



# Community Safety and Prevention of Elopement

for Children and Adults with  
Intellectual and Developmental Disabilities





Children's  
Specialized  
Hospital



## **Adrienne Robertiello, BS, ACDS**

Interim Autism Program Coordinator, Specialized Health Care Educator | she/her

Direct: 732-589-4112 | Office: 908.233.3720 ext. 52481

[ARobertiello@childrens-specialized.org](mailto:ARobertiello@childrens-specialized.org)



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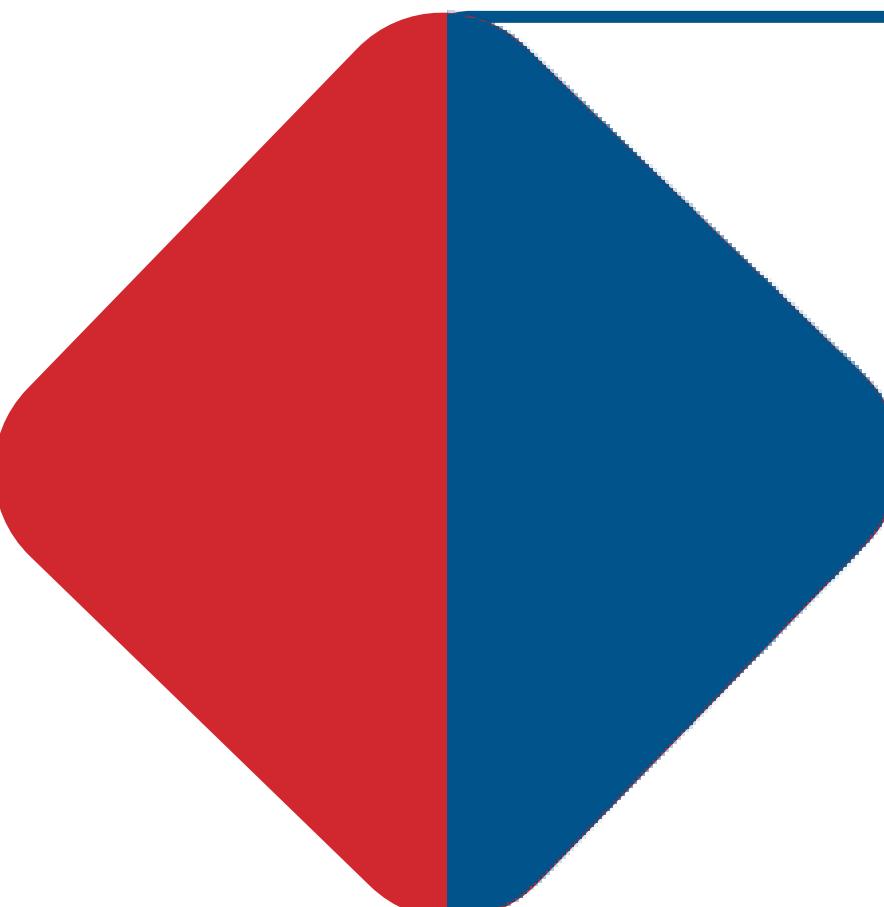


Children's Specialized Hospital is the nation's leading provider of inpatient and outpatient care for children from birth to 21 years of age facing special health challenges – from chronic illnesses and complex physical disabilities like brain and spinal cord injuries, to developmental and behavioral issues like autism and mental health.

At multiple New Jersey locations, our pediatric specialists partner with families to make our many innovative therapies and medical treatments more personalized and effective so each child can reach their full potential.



[RWJBH.org/CSH](http://RWJBH.org/CSH)



# Safety Education Tools and Resources



# Safety Literacy

The degree to which a person can access, understand, and use essential safety information, services, and supports to live safely, prevent harm, prepare for emergencies, and respond effectively to urgent situations.

*Adrienne P. Robertiello, 2022*





## Patient and Family Resources

to help navigate your child's special health needs journey

	Accessible Shoes: BILLY Limitless		Autism Resources
	CSH Brochures		Education and School
	Health and Health Care		Our Families
	Parent & Caregiver Support Corner		Parent and Caregiving
	Safety		Sibling Support
	Social, Recreation, Leisure		Tools & Activities for Kids and Teens
	Tools & Resources for Community Service Providers		Transition to Adulthood
	Video Library		



[rwjbh.org/childrens-specialized-hospital/patients-visitors/patient-and-family-resources](http://rwjbh.org/childrens-specialized-hospital/patients-visitors/patient-and-family-resources)



## Recursos para pacientes y familias

en cómo ayudar a navegar el camino de las necesidades especiales de la salud de su hijo

	Zapatos accesibles: BILLY Limitless		Recursos para el autismo
	Folletos de CSH		Educación y escuela
	Salud y atención sanitaria		Nuestras familias
	Rincón de apoyo para padres y cuidadores		Padres y cuidadores
	Seguridad		Apoyo entre hermanos
	Social, Recreación, Ocio		Herramientas y actividades para niños y adolescentes
	Herramientas y recursos para proveedores de servicios comunitarios		Transición a la edad adulta
	Videoteca		



[rwjbh.org/childrens-specialized-hospital/patients-visitors/patient-and-family-resources](http://rwjbh.org/childrens-specialized-hospital/patients-visitors/patient-and-family-resources)



[www.rwjbh.org/childrens-specialized-hospital/patients-visitors/patient-and-family-resources/](http://www.rwjbh.org/childrens-specialized-hospital/patients-visitors/patient-and-family-resources/)





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# Safety Resources



# Living Safely

with disabilities and special health needs

## Online Center for Safety





## Living Safely

with disabilities and special health needs

### Online Center for Safety

One stop hub of safety resources in multiple formats to increase accessibility, understanding, and use



Safety Resources



Safety Tools



Community Safety Conversations



Safety Advocacy and Information



Plain Language (PDF):

[English](#) | [Español](#)



Text with Images (PDF):

[English](#) | [Español](#)



Audio Only (MP3):

[English](#) | [Español](#)



Picture Story (PDF):

[English](#) | [Español](#)



Narrated Picture Story:

[English](#) | [Español](#)





## Safety Resources

Community Safety

Emergency Preparedness and Response

Fire Safety

Health and Health Care

Home Safety

Internet and Technology

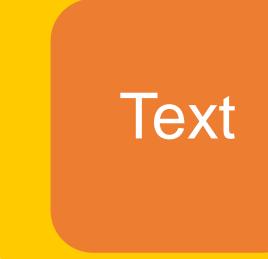
Law Enforcement

Personal Safety

Recreation Safety



## Safety Resources



Text

Plain Language (PDF):  
**English | Español**



Text

Text with Images (PDF):  
**English | Español**



Audio Only (MP3):  
**English | Español**



Picture Story (PDF):  
**English | Español**



Narrated Picture Story:  
**English | Español**



## Safety Tools





Safety Advocacy  
and Information

[www.rwjbh.org/cshlivingsafely](http://www.rwjbh.org/cshlivingsafely)

# Living Safely

with disabilities and special health needs

## Talking about Living Safely with Disabilities



## Safety Signs and Symbols



## Advocating for School Safety



## Elopement and Being Lost



## Water Safety



## Preparing for Emergencies with NJ Register Ready



## Including People with Disabilities in Emergency Preparedness



## Poison Prevention and Education



## School Emergency Preparedness





# EmPower Kit

## Training Module



<https://www.rwjbh.org/childrens-specialized-hospital/patients-visitors/living-safely/discover-more-ways-to-learn-to-live-safely/>

Pull/stretch tube

Focuses attention, calms the body

Fidget tool

Reduces anxiety and provides distraction

Noise-reduction earmuffs

Protects from sirens, chaos, etc.

Darkening glasses

Shields from flashing lights

Blanket

Offers comfort, security, and warmth

Sand timer

Visual countdowns for transitions (e.g., moving into ambulance)

