

EMERGENCY TIPS FOR PEOPLE WITH DEVELOPMENTAL OR COGNITIVE DISABILITIES **(MENTAL RETARDATION, BRAIN INJURY, STROKE AND OTHER CONDITIONS** **WHICH MAY REDUCE THE ABILITY TO PROCESS INFORMATION).**

DATE COMPLETED	ACTIVITIES
_____	Practice what to do during and after an earthquake.
_____	Keep a written Emergency Plan with you.
_____	Copies of plan to Personal Support Network buddies.
_____	Ways to Help Remember.
_____	Practice how to tell someone about what you need.

Before, During and After an Earthquake

- Practice what to do during and after an earthquake. Practice leaving places where you spend time (job, home, school, volunteer assignment, etc.) until you feel comfortable and feel confident that you will know what to do during and after a quake.

Emergency Plan

- Keep a written emergency plan with you and in several locations. Make sure your emergency plan is easy to read and understand.
- After a quake, information often comes at you quickly. Think through ways to do things you will need to do after a quake. Small tape recorder, calendar with room for notes, to do lists, etc., will help you remember things.
- Give copies of your written emergency plan to your personal support network buddies.

Communication

- Think through what a rescuer might need to know about you and be prepared to say it briefly, or keep a written copy with you:

I cannot read. I communicate using an augmentative communication device. I can point to simple pictures or key words which you will find in my wallet or emergency supply kit.

I may have difficulty understanding what you are telling me, please speak slowly and use simple language.

I forget easily. Please write down information for me.