

## Disaster Preparedness

A disaster is any event that would cause the Regional Center to close due to safety concerns for its staff and visitors. This can include: a major earthquake, flooding, severe weather conditions, hazardous material spill, bomb threat, riots or fire. *In the event of a disaster, if the main telephone number to the regional center is out of order, please call 1.800.657.3239 to receive instructions on how to communicate with staff at the regional center.*

### Here are some considerations when planning for a disaster:

1. Add special items, like necessary medication, extra wheelchair batteries, food and water for service animals or other special equipment you might need, to your standard disaster supplies.
2. Keep a copy of important documents and a list of the serial and model numbers of medial equipment or assistive devices in a water and fireproof container.
3. Ask your local community fire department, utility company and emergency management office about special assistance that may be available to you in an emergency.
4. Arrange for a neighbor or support person to check on you in a disaster.
5. Consider getting a medical alert system that will allow you to call for help in an emergency.

6. If you use electrical or battery powered assistive technology or medical devices view our [Emergency Power Planning Checklist](#). You can also download a [PDF](#) of the Emergency Power Planning Checklist.

Through the Regional Center's Project Prepare, clients transitioning to or living in the community and their independent living program staff receive disaster training specific to people with disabilities. Disaster kits are also distributed to these clients at each training or through their independent living staff.

For more information about training or disaster kits, contact your service coordinator. Some clients living independent in the community or families with a child dependant on specialized medical equipment may need emergency back-up equipment or additional supplies of necessary medication. Please communicate with your service coordinator to help you prepare and secure needed items.

### For More Information for People with Disabilities:

Los Angeles County Office of Emergency Management  
<http://www.cert-la.com/ESP/ESP-Disabilities-Guide-2006.pdf>

City of Los Angeles, Emergency Preparedness Department  
<http://www.lacity.org/epd/epdpi2e.htm#2>

Los Angeles Chapter, American Red Cross-Disaster Preparedness for People with Disabilities

<http://www.redcross.org/services/disaster/beprepared/disability.html>

Disaster Supplies Kits and other Essential Supplies

<http://www.redcross.org/services/disaster/beprepared/apendixa.html>

National Energy Assistance Referral project toll-free at 1-866-674-6327

<http://www.liheap.ncat.org/profiles/California.htm>

LRC Emergency Power Planning Checklist

<http://www.lanterman.org/training/DisasterTech.htm>

### KEY POINTS:

- Get a Disaster Kit
- Check expiration dates on supplies and change batteries annually
- Keep extra supplies and water at home and work
- Ask your doctor for an extra supply of your current medications