Chew tube

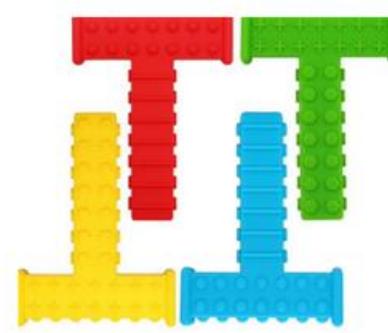
Safe oral input – calming, distracts

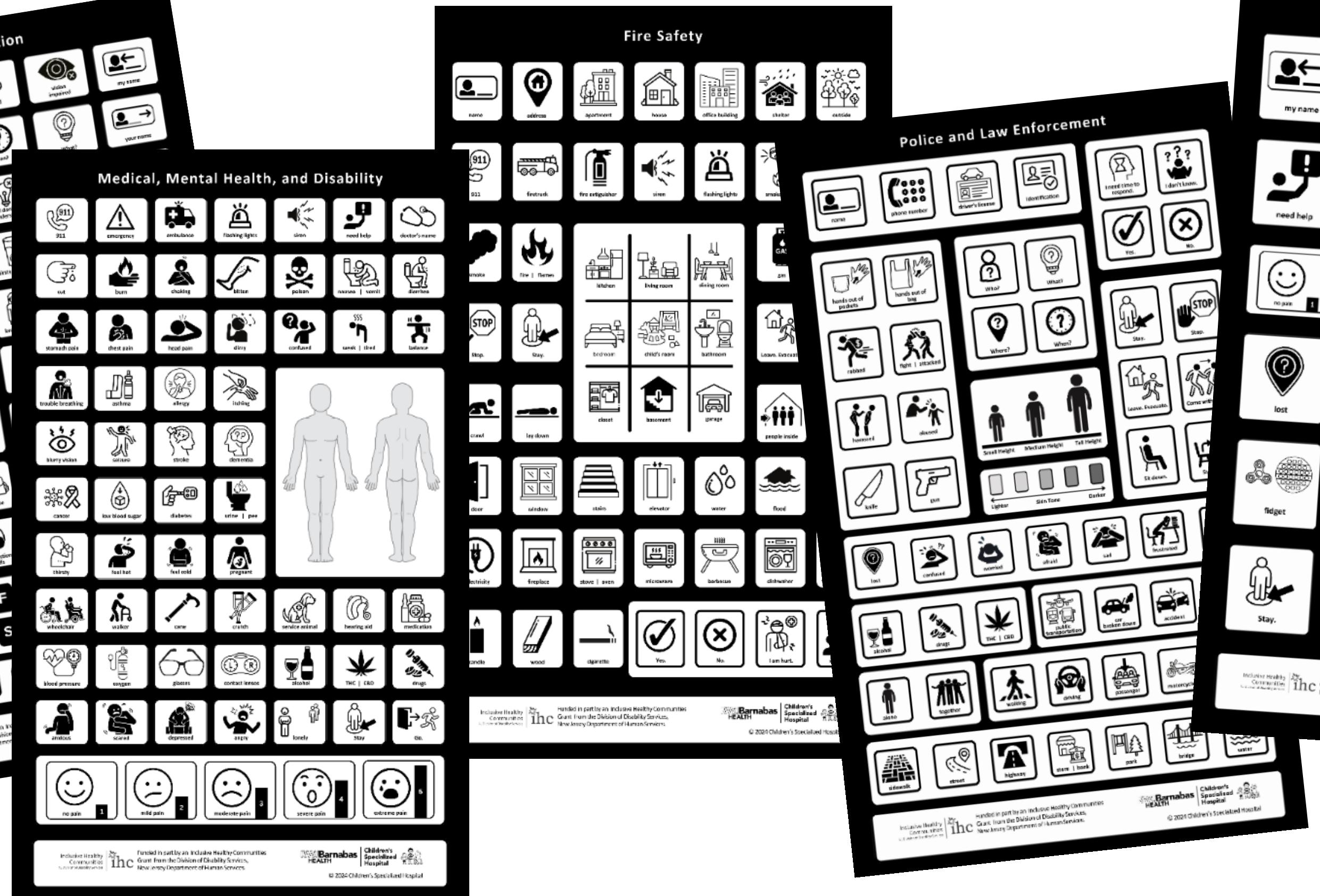
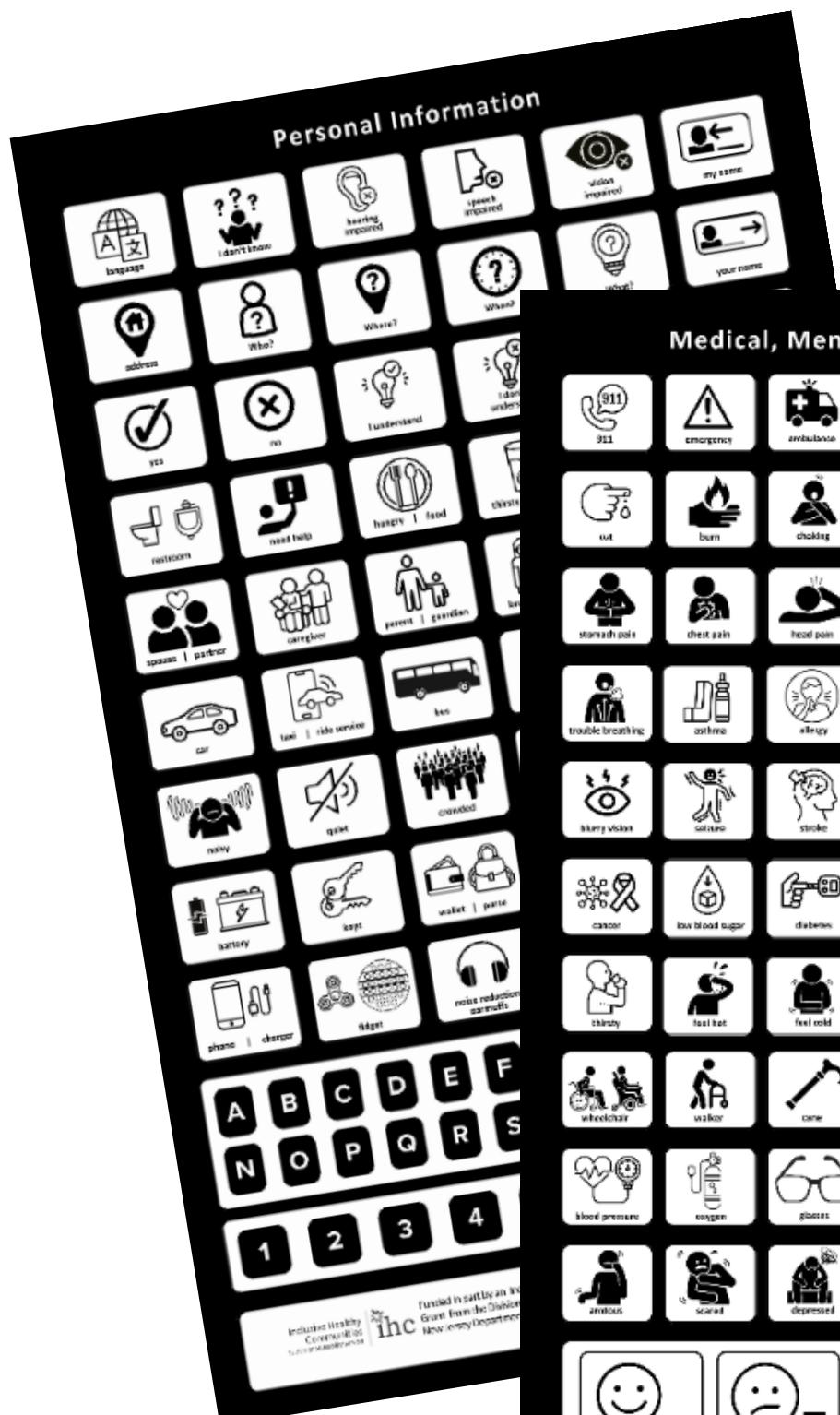
Dry erase board

Write or draw; use scent-free markers

Picture communication sheets

Key icons to support communication (fire, EMS, police, basic needs)





# Learn to Live Safely

with disabilities and special health needs

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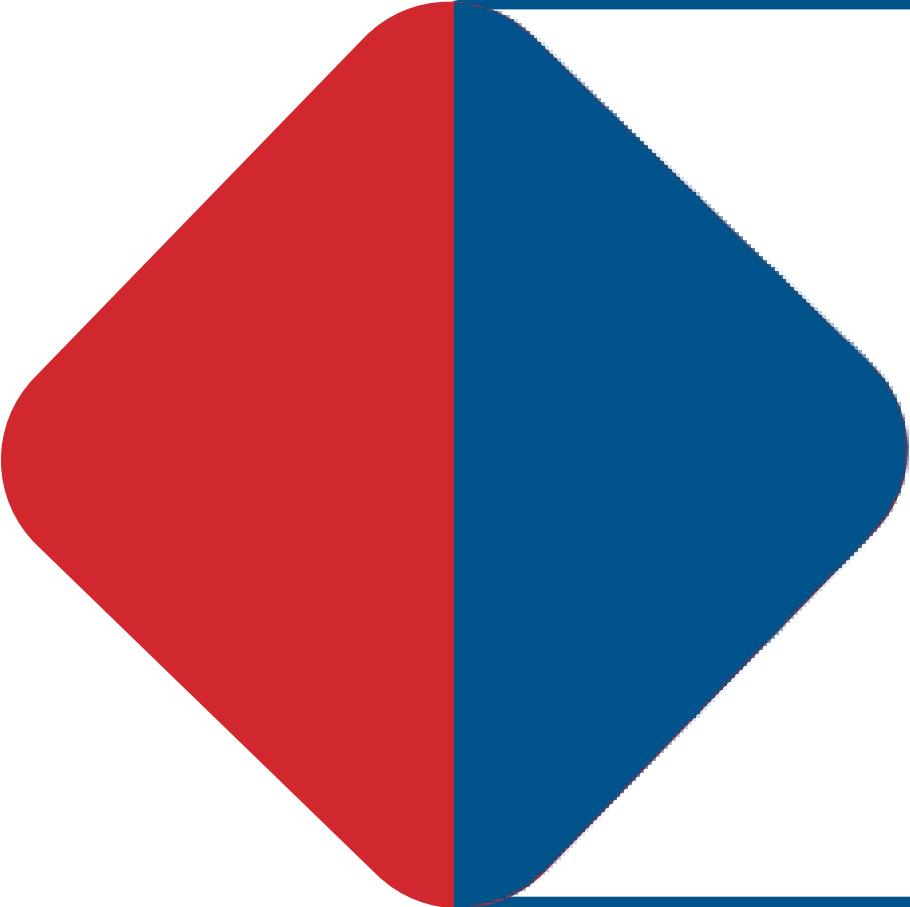
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# Prevention And Education

