

Personal Support Network Reminders

If you're going through a tough time in your life, who do you talk to? When you accomplish something you are proud of, who do you share that with? In cases where you truly need someone, who can you count on to be there?

These are some questions that may help you determine your personal support network. This network may include your family members, other caregivers, health care providers and close friends who are there for you when you need them, acting as a safety net.

- Create a personal support network of coworkers, family members and/or community members who can help you during an emergency.
- Share your personal emergency plan with your personal support network.
- Have more than one person in your personal support network lined up to check on you in case of an emergency.
- Practice responses to emergency personnel with your personal support network.
- If you are vision impaired, deaf or hard of hearing, plan ahead for someone to convey emergency information if you are unable to use the television or radio.
- If you use a caregiver from an agency or provider, check to see if they have special provisions for emergencies.
- Label equipment and teach your personal support network how to operate equipment.
- Store backup equipment at your neighbor's home or your workplace.



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Emergency Preparedness Checklist

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In Arkansas, nobody wants to think about experiencing a natural disaster like a tornado, flood, ice storm or house fire. What would you do if you found yourself in an emergency situation?

It's important to plan ahead. Especially if you have a disability, or are a caregiver for someone who does. We've put together a checklist that can help you prepare for the worst.

- Create an individual emergency plan.
- Assemble an emergency supplies kit with medications, nonperishable foods and documents.
- Identify accessible local shelters and hotels that allow service animals and/or pets.
- Keep a portable generator and extra batteries for cell phones, communication devices and power chairs. Have extra medical supplies on hand and consider obtaining backup equipment, such as a manual wheelchair.
- Learn who your county emergency coordinator is and what local resources are in place including transportation and special assistance programs.
- Sign up for Smart911 to help emergency managers better plan and identify what your needs are during a disaster. www.smart911.com
- Identify what your needs are, whether they are special utensils, medical equipment and/or assistance with personal care.

- Always have your medical insurance, Medicaid information and PASSE ID card with you.
- Have a list of medications, your doctor's information and information like life-threatening allergies medical personnel will need to know.
- Consider getting a medical alert system that will allow you to call for help in case you are immobilized in an emergency and phone lines are disrupted.
- Know how and when to turn off utilities.
- Make an evacuation plan by locating all building exits. Have a backup plan if exit ramps or aids are damaged during an emergency.

Emergency Contacts

FEMA Region VI

FRC 800 North Loop 288
Denton, TX 76209
(877) 336-2627
FEMAMapSpecialist@riskmapcdfs.com

American Red Cross

401 S. Monroe St.
Little Rock, AR 72205
(501) 748-1000

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