

## NATIONAL PREPAREDNESS MONTH



# NEWSLETTER



## PREPAREDNESS TIPS FOR VULNERABLE POPULATIONS

### Older Adults

As you get older it is important to know how your physical, medical and cognitive needs might affect your ability to respond to a disaster.

1. Building a support group is essential in identifying who will be able to assist you
2. Sign up for [NotifyLA](#) for emergency alerts
3. Create an [Emergency Kit](#)



### Pets

In the event of a disaster don't forget about your furry friend! Plan ahead and create an [Emergency Kit](#) for your pet.



### Children

Disasters can be scary for children but there are things you can do to help your child prepare for a disaster.

- Include your child in the [Preparing](#) process
- Include a favorite toy or coloring book in your child's [Emergency Kit](#)
- Know the [Stress Behaviors](#) your child might express





# Disabilities and Functional Needs



If you are a part of the DAFN community preparing for a disaster...

- Consider packing items you use daily, including life-sustaining items such as medications and medical equipment
- If you use medical equipment that requires electricity or take medications that need to be refrigerated, talk to your healthcare provider about alternatives to keep your equipment running and how to ensure your medication does not expire during a power outage
- Create a support network of people who can help you in a disaster
- Make a plan with your support network and communicate how they can help you and how you can use your abilities to help others



For more preparedness tips visit [Ready.gov/disability](https://www.ready.gov/disability)



## People Experiencing Homelessness

If you find yourself experiencing homelessness during a disaster there are steps to take to ensure your safety.

- Register for [NotifyLA](#) for emergency alerts



- Know where [local shelters](#) are located



- Keep a form of identification on you at all times



For more additional information visit [CDC.Gov](https://www.cdc.gov)

## Children with Autism

When building an emergency kit there are additional items that should be included if you have a child with autism.

- **Incentives for cooperation (favorite candy, snacks, small toys)**



- **Sensory regulation items (headphones, weighted supports, fidgets, teeters, scented sprays)**



- **Photos of positive memories (family and friends, vacations, pets)**



- **A toy, game or book for distraction**



- **Extra visuals for communication (Visual Schedule, icons, whiteboard, and pens)**



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