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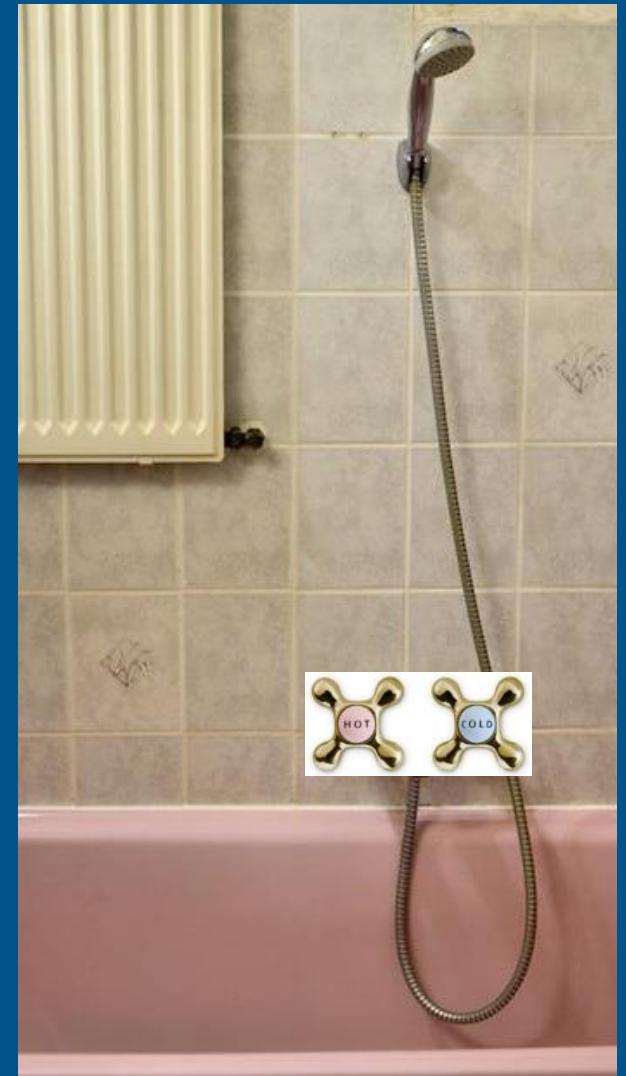
# Home Safety

# Common Home Safety Challenges

- ◆ Climbing on unsecured furniture
- ◆ Electrical outlets and wiring
- ◆ Detergents, chemicals, and other potential poisons
- ◆ Sharp items
- ◆ Eating non-edible items
- ◆ Fascinations with items that could be dangerous
- ◆ Scalding from hot liquids
- ◆ Burns
- ◆ Repetitive behaviors with items that could cause injury or damage



# Out of sight. Out of reach.



Teach

# Reduce the Risk of Furniture Tip-overs

- ◆ Place furniture on stable and level flooring
- ◆ Avoid placing heavy items and items that your child may want or need on top of furniture
- ◆ Install drawer stops or safety straps on each drawer
- ◆ Make sure that multiple drawers cannot be opened at the same time
- ◆ Mount TV screens on the wall securely and as high as possible
- ◆ Put the heaviest items on the lowest shelf or drawer, nearest to the floor
- ◆ Use L-brackets to secure furniture to the wall to prevent tipping



# Repetitively eating of non-food items

## Pica



- beads
- cat litter
- coins
- detergent tablets
- dirt
- fecal matter
- glass
- medicine
- paint chips
- paper
- pet food
- plastic bags
- metal items
- personal hygiene products
- small toys
- soaps
- wood

# POISON Help®

1-800-222-1222

New Jersey Poison Information  
& Education System

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New Jersey Poison Information  
& Education System (NJPIES)

You can call to ask questions anytime!



**Phone:** 1-800-222-1222

**Chat:** [www.njpies.org](http://www.njpies.org)

CHAT NOW

**Text:** 973-339-0702

**FREE**  
**Confidential**  
**24 Hours a Day**  
**7 Days a Week**

## Helpful Information



- ◆ Any mobility challenges
- ◆ Specifics about the person's developmental and intellectual disabilities
- ◆ The method the person communicates
- ◆ Whether the person feels temperatures and pain in a typical manner
- ◆ Sensory concerns (e.g. flashing lights, sounds, crowds, textures, etc.)
- ◆ How the person acknowledges, responds to, and communicates pain
- ◆ Any hearing or vision loss
- ◆ Things that upset the person
- ◆ Ways to soothe the person and ways to calm them
- ◆ Some of the person's interests

# Community Conversations

Connect with  
your local police,  
fire, and rescue  
departments



## Providing Information to 911 Dispatch Centers

Providing medical and functional information about a person with ASD to the local 911 dispatch center will enable a dispatcher to alert police, firefighters, EMTs, and paramedics so they could be more prepared when responding to an emergency.

When contacting your local 911 dispatch center to provide this information, *do not call 911*. Ask a representative from your municipal center or your local library to determine what agency in your area receives and dispatches emergency calls from your home. You can then contact them to make an appointment to establish a "911 Identifier" which lists critical information that would prepare emergency responders during a response and rescue in or near your home or apartment. The information remains confidential and is used only with those involved in responding to a 911 call involving your home or apartment.

This information should be given only by the individual, parent, or legal guardian. Submitting this information – in full or in part – is completely voluntary. However, it will help responders to identify, interact with, and/or rescue the person in an emergency. When submitting this information, you may be asked for identification and/or proof of guardianship and residence. You may be asked to sign a form acknowledging that the information is accurate and not meant to purposefully mislead emergency agencies.

You can use the back of this page to collect and submit this information. Be sure to notify the dispatch center when there are important changes to the person's condition, needs, or contact information.

**Individual Diagnosed with Autism Spectrum Disorder: 911 Dispatch Information**

**Confidential Information: For Emergency Response Use Only**

Person's name: \_\_\_\_\_  
Land-line telephone number at this person's residence: (\_\_\_\_\_) \_\_\_\_\_  
Physical description: \_\_\_\_\_  
Responds to (nickname, sounds, favorite item, etc.): \_\_\_\_\_  
Check and explain those that apply:

**Medical / Functional Challenge**

- avoids eye contact with others
- cognitively impaired
- difficulty expressing or recalling information
- does not respond to instruction or commands
- fine motor difficulties
- hearing impaired
- hyper- or hypo-sensitive to lights, sounds, pain, smells, touch, other
- issues with balance; clumsiness
- lacks understanding of danger
- mobility impaired
- no functional method of communication
- non-responsive or avoids people with uniforms or badges
- potential for seizures
- problem feeding issues (swallowing difficulties, food choking, etc.)
- reacts when touched
- repeats words or phrases
- screams; makes loud sounds
- self-injurious behaviors
- stares into space
- tendency for aggression
- tendency to make sudden movements
- tendency to run away; wander
- unaware of being lost
- uses alternate method of communication
- uses alternative communication device
- visually impaired
- other medical issues

What area(s) of the home or apartment dwelling does the person spend the most time? \_\_\_\_\_

What place(s) does this person go to where he or she feels most safe or comfortable? \_\_\_\_\_

List any types of window guards, security bars, additional locks, special gates, or other protective devices that may be a challenge for emergency responders? \_\_\_\_\_

Does this person know how to swim?  Y  N

What type of identification or personal tracking device is used for this person? \_\_\_\_\_  
(e.g. medical ID, bracelet, rapid Search & Rescue response program)

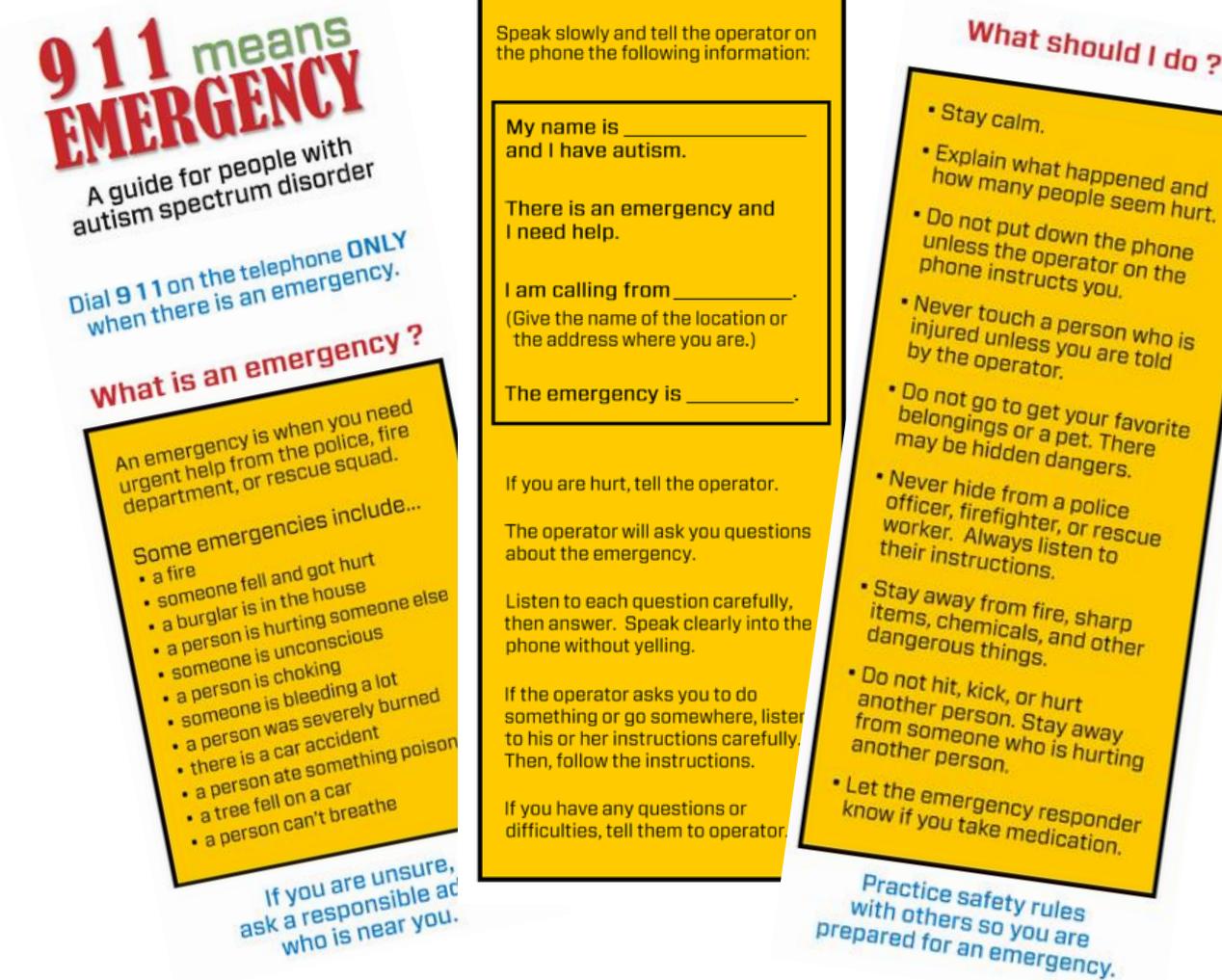
This form is free and downloadable at: [www.childrens-specialized.org/KohlsAutismAwareness](http://www.childrens-specialized.org/KohlsAutismAwareness)

