

Self-Assessment Checklist

Use this checklist when considering your abilities and what type of help you will need in an emergency. You should read the general issues section, and then review all the specific sections that apply to you.			
General Issues	YES	NO	N/A
Do you know where all the fire alarms and extinguishers are in the places where you are regularly?			
Can you activate the fire alarms?			
Can you work a fire extinguisher?			
Have you practiced?			
Do you know where the gas and water shut-offs are at your home?			
Can you get to them and use the needed tool to turn them off?			
Do you have instructions and tools available so other people can turn off the utilities if needed?			
Do you have a standard telephone (one that does not need electricity) and do you know where it is?			
Do you know the location of ALL the exits in places where you are regularly?			
Have you evaluated your ability to use them?			
* Have you practiced using these exits?			
Can you make an inaccessible exit accessible by using a portable ramp? If yes, have you considered getting one?			
Have you thought about how you will evacuate if you can't use your own vehicle?			
Have you thought about how you will evacuate if you can't use your own vehicle?			
Have you checked with your local city to see if they have a registration for people with disabilities?			
Have you planned for what you will do if your service animal becomes confused, frightened or disoriented? Are there other ways you can get around? (For example, by using sighted guides or members of your support team who can offer emotional support)			
Ability Self-Assessment - Sight			
If you rely on sound clues to get around (such as the hum of the copy machine by an elevator), will you be able to get yourself to safety if they are missing? You can't count on these clues if the electricity goes off or alarms are blaring.			

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Are there signs with raised and Braille characters that designate exits, direction to exits, and information on exit routes? Are floors designated by raised and Braille numbers or letters, including floor level signs in stairwells?			
Can you read the emergency signs in print or Braille?			
If you wear contact lenses, do you either keep glasses with you or keep clear goggles in your emergency supply kit in case smoke, dust or fumes become painful or dangerous?			
Can you use the two-way communication devices installed in the elevators and areas of refuge/rescue assistance?			
Have you taught your support team how to serve as "sighted guides" if needed?			
Have you marked your utility shut-off valves at home with fluorescent tape, large print or Braille labels?			
Ability Self-Assessment- Hearing			
Have you practiced having people communicate emergency information to you?			
Does your building have two-way communication devices installed in the elevators and areas of refuge/rescue assistance?			
* Have you practiced using them to make sure the system works?			
Do you know the locations of text telephones or amplified telephones?			
Do emergency alarm systems have audible and visible features (visual strobes)?			
Are newer types of displays (TV monitors or scrolling text signs) available at your workplace? Will they work if the power goes out?			
* Do you know their locations?			
Do you have a portable communication device (PDA, pager, laptop, portable TTY)?			

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* Does it have a battery backup? (When buying a portable device, consider one that uses standard off-the-shelf batteries)			
If available, do you know how to use text-messaging to access emergency information?			
How will you communicate if there is no interpreter or if your hearing aids are not working?			
* Do you carry paper and pens with you?			
Ability Self-Assessment - Deaf / Blind			
Do you have a support team? Since the audible alarms or flashing lights won't work for you, it is critical that you have a support team.			
Ability Self-Assessment - Speech			
Have you determined how you will communicate if you do not have use of your usual communication device?			
Do you keep with you a copy of a word or letter board, paper and pens, and pre-printed phrases usable in an emergency?			
Ability Self-Assessment --Memory, Learning and Understanding			
Have you practiced how to communicate your needs?			
Have you thought about how you might react in an emergency and how you will cope with any unhelpful reactions? Prepare your support team to help you with these planned strategies.			
Have you prepared emergency information in a way that is easy for you to understand? You may want to break down the information into a step-by-step outline. This will help you remember what to do during a disaster.			
Does your Emergency Health Information explain the best method to help you?			
Ability Self-Assessment- Assistive Device Users			

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Have you determined what it will take to get your wheelchair or other equipment out of the building?			
Have you told your support team how to operate and safely move your equipment if necessary?			
Have you labeled equipment with simple instruction cards on how to operate it (for example, how to “free wheel” or “disengage the gears” of your power wheelchair)? Attach the cards to your equipment. Laminate them for durability.			
* Do you keep a copy of these instructions with you and have you shared copies with your support team?			
Have you thought about your options if you are not able to evacuate with your assistive device?			
Ability Self-Assessment-Physical Mobility			
Do you know the location of all exits and have you thought about your ability to use them?			
Will you be able to independently evacuate from the site? How long will it take you?			
Will you need someone to help you walk down stairs quickly?			
Would it be faster if you used an evacuation device or were carried?			
Do you know where all evacuation devices (used for people who can't go up and down stairs on their own) are stored? Have you practice using them?			
Can you get in and out of evacuation devices by yourself or do you need help?			
If you absolutely had to, could you bump down the stairs on your buttocks, crawl, etc.? Will you need something to strap on to protect your buttocks, gloves to protect your hands, etc.?			

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Do you know where emergency assembly areas and areas of refuge/rescue assistance are located?			
Can you activate a fire alarm?			
Can you give quick instructions about how to safely carry you if needed?			
* Have you included any areas of vulnerability/concern regarding how to remove you safely from your chair?			
Is it realistic for you to ask to be lifted in your chair (how much does it weigh with you in it)?			
Is there a lightweight device you can use if you cannot evacuate with your wheelchair, respirator, or other power device?			
Ability Self-Assessment • Allergies, Multiple Chemical Sensitivities, Respiratory Conditions			
Do you carry supplies with you to accommodate your worst days.			
* Industrial respirator with gas-mist filter, mask, gloves, inhaler, etc.			
* Nicotine gum you can offer to smokers who will want to smoke around you?			
Does your emergency health information clearly explain your sensitivities and reactions and the most helpful treatments as well as those that are harmful? (You may not be able to describe your needs, so be specific. Other conditions, such as disorientation, aphasia, and panic, may be diagnosed and treated as something other than chemical sensitivity.)			

Source: <https://www.charlestoncounty.org/departments/emergency-management/files/hurricane-guides/Emergency-Preparedness-Disabilites-Guide-Color-Full-Size.pdf?v=454>

Ready Lowcountry: Emergency Preparedness Guide: Planning people with disabilities and other special needs.