PREPAREDNESS TIP Are You Ready?

Does someone help you with any of the following things?

- ⇒ Get, fix or take your medications or medical equipment
- ⇒ Get to and from appointments, including public transportation
- ⇒ Communicate with others
- ⇒ Get in and out of bed
- ⇒ Use the bathroom
- ⇒ Get dressed or ready for bed
- ⇒ Shower or brush your teeth
- ⇒ Shop for groceries, including public transportation
- ⇒ Cook food
- ⇒ Eat or drink, including cleaning or clearing feeding tubes
- ⇒ Get, use or clean hygiene supplies like catheters
- ⇒ Take care of your pets and service animals

If you said yes to anything above, how will you do those things if your helper can't help you? Who will help you?

If you use public transit, including the ACCESS Bus, how will you get to stores and appointments if the bus doesn't run for several days?

Develop a list with phone numbers of people who can help you in case your personal assistant, staff, family or friends can't help you with any of the tasks above.

KEEP THE LIST SOMEPLACE EASY

TO FIND, LIKE YOUR

REFRIGERATOR DOOR

Idaho State Independent Living Council
Emergency Preparedness