

# 10 TIPS FOR PEOPLE WHO MAY NEED ASSISTANCE



- Meet with a support network of family and friends that can help during an emergency.
- Create directions for any equipment that you may need. Keep directions with the specific equipment.
- Develop and practice a disaster plan with your network yearly.
- Create a disaster supplies kit that will meet your unique needs.
- Plan for the safe sheltering of your non-service animal pets.
- Find alternate sites for regular medical treatments, in case your normal site is not available.
- Know how you will replace any devices that assist you in your daily routines, in case they become damaged or lost.
- Consider setting up electronic payments of any benefits you receive.
- Identify items that can protect you in a disaster and others that can block evacuation. Make changes to ensure your safety before a disaster occurs.
- Test and make sure all alarms and communication devices meet your needs.

## EMERGENCY SUPPORT NETWORK NUMBERS

Contact Name

Contact Number

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**Turn over for Accessible Support Tips!**  
**Learn more at [ReadySanDiego.org](http://ReadySanDiego.org)**

