

# **Personal Ability Plan**

Decide what you will be able to do for yourself and what help you may need before, during, and after an emergency based on your surroundings, your capabilities, and your limitations. Make a list of your personal needs and your resources for meeting them during an emergency. Think about the questions below and write down your answers or record them to share with your support people. These answers should describe both your abilities right now and the help you may need during an emergency.

## **Questions for your consideration in completing the personal ability plan:**

1. Do you use a device to help you communicate?
2. Do you need help with personal care such as bathing and grooming and other activities of daily living?
3. Do you use any adaptive equipment such as a transfer bench, lift, or any special utensils?
4. How will you use equipment that runs on electricity if there is a power outage?
5. How will you clean up your home after an emergency?
6. How will you get groceries, medications, and medical supplies if your support staff are unable to reach you?
7. Do you need help to leave your home or work place?
8. How will you call for the help you may need to leave the building?
9. What will you do if you can't get to your mobility aids?
10. What will you do if the building ramps or accessibility features have been damaged and can't be used?
11. Will you be able to care for your service animal during and after an emergency?

## **Personal Ability Plan**

### **Communication**

- My abilities today:
- Help I may need in an emergency:

### **Intellectual**

- My abilities today:
- Help I may need in an emergency:

### **Hearing**

- My abilities today:
- Help I may need in an emergency:

## **Vision**

- My abilities today:
- Help I may need in an emergency:

## **Mobility**

- My abilities today:
- Help I may need in an emergency:

## **Mental health**

- My abilities today:
- Help I may need in an emergency:

## **Medical conditions**

- My abilities today:
- Help I may need in an emergency:

## **My Circle of Support & Emergency Contacts**

Pick some people you trust to be your emergency contacts. These people will check on you during an emergency to be sure you're okay and to help you. It is important to choose more than one person in case someone is not available when you need help.

### **People you may want to include in your personal support network:**

- Family
- Friends
- Personal care attendant/direct support staff
- Neighbors
- Roommates
- Members of your faith community
- Regional center service coordinator or social worker

### **Important things to plan with your personal support network:**

- Pick and practice a way to communicate.
- Think about how you would get in touch with each other if your telephone was not working, if your electricity shuts off, or both.
- Give a set of your keys to someone you trust.

- Show your personal support network where you keep your emergency supplies.
- Share copies of your escape plan, emergency papers, and health information card with your personal support network.
- Let your personal support network know when you will be out of town. It may be a good idea to leave a telephone number where you can be reached.
- Practice your emergency plans with your personal support network to make sure they are able to help you.
- Ask yourself these questions:
  - Is each person strong enough?
  - Can they all communicate clearly?
  - Can they all guide you safely?
- Write reminders on your calendar to ask your personal support network if they are still able to help you.

Source: <https://scdd.ca.gov/wp-content/uploads/sites/33/2016/09/FINAL-DRAFT-5.1-Emergency-Prep-Handbook-Lets-Get-Prepared-2.17.2016-.pdf>