

Tips for People with Cognitive Disabilities

Cognitive disabilities include developmental disabilities, brain injury, stroke and other conditions that may reduce the ability to process information.

This informational form is designed to provide an activities checklist for those with Developmental or Cognitive disabilities in order to improve their personal emergency preparedness in a disaster or emergency. Preparation for disasters takes time and effort. If needed, do a little at a time or as your energy and budget permits. The important thing is to start preparing yourself now. The more prepared you are, the more confident you will be that you can protect yourself and your loved ones in times of emergency situations.

Date Completed	Activity	Preparedness Details
/ /	During and after a disaster	<ul style="list-style-type: none"> ▪ Practice what to do during and after an emergency or disaster. ▪ Practice leaving places where you spend time until you feel comfortable and confident of your surroundings and abilities.
/ /	Written emergency plan	<ul style="list-style-type: none"> ▪ Keep a written emergency plan with you and in several locations. ▪ Ensure your emergency plan is easy to read and understand. ▪ Think about things you will need to do after a disaster. ▪ Keeping a small tape recorder, calendar, note pad or ToDo list will help you to remember things.
/ /	Provide copies to family/friends	<ul style="list-style-type: none"> ▪ Give copies of your written emergency plan to your family and friends
/ /	Communication	<ul style="list-style-type: none"> ▪ Practice how to ask for assistance ▪ Think about what a rescuer might need to know about you and be prepared to briefly answer or keep written copies of the answers with you.