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[www.rwjbh.org/childrens-specialized-hospital/patients-visitors/patient-and-family-resources/](http://www.rwjbh.org/childrens-specialized-hospital/patients-visitors/patient-and-family-resources/)

# 911 Instructional Tool

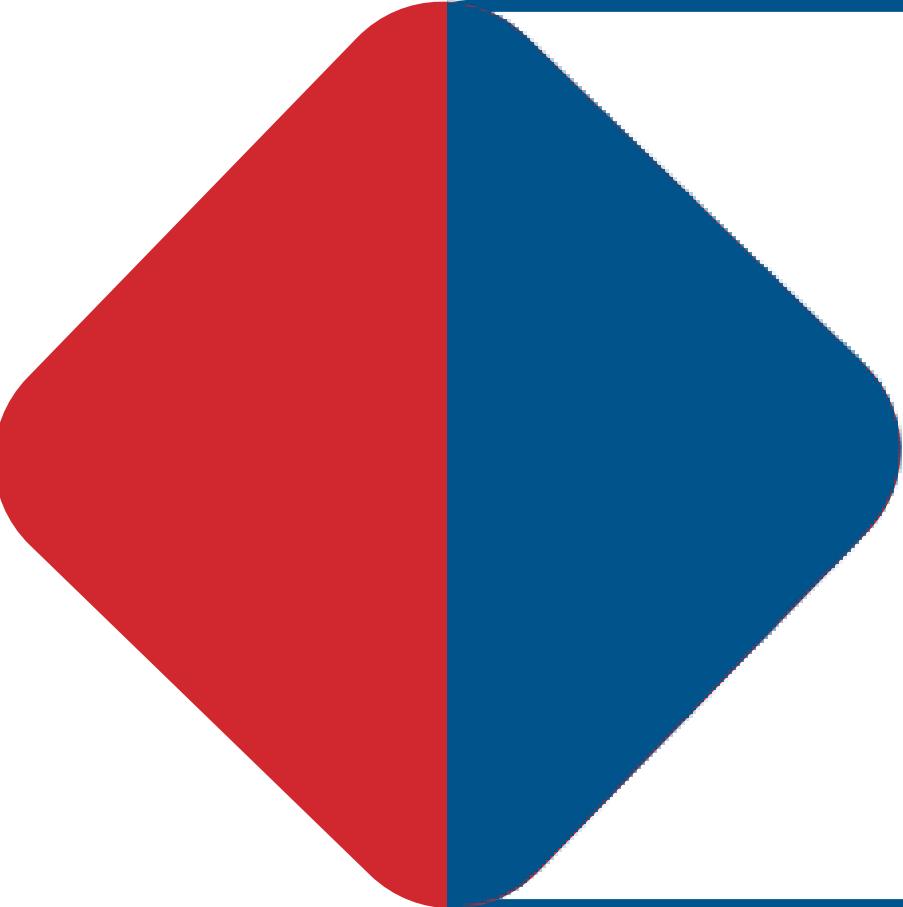


Some people with intellectual or developmental disabilities can learn how to use 911.

Others may not.

- What is an emergency?
- What should I say?
- What should I do?
- Who will I be interacting with?

[www.rwjbh.org/childrens-specialized-hospital/patients-visitors/patient-and-family-resources/](http://www.rwjbh.org/childrens-specialized-hospital/patients-visitors/patient-and-family-resources/)



# Fire Safety

# Fire Safety Challenges

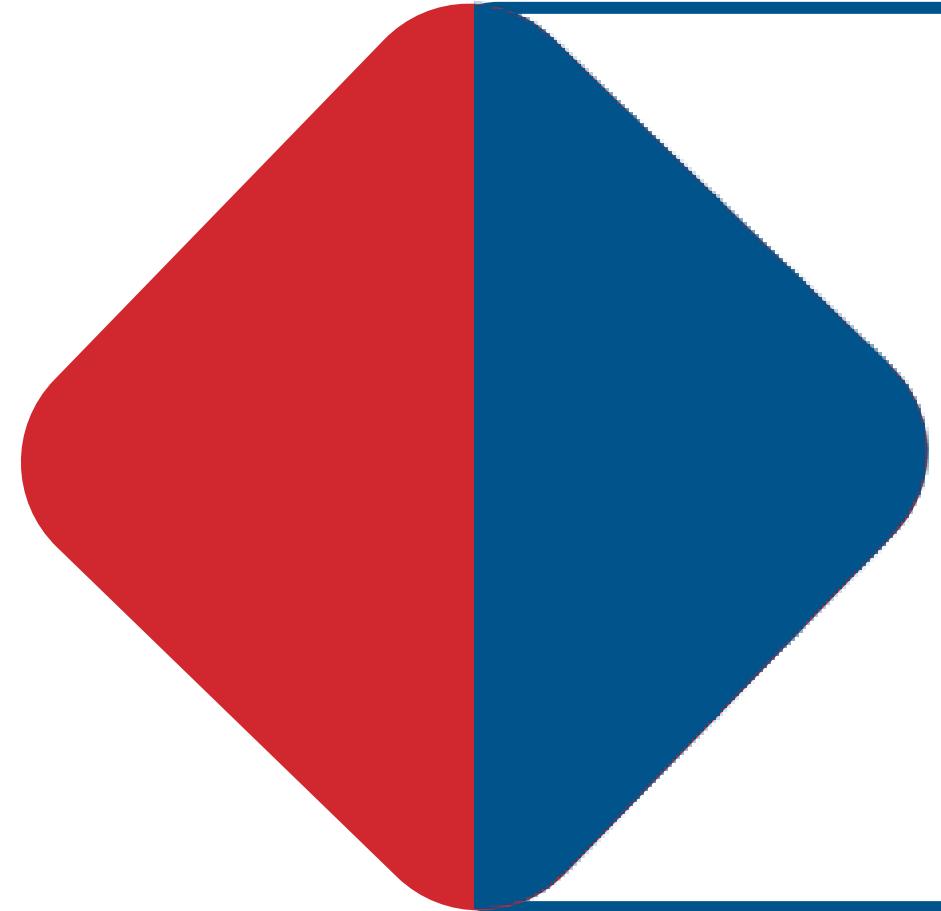


Person may not understand fire prevention or fire dangers

It may be difficult to predict their reaction (may run into fire; may hide or run away)

Person may not know how or be able to communicate if scared, hurt, or burned

Safety lessons may not be understandable to the person or they may not be able to transfer the skills from one place to another



