

# MAKE A PLAN – *Supplies for Special Needs*

- Eating utensils
- Dressing devices
- Writing devices
- Hearing devices
- Oxygen
- Suction equipment
- Dialysis equipment
- Old glasses
- Old hearing aid
- Sanitary supplies
- Urinary and ostomy supplies
- Wheelchair, wheelchair repair kit and battery charger
- Walker, crutches or cane
- Assistive Listening Device (ALD)
- Extra batteries



# MAKE A PLAN – *Service animal and pet supplies*

- Food
- Extra Water
- Leash/harness
- Collar
- Identification tags
- Medications
- Vaccinations and medical records



# If you use a wheelchair or scooter

- Keep a patch kit and a can of seal-in-air product to repair flat tires
- Keep a pair of heavy gloves in your portable disasters supplies kit for rolling over glass and debris
- Have an extra charged battery and know how to re-charge your battery in an emergency
- If possible, keep a manual chair on hand



# If you are blind or have a visual disability

- Store a talking or Braille clock or large-print timepiece with extra batteries
- Mark disaster supplies with florescent tape, large print or Braille
- Mark gas, water and electric shut-offs with fluorescent tape, large print or Braille
- Store extra magnifiers
- Keep an extra pair of glasses, if you use them



# If you are Deaf or have a hearing loss

- Consider getting a small portable battery-operated television set since emergency broadcasts may give information in Sign Language or open captioning
- Keep pads and pencils in your home and car disaster supplies kit
- Keep a flashlight, whistle or other noisemaker, and pad and pencil by your bed
- Keep a card in your disaster supplies kits and with you at all times that indicates that you are deaf or have a hearing loss
- TTY users should consider getting a battery back-up, portable device
- Ensure you have a landline telephone with an external amplifier



# If you have a speech related or communication disability

- Consider buying a power converter if you use a laptop computer to communicate
- Be sure you have a pencil and paper with you as a back up communication resource
- If you use an augmentative communication device, keep it close and in a safe place
- Store copies of a word or letter board and preprinted key phrases you would use in case of an emergency in all of your disaster supplies kits, your wallet, purse, etc.



# If you use self-administered medical treatments

- Keep in mind that traffic delays and/or severe weather can happen when you do not expect them. Be sure to carry the equipment and fluids (temperature controlled) you will need when you are traveling



# If you have a cognitive disability

- Keep a copy of any instructions or information you think you will need with you and in all of your kits, your car, and at home. Prepare this information in a way that is easy for you to understand
- Have a pencil and paper ready to keep track of any new instructions or information you receive



# For More Information

- [Arlington County Office of Emergency Management](#)  
Call **703-228-7935** for more information
- [PrepareNow.org](#)
- [National Organization on Disability \(NOD\)](#)
- [Emergency Evacuation Preparedness](#)
- [Disaster Preparedness for People with Disabilities](#)
- [New York City's Guide to Emergency Preparedness for Seniors and People with Disabilities](#)
- [Red Cross Guide to Disaster Preparedness for People with Disabilities](#)
- [Northern Virginia Resource Center for Deaf and Hard of Hearing Persons \(NVRC\)](#)



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