

## PERSONAL PREPAREDNESS TIPS FOR PEOPLE WITH COMMUNICATION & SPEECH RELATED DISABILITIES

This fact sheet is designed to provide a check list for activities for People with Communication and Speech Related Disabilities to improve your emergency preparedness in an earthquake. Preparation may seem like a lot of work. It is. Preparing does take time and effort. So do a little at a time, as your energy and budget permit. The important thing is to start preparing. The more you do, the more confident you will be that you can protect your self and your family.

### DATE COMPLETED! ACTIVITIES

- \_\_\_\_\_ How will you communicate?
- \_\_\_\_\_ Store communication aids in all emergency kits.
- \_\_\_\_\_ Complete emergency health information card with communication information.
- \_\_\_\_\_ Batteries or chargers for communication equipment.

### Communication

Determine how you will communicate with emergency personnel if you do not have your communication devices (augmentative communication device, word board, artificial larynx).

### Communication Aids

Store copies of a word or letter board, paper and writing materials, preprinted messages and key phrases specific to an anticipated emergency, in all your emergency kits, your wallet, purse, etc.

## **Emergency Health Information Card**

Make sure emergency health information card explains the best method to communicate with you, i.e., written notes, pointing to letters/words/pictures, finding a quiet place.

## **Alternate Power Source**

Obtain an alternative power source (i.e., power converter, batteries) if you use a computer or laptop computer as a means of frequent communication.

*Created in partnership with the BC Coalition of People with Disabilities*

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