# Transportation Safety



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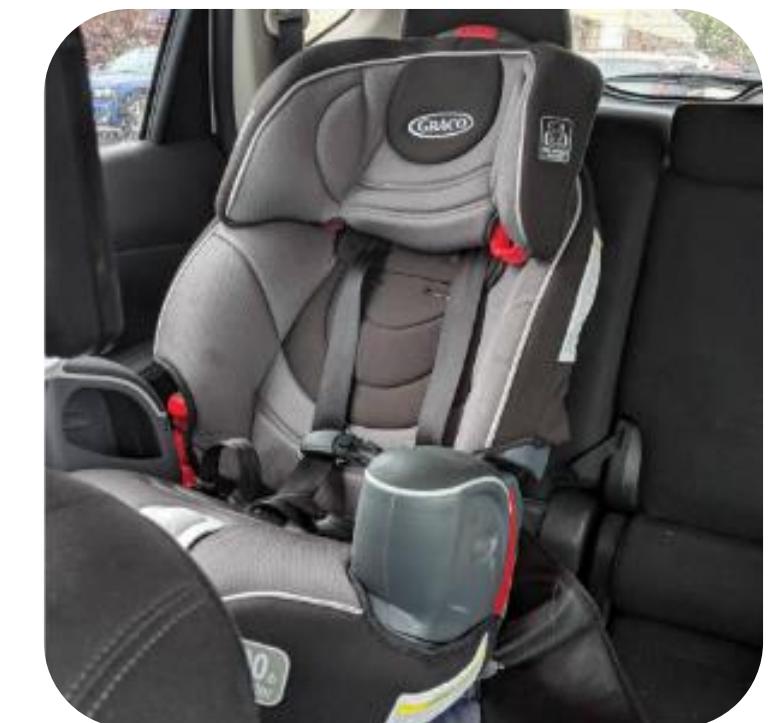
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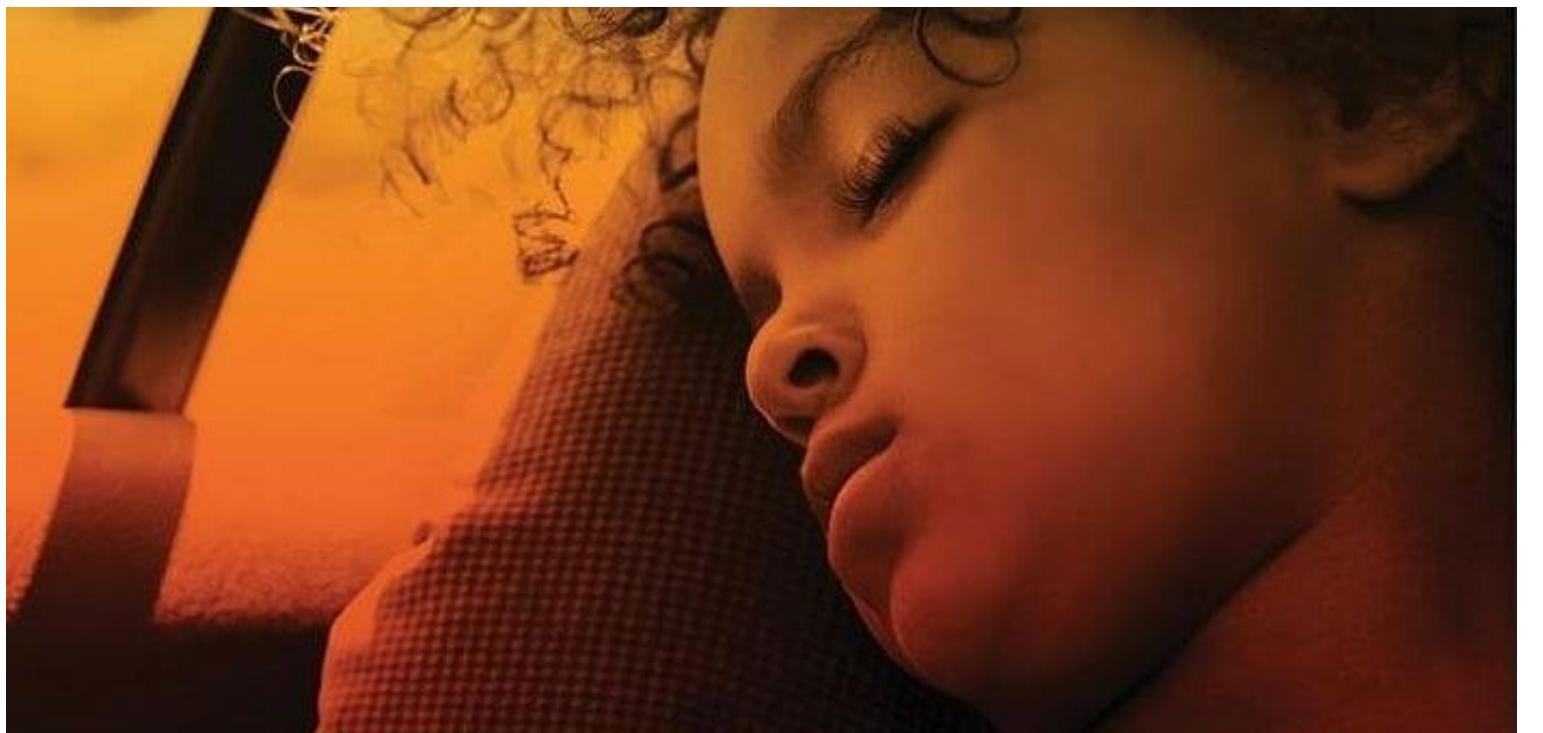


# Travel – Personal Vehicles



- ◆ Unbuckle, remove, get out of seatbelt
- ◆ Engage in unsafe or injurious activities while traveling (e.g. distract driver, interact or play with door handles or buckles)
- ◆ React to activities happening outside the vehicle
- ◆ Leave the vehicle





Never leave a child unattended  
in a car – not even for a minute.

Vehicles get hot very quickly.

Never leave a child alone in a car.

Remember to A C T

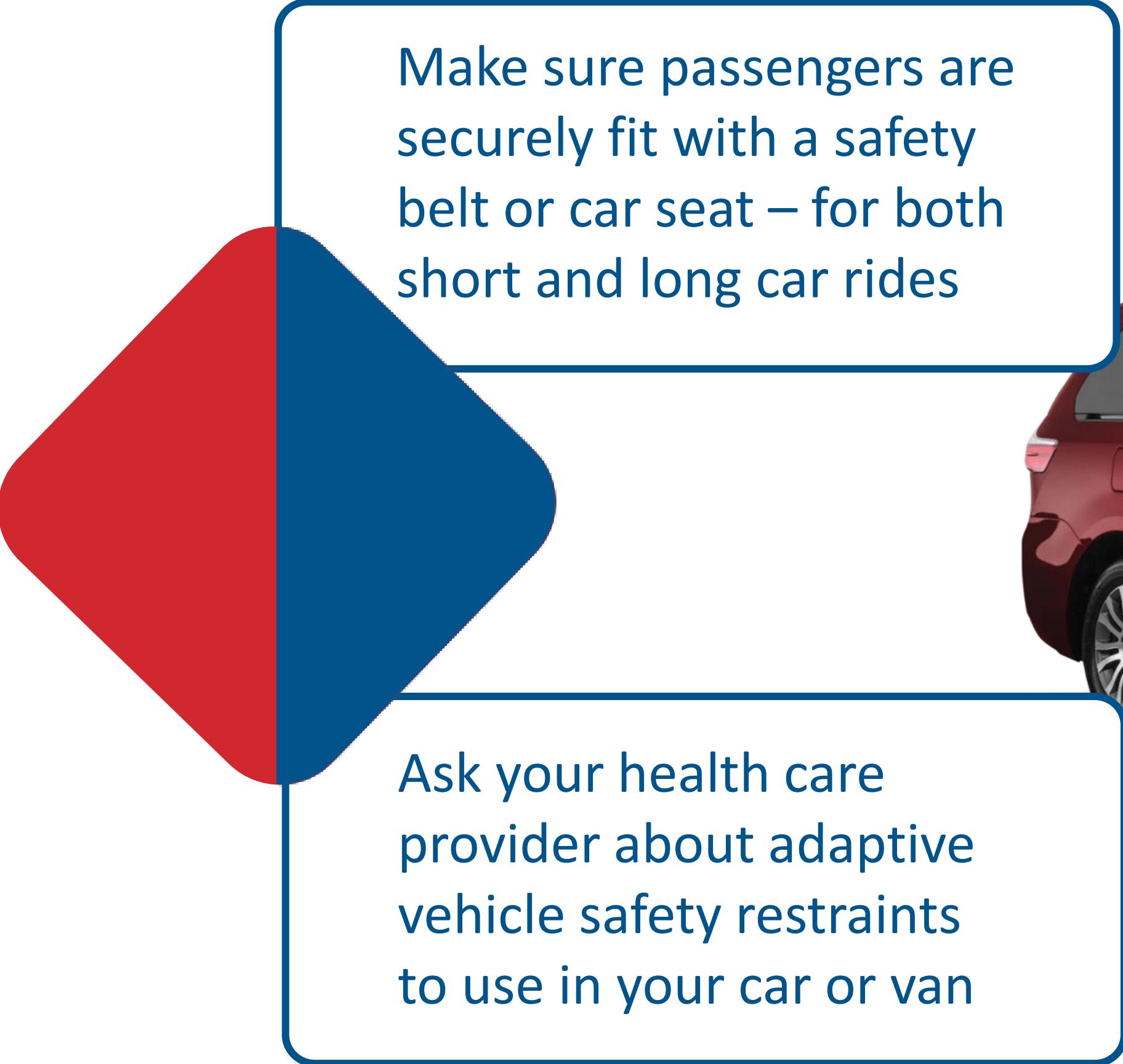
**A Avoid Heatstroke**  
Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.

**C Create Reminders**  
Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the backseat when traveling with your child.

**T Take Action**  
If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations.

**SAFE KIDS WORLDWIDE**  
Proud Program Supporter  
**GENERAL MOTORS**

National Safety Council | Safe Kids Worldwide



Make sure passengers are securely fit with a safety belt or car seat – for both short and long car rides



Ask your health care provider about adaptive vehicle safety restraints to use in your car or van

## Certified Child Passenger Safety Technicians (CPST)

# Passenger Safety

Children with disabilities may require adaptive car seats for personal safety

There may be issues related to balance, strength, sensitivity to straps, behavior issues, and medical needs

**Find a Tech:**

<http://cert.safekids.org>



**Find a CPS Technician**

Search

This directory is provided as a way for parents and caregivers to contact technicians for information and assistance. We ask that you refrain from using the information on this site for your own business purposes.

Fill in the form below with whatever information you know. You don't have to fill in the entire form. For more results, use fewer fields. The more fields you use, the more the search will be restricted.

If you include the city and state, results will also be shown on a map after the results list.

This search only shows currently certified technicians who have approved that their information be public. If they are not in this list, ask to see their current CPS Technician Wallet Card or call Customer Service to confirm their certification: 202-875-6330.

What should you, as a caregiver, expect from a Child Passenger Safety Technician (CPST)? [Click Here](#)

Interested in becoming a CPS Tech? [Click Here](#)

**Search By**

CPS Technician Last Name		Certification Type	<input type="button" value="▼"/>
State	<input type="button" value="▼"/>	ExtraTraining	
Country	<input type="button" value="▼"/>	Languages	
City		Virtual Education	
County			
Postal Code			

**Filter:** Enter keywords  
 Check all  Uncheck all

Special Needs  
 Cert Lead  
 Technician Proxy  
 School Bus  
 Hybrid Instructor

# Car Seats and Transportation Safety Restraints



Not regulated by the auto manufacturers

May affect the use and the safety of the seatbelt or car seat  
which can result in serious injury or death





“Reserved parking for persons with disabilities ensures safe and equal access to goods and services. Parking for persons with disabilities not only makes it possible for individuals to use and benefit from the services offered by public and private entities -- it is the law.”



