

EMERGENCY PREPAREDNESS CHECKLIST

DISABILITY CHECKLIST



This checklist includes medical devices, supplies, and assistive technology devices for people with physical disabilities. Pack items you will need for yourself in your **GO BAG** (see **GENERAL CHECKLIST**). You may need to add additional items or devices to this list to meet your individual and/or family's needs.

GO BAG ITEMS

If you have a mobility disability and use a wheelchair or scooter, you may want to consider having some or all of these items in your **GO BAG**:

- Thermal blanket (*survival*)
- Fire blanket (*survival*)
- Fire starter kit
- Power inverter (110 DC to 12-volt AC)
- 12-volt heater / fan
- Wire saw
- Hand warmers
- Hat / gloves / mittens
- Poncho / rain gear
- Thermometer
- Stethoscope
- Blood pressure cuff
- Kit(s) for ostomy, urostomy, and/or wound care supplies
- Spray bottle (*for person who doesn't perspire*)
- Wheelchair repair kit (*at a minimum include a multi-purpose tool, Swiss army knife, Allen wrench set (standard/metric), small crescent wrench, and bearings*)
- Contact for wheelchair repair company
- Heavy gloves for wheeling
- Small mechanic's toolkit

- Small 12-volt electric pump (120 psi) for car, bicycle, and other sports equipment
- Bicycle tire pump and tire repair kit
- WD-40 (penetrating oil)
- Magnifying glass
- Scissors
- Small sewing kit (*needle and assorted thread*)
- Paper / notebook and pencil / pen

COMMUNICATION DEVICES

- Computer and computer software
- Communication boards and devices (*electronic and/or others*)
- Visual Communications Tool (*included in this toolkit*)

SIGNALING DEVICES

- Electronic alerting devices (*bed shaker, flashing light, moisture alert, wandering alert*)

MOBILITY DEVICES / AIDS

- Cane, walker, or crutches*
- Manual wheelchair*
- Power wheelchair*
- Wheelchair / scooter battery charger*
- Wheelchair seat and back cushion / cover (*air pump if air-filled*)*
- Spare tires / inner tubes

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Portable manual patient lift / lift sling

Transfer board

Shower chair / transfer bench

Evacuation chair *(This should be requested as an accommodation and be part of your care plan, if you live or work in a multi-story building.)*

*Note: Consider keeping your old canes, walkers, crutches, wheelchairs, or scooters, along with their battery chargers, cushions, and covers as back-ups.

PROSTHETIC / ORTHOTIC DEVICES

Artificial limbs *(extra batteries for power, if necessary)***

Braces: leg and/or hand **

Specialty shoes *(extra shoe strings)*

Specialty shoe inserts **

**Note: Consider keeping old artificial limbs, braces, and shoe inserts as back-ups.

ASSISTIVE TECHNOLOGY DEVICES

Specially-modified eating utensils

Special water bottles

Lap board / tray for wheelchair

Easy-open can opener *(one touch, one hand)*

12-volt heater / fan

To power assistive technology, mobility, or other medical devices, consider alternative ways of generating energy (solar power, wind power, gas / propane generator, etc.)

MEDICAL

Medical tags *(bracelet / necklace / ankle bracelet)*

Medical alert devices

Special dietary needs

7-day supply of prescription medications and non-prescription supplements in a pill organizer

Extra medications and medical supplies

Epi-pen

Insulin *(remember to refrigerate / keep cold)*

Helmet / sports helmet *(for protection)*

Respiratory aids / devices *(including BPAP, CPAP machines, oxygen concentrators, etc.)*

Oxygen tanks

OTHER MEDICATIONS OR SUPPLIES

BOWEL AND BLADDER PRODUCTS AND SUPPLIES (INCLUDES OSTOMY AND UROSTOMY NEEDS)

WOUND CARE AND SUPPLIES

ADDITIONAL ITEMS / DEVICES