

# Evacuation Preparedness

## for People Living with a Disability or a Chronic Health Condition



There are some simple steps you can take to help you evacuate your home during an emergency. Learn what to do if you have a chronic health condition or disability.

### Preparing Just in Time

- Contact a support person living outside of your local area, to determine if their house is suitable to evacuate to.
  - » If not, find another location that is safe and accessible to you (ideally close to healthcare services).
- Contact people in your support network to determine who can assist you while evacuating.
  - » Explain what will be involved in evacuating or transporting you and your equipment.
  - » Explain what is involved in providing you personal care and treatments.
- If needed, determine an evacuation plan and appropriate shelter with your building manager, council, local emergency services and/or disability service.
- Pack items and documents you have recorded in your RediPlan.
- Make a written plan of how others can assist you, or operate your medical equipment or assistive technology.
- Make a plan for maintaining contact with your healthcare team.

### During and After Evacuation

- Stay in contact with family and friends
- Keep informed on the signs of stress and make strategies to support yourself and others (Prepare Your Mind section on p. 6 and p. 24 of the RediPlan may assist).
- Take notice of your symptoms. Notice if your symptoms are changing or new ones are emerging.
- Ensure you are following your usual medical plan.
- Maintain positive health behaviours and seek assistance if engaging in negative coping strategies.
- Keep up with scheduled health appointments. You might use telehealth or find services in the area you have evacuated to.
- If needed, have a care review performed via a healthcare provider or the National Disability Insurance Scheme (NDIS).
- If you need additional resources (e.g. medical equipment or medications) seek help from disability support agencies and advocacy groups.



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