◆ More information about License Plates and Placards for Persons with Disabilities  
[www.state.nj.us/mvc/vehicles/disability.htm](http://www.state.nj.us/mvc/vehicles/disability.htm)



◆ Application  
[www.state.nj.us/mvc/pdf/vehicles/SP-41.pdf](http://www.state.nj.us/mvc/pdf/vehicles/SP-41.pdf)



- Reach out to your municipal (local community) traffic department or public works department to request.
- Contact your County Sheriff's department for to check for any County regulations.
- You may need to provide medical documentation to support the request.

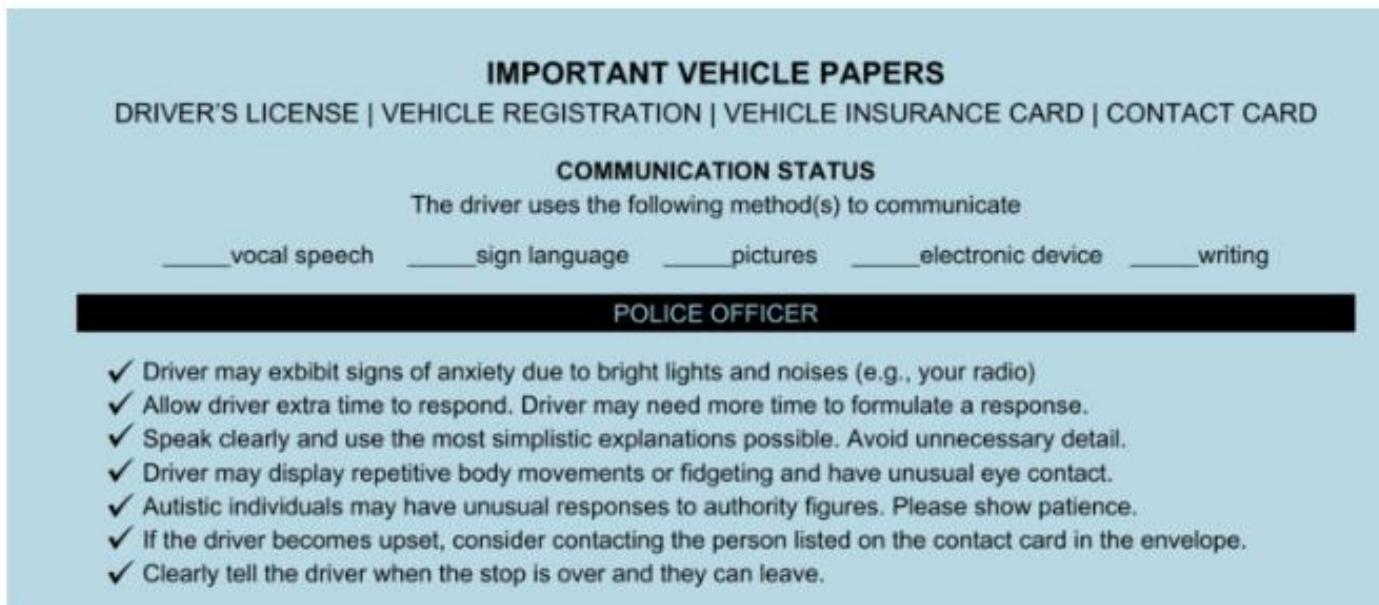
- This sign will not necessarily keep a child safer.
- Educate your child about road safety.
- Educate the community about autism and safety.
- Education your local law enforcement about your child as well as safety on your street.

These signs are not governed by standardized regulations and are typically at the discretion of your local municipality.

# Autistic Drivers (and passengers too)



BACK OF ENVELOPE:



**VIDEO**

# Air Travel Safety: **Transportation Security Administration**

Assists travelers with disabilities and medical conditions

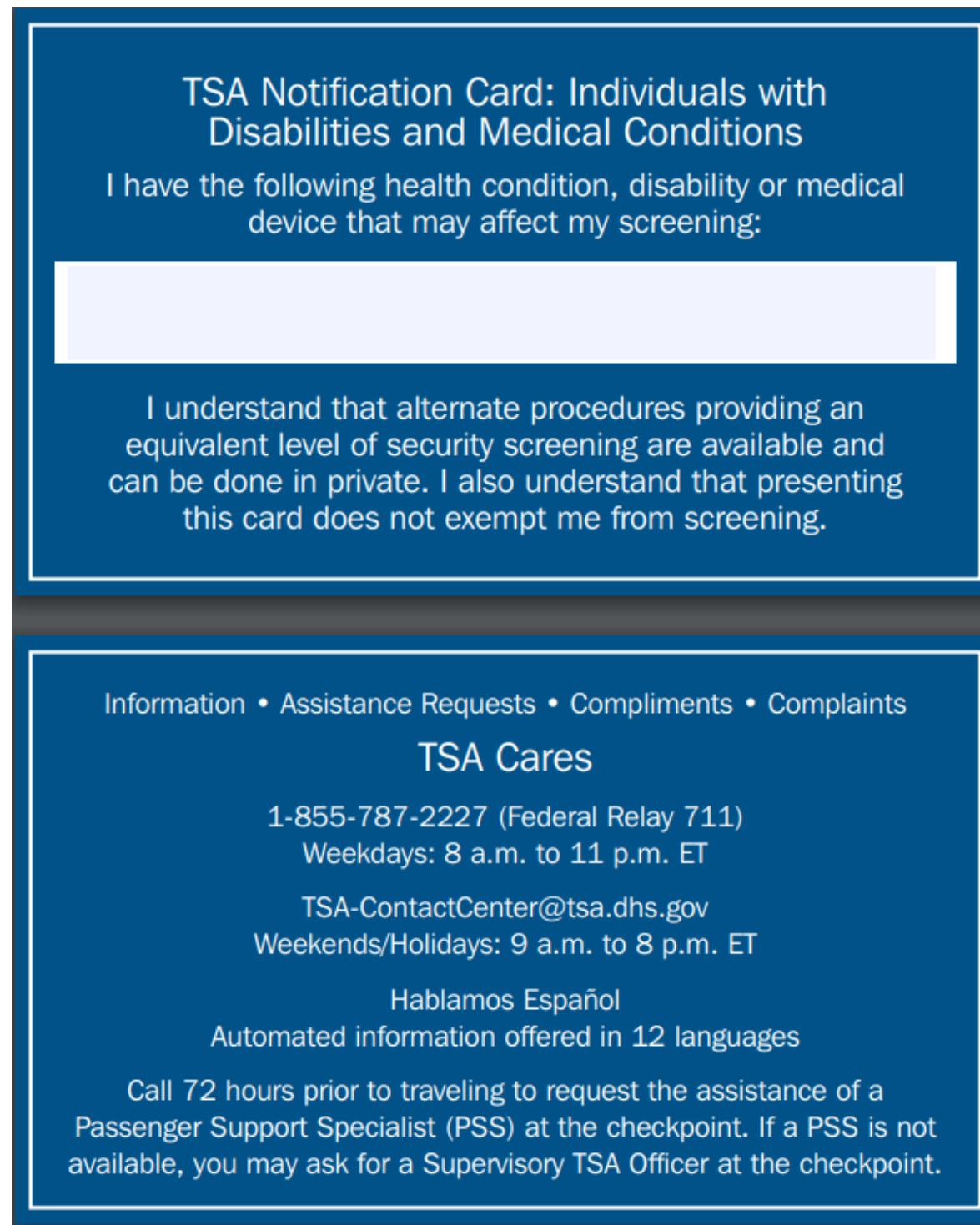


**1-855-787-2227**

[www.tsa.gov/travel/special-procedures](http://www.tsa.gov/travel/special-procedures)

**Ask for a Personal Support Specialist or TSA Supervisor**

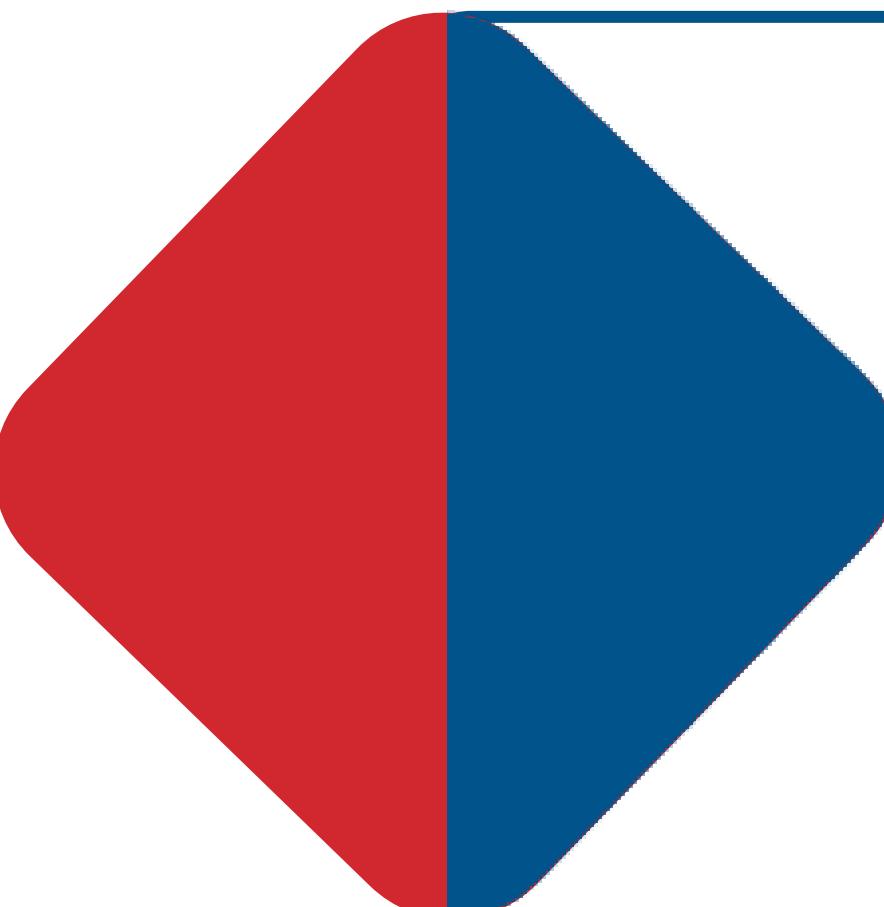
- Contact the TSA Cares hotline 72 hours ahead of your trip
- Let them know of any special equipment, medicines, liquids, and other items you will be transporting
- TSA Cares can assist you during the security clearance process at the airport
- Your airline provider can provide assistance while in the airport and boarding the plane



