

# 10 TIPS FOR FAMILY - FRIENDS - CAREGIVERS OF THOSE WHO MAY NEED ASSISTANCE



- ☐ Help the person requiring assistance to create a disaster plan and support network with backups built in.
- ☐ Ensure that the support network knows how to operate life supporting equipment and/or mobility equipment.
- ☐ Assign roles and responsibilities to support network members.
- ☐ Discuss options for transportation and temporary housing with support network members.
- ☐ Assist in creating a plan on how to best care for their service animals and pets.
- ☐ Help them determine the best method to be notified of a disaster. Assist with set-up as needed.
- ☐ Help to create an emergency supplies kit tailored to their needs.
- ☐ Know the emergency plans, policies and procedures of any agency providing care.
- ☐ Prepare to provide emotional support. Learn what you can do to calm the person requiring assistance and how to stay calm yourself under stressful conditions.
- ☐ Identify different places they may need assistance, such as churches, work, etc.

## EMERGENCY SUPPORT NETWORK NUMBERS

Contact Name

Contact Number

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**Turn over for Accessible Individual Tips!**  
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