

A Functional Needs Framework for Every Community
Emergency Planning and Response for People with Disabilities



CMIST Personal Emergency Planning

A Checklist for People with Disabilities and Their Support Workers

This document is part of a series created by Disability Alliance BC in order to help local Emergency Programs in British Columbia integrate the needs of people with disabilities into their emergency plans. The series was developed for the **A Functional Needs Framework for Every Community** project, based on key areas identified by local Emergency Programs.

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Disability Alliance BC



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STEPS FOR PERSONAL EMERGENCY PLANNING FOR PEOPLE WITH DISABILITIES

- We recommend that every person with a disability develop a personal team that will help you when an emergency or disaster happens. Create your personal emergency plan with your family, friends, neighbours, co-workers, caregiver or personal care attendant. Have a local friend or relative as a contact. This should be a contact that family members and your team can call if you are separated from each other.
- Prepare an emergency “Grab and Go” Kit: a pre-packed bag or case you can grab and take with you if you need to evacuate. Include medications, medical supplies, basic toiletries, special sanitary aids and emergency contacts. It is recommended you have at least a seven-day supply.
- Create your own emergency health information card. Keep copies in your wallet or purse and emergency kits.
- Make a list of your medications and if you have allergies. Make notes of your needs for assistive equipment.
- Plan your escape from your house or building. Pick at least one exit or refuge area and pick a location where you can reunite with your family or team. Learn the exits from your building and places you go regularly in the community.
- Make sure someone in your personal team knows how to operate a fire extinguisher, turn off water and gas.
- Learn and practice how to give quick information on how to help you (for fire services, police and healthcare workers).

Write it down ahead of time on a card, if you have a hard time communicating in stressful situations.

- Learn what to do in case of power outages and personal injury. If you use equipment that needs electrical power, look for another place in your community that has electrical power you can use.
- Learn your community’s warning procedures, evacuation plans and emergency shelter locations.

CMIST PERSONAL EMERGENCY PLANNER

CMIST stands for **C**ommunication, **M**edical, **I**ndependence (functional), **S**upervision, and **T**ransportation. CMIST is an easy way to plan for your emergency needs.

Consider what your needs are and fill out this personal emergency planning form. Keep one with your emergency kit at home and one in your car. It can be used as a quick checklist for you, your family members, your care attendant or home support worker. It can also be used to give information to emergency workers, if needed.





COMMUNICATION

Write down information about your communication needs, for example: sign language, hearing aids, large print etc.



MEDICATION

Write down information about your medications, medical equipment and supplies.

Medication	When taken	How often	Storage (refrigerator etc.)	Expiry

Allergies: _____



Medication supplies (syringes, etc.): Organize to have in your "Grab and Go" kit

Family doctor: _____ Phone: _____

Pharmacist: _____ Phone: _____



INDEPENDENCE

Note information about your assistive devices or service animal.

List your assistive equipment and medical supplies:

Equipment I need: _____

Where I keep my equipment and supplies: _____

Extra equipment I can use in an emergency (example: manual wheelchair):

Have items for and information about your service animal:

Veterinarian _____ Phone: _____

- Copy of vaccination records
- Copy of service animal certificate
- Leash/harness
- Extra food in grab and go kit





SUPERVISION

Write down information about your supervision needs: if you need to be accompanied or need support.

Family members / close friends:

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Personal Preparedness Team:

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Care provider or home support worker:

Name: _____ Phone: _____

Name: _____ Phone: _____



TRANSPORTATION

Write down information about your accessible transportation needs. Do you have your own accessible vehicle or will you need help if you need to evacuate?



BASIC EMERGENCY KIT

Prepare to have emergency supplies for up to seven days:


- Bottled water
- Non-perishable food (like power bars)
- Flashlights - one by the bed and others around the house and in your car
- Battery operated radio and extra batteries
- A list of your CMIST needs and information
- Items specific to your disability needs

Keep your most important items in your Grab and Go kit.

RESOURCES

Provincial Government

PreparedBC: Resources for People with Disabilities, Government of British Columbia. This is a helpful booklet on personal preparedness that you can find at this link:

 <http://www.2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/people-with-additional-preparedness-needs>

Local Government

Check your local government's website for information on emergency preparedness.

Disability Alliance BC

Our website has publications and information on online courses and workshops on emergency preparedness and people with disabilities:

 <http://www.disabilityalliancebc.org/ourwork/emergency.htm> ■