## TSA Notification Card



[https://www.tsa.gov/sites/default/files/disability\\_notification\\_card\\_508.pdf](https://www.tsa.gov/sites/default/files/disability_notification_card_508.pdf)



# Community Safety



# Elopement and Wandering

## Be Prepared!



- ◆ Secure windows and doors. Use alarms when possible
- ◆ Communicate with law enforcement and neighbors
- ◆ Work with the school to add an elopement prevention safety plan
- ◆ Teach community safety skills
- ◆ Carry a form of identification
- ◆ Consider forms of technology such as personal tracking devices

# Personal Locative Technology and Identification

## Different types of technology (GPS, radio signal, satellite)

- Understanding
- Reliability
- Security on person/ease of removal or being lost
- Recognition and usability/utility
- How it's presented



My name is \_\_\_\_\_

I prefer to be called \_\_\_\_\_

The personal pronouns I use are \_\_\_\_\_

I use these supports and devices to help me \_\_\_\_\_

In case of emergency, please contact \_\_\_\_\_

These are things I'd like you to know about me \_\_\_\_\_

When I get nervous or upset, I \_\_\_\_\_

You can help me by \_\_\_\_\_

When helping me, please don't \_\_\_\_\_

# New Jersey Sheriff's Department

- GPS
- Satellite
- Radio Signal



Not One-Size-Fits-All

# Method / Security of Wearing or Carrying Device or Identification

In pocket

Lanyard

On body

Wrist/ankle

Clipped on clothing

On belt or shoe



How secure is the device ?

Does the person understand how to use it?

What about sensory issues?



# Technology, Features, and Dependability

## Families have a lot to prioritize and assess

- Accompanying app with a smart phone (various technology/service platforms)
- Attractiveness, appearance
- Audio and/or video monitoring
- Breadcrumbs, location history, interactive maps
- Camera
- Device cast, monthly fee, contracts, cancellation fee
- Device testing
- Durability
- Emergency numbers
- First responder familiarity
- Geo-fencing / safety zones
- Geography (local, state, national, international)
- GPS, radio tracking, satellite
- Health monitor
- Locking mechanism (ease of removal by self, accident, or another person)
- Method of alert
- Method of wearing/carrying
- One-way or two-way voice communication
- Panic button
- Police/emergency responder engagement
- Real time mapping
- Size, weight, sensory aspects
- SOS/panic button
- Typical battery life
- Water immersion alert
- Water-resistant / waterproof



## STATE SEARCH AND RESCUE PROGRAM



Program Directive 2023-001



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Bryan Enberg  
State Search and Rescue Coordinator  
Search and Rescue Unit  
New Jersey Office of Emergency Management

**Some devices are available at no cost**

***Kevin and Avonte Program***

**Kelly Boyd**

*Access and Functional Needs Planner*  
NJ Office of Emergency Management

**(609) 455-9068**

**[kelly.boyd@njsp.gov](mailto:kelly.boyd@njsp.gov)**



## Medical Diagnosis Code (ICD10)

### Z91.83 Wandering in diseases classified elsewhere

Prompts important discussions about safety among healthcare providers, caregivers, therapists, and the person with a disability to the fullest extent possible

Insurance? (denial) ➤ DDD budget consideration? ➤ Other?

- Families can create a **family wandering/elopement emergency plan** with the help of the child's pediatrician and perhaps collaboratively with the child's therapists and educators.
- Families can reach out to their emergency responders for additional preventive planning.



Community Safety  
Conversations



**Elopement and Wandering Prevention Information Form**

Copy and distribute these cards to friends, trusted neighbors, caregivers, local emergency responders, and others who can assist if this person escapes or wanders. It is helpful to attach a picture of the person on the back of this form.

Person's name \_\_\_\_\_ Preferred / Nickname \_\_\_\_\_

Current Date: \_\_\_\_\_

Physical description \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name of emergency contact \_\_\_\_\_

Phone \_\_\_\_\_

Critical medical information \_\_\_\_\_

\_\_\_\_\_

Method of communication \_\_\_\_\_

Sensory issues \_\_\_\_\_

\_\_\_\_\_

Favorite things, places, people \_\_\_\_\_

\_\_\_\_\_

Dislikes, triggers \_\_\_\_\_

\_\_\_\_\_

Calming methods \_\_\_\_\_

\_\_\_\_\_

Where person may hide \_\_\_\_\_

\_\_\_\_\_

Personal tracking device information \_\_\_\_\_

\_\_\_\_\_



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An RWJBarnabas Health facility



DDS  
NJ DIVISION OF  
DISABILITY SERVICES

Funded in part by an Inclusive Healthy Communities Grant from the  
Division of Disability Services, New Jersey Department of Human Services



# Water Safety Recommendations



- Swim lessons
- Water safety education
- Preventative measures
- Community education
- Build relationships with local emergency responders

Always make sure your child is supervised near any body of water

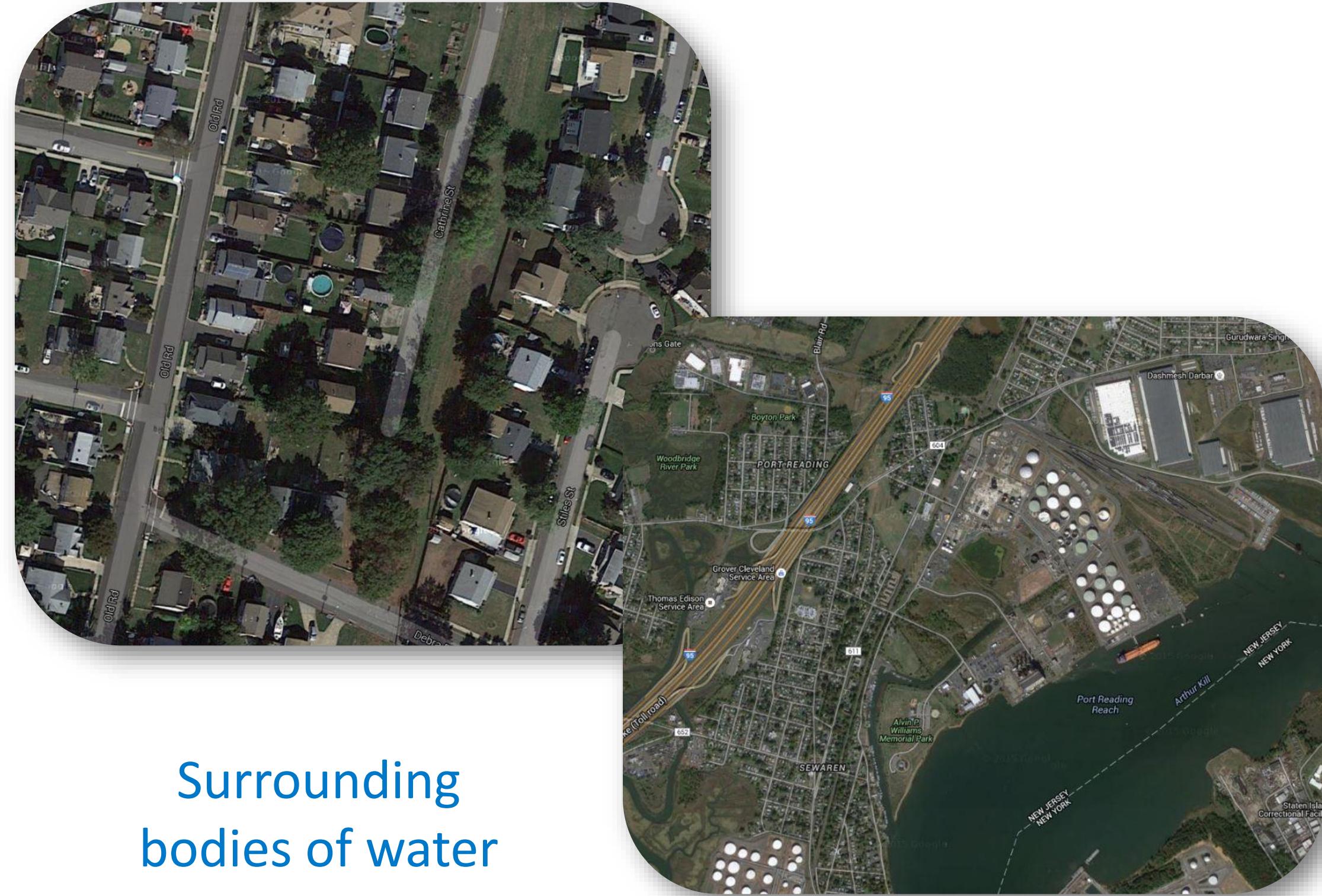
Protect pools with appropriate locked fences

Always swim with a friend. Swimming alone is unsafe.

