

PLAN B (back-up / emergency plan)

Develop a back-up plan, inform caregivers, friends, family, neighbors or others who might be able to help during an emergency.

Stock up on food, water, and any necessary prescription medication, medical supplies or equipment. Have enough to last at least a week.

Make a list of emergency contact information and keep it handy.

Keep a charged car battery at home. It can power electric wheelchairs and other motorized medical equipment if there is an electricity outage.

Learn about alternate transportation and routes.

Understand the responsibilities and limitations of a “first responder” (for example, members of your local fire department or law enforcement office) during a disaster.