

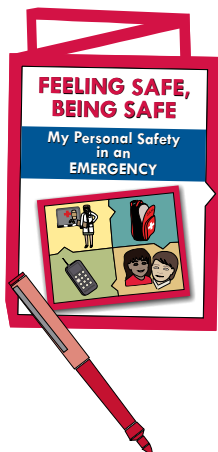
# FEELING SAFE, BEING SAFE

## 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



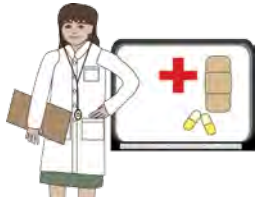
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**For additional Feeling Safe, Being Safe  
materials available for download**

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](mailto:Mark@brcenter.org) <http://brcenter.org/>



# PERSONAL SAFETY

## IMPORTANT INFORMATION ABOUT ME

### PERSONAL INFORMATION:



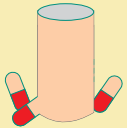
My Name \_\_\_\_\_

Health Insurance \_\_\_\_\_

CARD NUMBER

### HEALTH/MEDICAL INFORMATION:

My Meds \_\_\_\_\_



My Doctor \_\_\_\_\_



Information about my disability \_\_\_\_\_

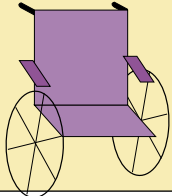
\_\_\_\_\_

### 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 \_\_\_\_\_



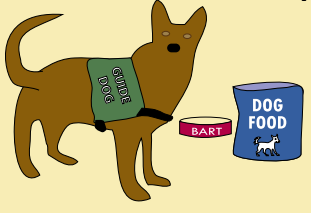
# SAFE AT HOME


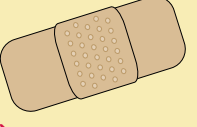
## PREPARING SO YOU ARE SAFE AT HOME

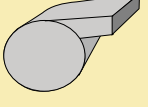

### EMERGENCY KIT:

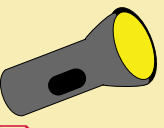
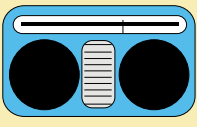

Water   Food 

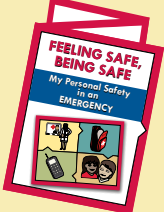

Extra Clothes   Coat   Gloves 

Service Animal Supplies 

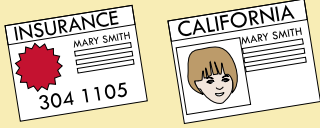
Meds   First Aid 

Whistle   Garbage Bags 

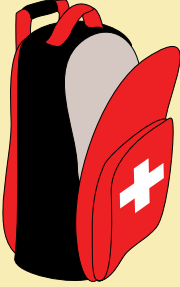
Flashlight   Radio   Batteries 

Worksheet   Cash 

**Place in a zip lock bag**

Copy of Insurance & ID Card 

### REMEMBER:

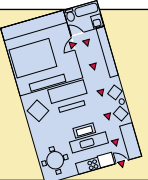
  Put your name on the front of the kit.

Put it in a place easy to find.

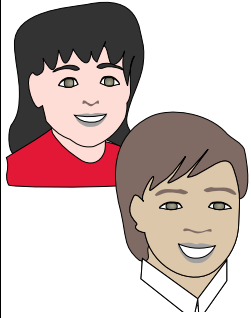
Tell important people where it is.

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:

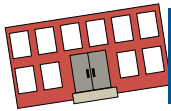
Support Staff \_\_\_\_\_ #

Program \_\_\_\_\_ #

Regional Center \_\_\_\_\_ #

4

# COMMUNITY RESOURCES



## WHO TO CALL FOR EMERGENCY INFORMATION



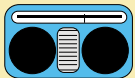
911



Office of Emergency Services \_\_\_\_\_

Fire # \_\_\_\_\_ Police # \_\_\_\_\_

### WHERE TO GET INFORMATION TO BE SAFE IN AN EMERGENCY:

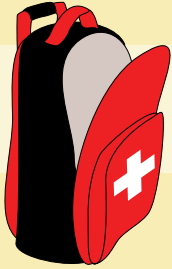


Radio Station \_\_\_\_\_

TV Station \_\_\_\_\_

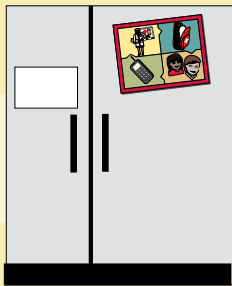
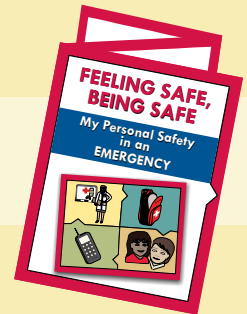
# SAFETY TIPS

## GOOD IDEAS FOR BEING SAFE



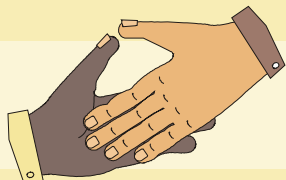
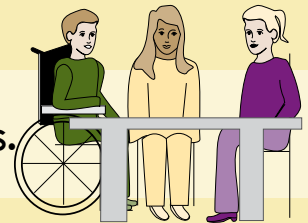
My kit is ready.

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**