Ask an adult for permission before going in or entering the water



Always use certified life vests



## Surrounding bodies of water

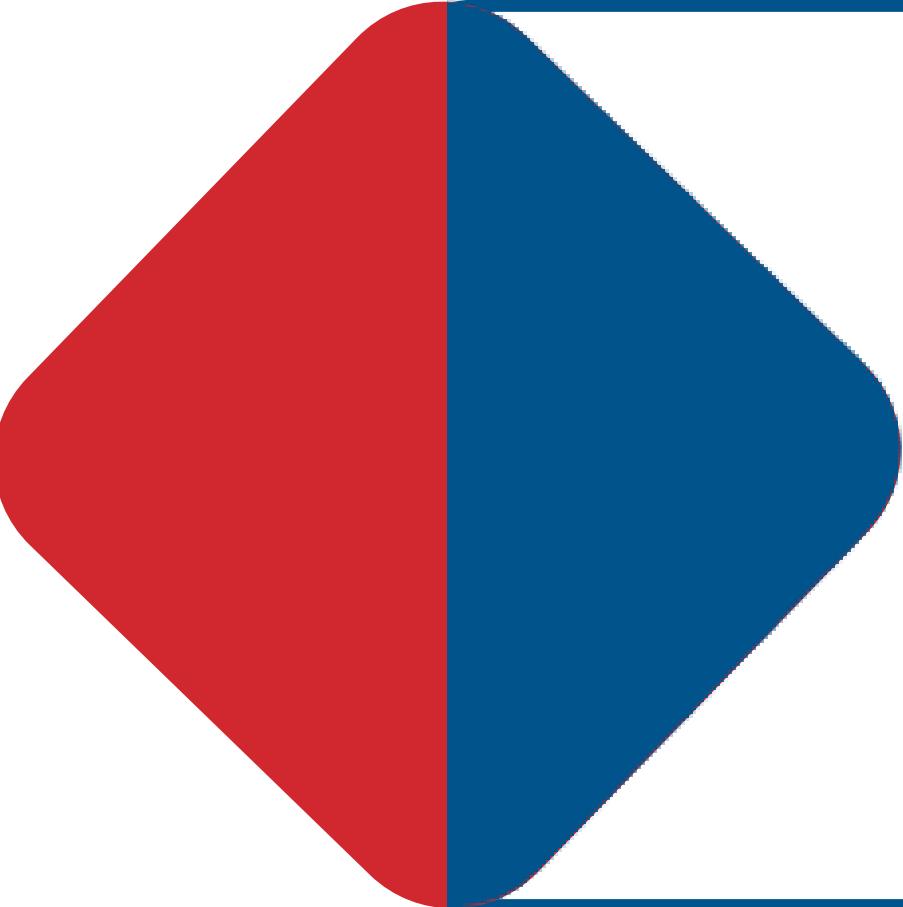


# Active Shooter Events and People with Disabilities

There is currently ***no established best practice*** on how to respond to people with disabilities and access and functional needs (DAFN) during an active shooter situation.



Children's Specialized Hospital has taken the lead in a coalition to establish best practices.



# Preparing for Emergencies





Register today—  
be ready for tomorrow!

Help emergency responders plan for  
and support your family members  
who have disabilities or  
access and functional needs  
in the event of a disaster

If you or a family member has a physical, developmental, cognitive or behavioral impairment, language barrier, or transportation challenge that may make it difficult to safely shelter in place or evacuate in a disaster, please register.

Register at:

**[www.registerready.nj.gov](http://www.registerready.nj.gov)**

or call **211** within NJ or **877-652-1148** toll free

- Free
- Secure and confidential
- Voluntary
- Protective of your privacy

Update your information at least annually. In a life threatening situation, don't wait for help — call 9 1 1

Provides information  
emergency responders will  
need to help locate and  
evacuate people with special  
needs during an emergency

To register

**[www. registerready.nj.gov](http://www.registerready.nj.gov)**

or call **211**



# I Am Ready Kit Guide

Learn to  
**Live Safely**  
with disabilities and special health needs

- 1  My Personal Information
- 2  My Medical Information
- 3  My Important Documents
- 4  My Equipment and Devices
- 5  My Service Animal or Pet
- 6  My Transportation Needs
- 7  My Emergency Plan
- 8  My Checklist

1

## My Personal Information



Today's Date \_\_\_\_\_

My name \_\_\_\_\_ Name I want to be called \_\_\_\_\_

My home address \_\_\_\_\_

My phone number where I live \_\_\_\_\_

My cell phone number \_\_\_\_\_

My email address \_\_\_\_\_

### My emergency contacts:

Emergency Contact Name	My Relationship	Phone Number
Emergency Contact's Address	Email address	

Emergency Contact Name	My Relationship	Phone Number
Emergency Contact's Address	Email address	

Emergency Contact Name	My Relationship	Phone Number
Emergency Contact's Address	Email address	

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2

## My Medical Information



Today's Date \_\_\_\_\_

My Full Name \_\_\_\_\_

The Date I was Born \_\_\_\_\_

My Blood Type \_\_\_\_\_

My Diagnoses \_\_\_\_\_  
\_\_\_\_\_

My Sensory Needs \_\_\_\_\_

My Mobility Needs \_\_\_\_\_

My Communication Needs \_\_\_\_\_

My Dietary Restrictions and Needs \_\_\_\_\_  
\_\_\_\_\_Supports and Help I Need \_\_\_\_\_  
\_\_\_\_\_My Health Insurance Information \_\_\_\_\_  
\_\_\_\_\_

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## My Medical Information



## List of My Current Doctors:

Doctor's Name	Type of Doctor	Address	Phone Number
---------------	----------------	---------	--------------

1	_____	_____	_____
---	-------	-------	-------

2	_____	_____	_____
---	-------	-------	-------

3	_____	_____	_____
---	-------	-------	-------

4	_____	_____	_____
---	-------	-------	-------

5	_____	_____	_____
---	-------	-------	-------

6	_____	_____	_____
---	-------	-------	-------

7	_____	_____	_____
---	-------	-------	-------

8	_____	_____	_____
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with disabilities and special health needs

I Am Ready Kit



8 My Checklist 

I need to pack the most important things in my *I Am Ready Kit* to help me stay safe in an emergency. I should check if I have each item, where I can get each item, and know when to replace them so my kit is always ready when I need it. This is a list for me to review. After I review the list, there is a checklist for me to help me keep track of the items I need.

**Antibacterial Wipes**  
 If I can't use soap and water, I can use antibacterial wipes to clean my hands or surfaces. Antibacterial wipes are moist disposable towelettes that kill germs and help stop the spread of illness. They help keep me healthy during and after emergencies when I may not have clean water. I can also pack hand sanitizer for extra protection. I can get antibacterial wipes at dollar stores, pharmacies, grocery stores, online, or health fairs. To use them, I open the packet and wipe my hands or surfaces. I store them in a sealed zip bag or the original container so they don't dry out. I check them every six months to make sure they're not expired or dried out.

**Basic Tools**  
 Basic tools like scissors, a screwdriver, wrench, pliers, or hammer are items I can use to help myself in emergencies. I might need them to turn off utilities, open stuck doors, or fix something that breaks. These tools help me stay safe and take care of small problems myself. I may also want to include multi-tools or tools with large grips that are easier to hold if I have difficulty using my hands. I may already have tools at home, or I can get them at dollar stores, hardware stores, online, or tool-sharing programs. Each tool works in its own way. Some twist, turn, cut, or pry, so I should ask someone I trust to help me pick the ones that match my needs. I pack my tools in a small pouch or box that I can lift and open easily. I check them once a year and replace any tools that are rusted, broken, or hard to use.

**Biohazard Waste Bag**  
 A biohazard bag is a special bag used to safely throw away medical waste, such as wound bandages or incontinence products. This is important during and after emergencies to keep me and others safe from germs. If I use these kinds of medical supplies, I need a safe way to get rid of them. I don't need any special tools to use the bag, but I may want gloves for extra protection. I can ask my doctor, pharmacy, or emergency services how to get one. I open the bag, place the used medical items inside, and seal it. I pack a few bags in a sealed pouch so they stay clean and unused. I replace each bag after it's been used.

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**I Am Ready Kit**



## Non-perishable Food

Non-perishable food includes items that don't need to be kept cold and won't spoil quickly. These foods are important when I can't cook or get to a store. I might pack canned fruit, vegetables, or nut butter - things I can eat easily without needing to heat them. I can buy non-perishable food at grocery stores or ask for help from food pantries or community programs. To use the food, I open the package and eat it as needed. I may need a can opener or utensils. I store non-perishable food in a sealed bag or box in my *I Am Ready Kit*. I check the expiration dates every 6 months and throw out anything expired or with damaged packaging. I replace what I've used or what's no longer good.

I can pick the items I need,  
using this checklist to keep  
track of all the items.

*first-person language*

8 **My Checklist**

Today's Date \_\_\_\_\_

My Full Name \_\_\_\_\_

Do I have it? Where do I get it? When do I need to replace it?

	Antibacterial Wipes	<input type="checkbox"/> yes	<input type="checkbox"/> no	_____	_____
	Basic Tools	<input type="checkbox"/> yes	<input type="checkbox"/> no	_____	_____
	Biohazard Waste Bag	<input type="checkbox"/> yes	<input type="checkbox"/> no	_____	_____
	Can and Bottle Openers	<input type="checkbox"/> yes	<input type="checkbox"/> no	_____	_____
	Cash	<input type="checkbox"/> yes	<input type="checkbox"/> no	_____	_____
	Change of Clothes	<input type="checkbox"/> yes	<input type="checkbox"/> no	_____	_____
	Charger and Cable	<input type="checkbox"/> yes	<input type="checkbox"/> no	_____	_____

[Learn to Live Safely](#)  
[I Am Ready Kit](#)

Checklist continues on the next page.



*Thank you.*

