ring, etc.)
x		x	x		Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell(s), screecher).
		x			A container that can be attached to the bed or nightstand (with cord or Velcro) to hold hearing aids, eyeglasses, cell phones, etc., oxygen tank attached to the wall, wheelchair or scooter locked and close to the bed. This helps prevent

Disability Emergency Supplies Kits

Carry on You	Home	Bedside	Grab-and-go	Car	Item
					them from falling, flying, or rolling away during an earthquake or other jarring event.
				x	Road flares
				x	Keep no less than half a tank of fuel or charge (electric vehicle)
				x	Warm clothes and shoes for cold weather
				x	Blankets or sleeping bags or emergency mylar blankets (lightweight, folded pocket size, made of a reflective material that reflects up to 80% of your radiant body heat to help keep you warm)
				x	Tools (screwdriver, pliers, wire, pocket knife, can opener, duct tape, etc.)
	x			x	First aid kit and first aid book
				x	Booster cable
				x	Reflective vest
				x	Rain Poncho
				x	State and local maps (you may end up far from home and detours are common, and your cell phone may not be working)
					Water (canned or bottled)
					Wheelchair or Scooter Users
x			x		A patch kit or can of "sealant" to repair flat tires or an extra supply of inner tubes for non-puncture-proof wheelchair/scooter tires.
	x		x	x	Chargers
		x			Keep needed equipment close to you so you can get to it quickly.
	x				If available, keep a lightweight backup manual wheelchair, walker, etc.
					If you have no choice, how could you use stairs? Could you crawl or bump up or down steps? Will you need something to strap on to protect you (gloves to protect your hands, etc.)? If yes, include these items in your kits [See Resource # 1]:

Disability Emergency Supplies Kits

Carry on You	Home	Bedside	Grab-and-go	Car	Item
	x	x		x	-
	x	x		x	-
					Speech or Communication Issues
			x	x	If you use a laptop computer or other device for communication, consider getting a car charger your device(s).
					Hearing Issues
					Carry a pre-printed copy of key phrase messages with you, such as "I use American Sign Language (ASL)," "I do not write or read English well." "If you make announcements, I must have them written or signed."
	x	x			Weather radio with a visual/text display that warns of weather emergencies.
					Vision Issues
	x	x	x		Mark your disaster supplies with fluorescent tape, large print, or braille.
	x	x	x		Have high-powered flashlights with wide beams and extra batteries.
					Sensitivities, Breathing Conditions
x	x	x	x		Towels, masks, industrial respirators or other supplies you can use to filter your air.
	x	x			N95 rated particulate filter mask - protects against dust, radiological dust and biological agents.
	x		x		Service Animal Supplies [See Resource # 3. P.11]

Disability Emergency Supplies Kits					
Carry on You	Home	Bedside	Grab-and-go	Car	Item

Resources:

1. [Emergency Evacuation Preparedness: Taking Responsibility For Your Safety, A Guide For People with Disabilities and Other Activity Limitation](#) (2002) develop plans that integrate people with disabilities and others with access and functional needs.
 - create, review and practice plans
 - gather emergency health information
 - evaluate your need to identify as someone who will need help during an evacuation
 - practice the skill of giving quick information on how to best assist you
 - establish personal support networks
 - conduct an ability self-assessment
 - know your emergency evacuation options

2. [Emergency Health Information: Savvy Health Care Consumer Series](#) (2011) guides you through developing your emergency health information. You should keep copies of this information in your wallet (behind your driver’s license or official identification card) and your emergency kits. This information may help rescuers to learn important information if they find you unconscious or unable to provide information. It contains information about your medications, equipment, allergies, communication needs, preferred treatment, medical providers, and important contacts.

3. [Emergency Preparedness: Taking Responsibility For Your Safety - Tips for People with Activity Limitations and Disabilities](#)
 Written by June Kailes for Los Angeles County Emergency Survival Program [2006], in: PDF, Microsoft Word [1](#) & [2](#), content includes:

- Know why preparing is key
 - conduct an ability self-assessment
 - establish a support team
 - create emergency plans
 - collect disability-specific supplies for emergency kits / go kits and check lists
 - make an out-of-state contact list (includes form)
4. [Tips for Emergency Use of Mobile Devices](#) Edition 2, (2015) - Cell phones and other mobile devices like tablets are a big part of our lives. You rarely leave home without them, and you often store important information on them. In disasters and emergencies they can be a communication lifeline. Provides details regarding preparing your device to quickly get and give emergency information, including a checklist, emergency contacts and documents, alerts, texting, apps, bookmarks of important mobile sites, “no service” backup plans, skill drills, and other resources



Required Citation

© Kailes, J.I. **Disability Specific Supplies
Emergency Kits 2023, Edition 3.0**, <http://www.jik.com>

Permission is granted to share and distribute this publication provided you:

1. Include proper copyright citation (see above)
2. Do not sell or distribute the contents for profit
3. No changes are made to the contents of the document
4. June Kailes is notified of such use: jjik@jik.com