

## **Hurricane Preparedness: Personal Assessment Plan**

In the upcoming segments, we will discuss two vital resources any person living with disabilities should have handy in the event of an emergency: a personal assessment and personal emergency plan. Hurricanes can strike quickly, however, knowing your functions, needs and abilities will help you to be informed and plan efficiently to save you and your family stress.

A personal assessment is designed to help the person with disabilities know what they can do for themselves and what assistance may be needed pre, post and during a hurricane. The first step is to make a list of your current needs and necessary resources. Be sure to also include other anticipated needs and required assistance in the event that you are in your lowest level of functioning during and after the disaster. Write them down and share with your personal support network. Some important questions to answer are:

- Do you need help with bathing?
- What will you do if the water service is cut off?
- Do you eat food independently?
- How will you use equipment that functions on electricity if the power runs out?
- Do you need help to get medications?
- What will you do if your caregiver cannot reach you?
- Will you be able to care for your animal in the event of an emergency?

Disasters are no easy challenge, but being prepared puts you in the best position to handle any situation.