



EMERGENCY PLANNING FOR FAMILIES WITH SPECIAL NEEDS

You are in the best position to know your family's functional abilities and possible needs during and after an emergency or disaster situation. You can ease the stress of the situation by preparing in advance with your family and care attendants. You will need to create a personal support network and complete a personal assessment. As you prepare your family disaster plan as well as your emergency kit, please remember the needs of your family members. Infants, toddlers, seniors, as well as those with special needs will require additional assistance in your plan.

1. Infants and Toddlers

Considerations for developing your emergency kits and family disaster plans:

- Include the following items in your emergency kits:
 - Formula, baby food, or nutritional supplements
 - Items required to prepare and clean baby bottles
 - Water, pedialyte, cans of clear juice
 - Medications for child
 - Fully stocked diaper bag including, diapers, wipes, bags for soiled items, diaper rash treatment items
 - Hygiene items for child
 - Seasonal appropriate clothing
 - Carriers, stroller, and car seats
 - Bedding and blankets
 - Comfort Items – Stuffed animal, pacifier, etc...
 - First Aid Kit with appropriate baby care items
- Include appropriate items to address the needs of breastfeeding mothers.
- Store medical records in an easily accessible location so you can include them in your emergency kit.
- If the infant is in child care, make sure you are well versed in the programs emergency management plan. Maintain current contact information with the administration and vice versa.



2. Children and Young Teens

Include enough food and water in your emergency kits and consider the following items in the family disaster plans:

- Medications for child
- Hygiene items for child, wipes, hand sanitizer, contact lens solution, etc
- Seasonal appropriate clothing
- Bedding and Blankets
- Comfort Items – battery powered entertainment/games, stuffed animal, cookies, books, paper and writing supplies, etc...
- Medical records in an easily accessible location so you can include them in your emergency kit.



- If the minor is in school, make sure you are well versed in the programs emergency management plan. Maintain current contact information with the administration and vice versa.
- If your school requires you create an emergency kit for your child to take to school, include a comforting note for the child and let them know who will get to them. Also include a copy of your emergency contact list including your out of town contact.

3. Seniors

Include enough food and water in your emergency kits and consider the following items in the family disaster plans:

- Medications and prescription drugs for person (example include Insulin, Dilantin, etc.)
- Specialized medical supplies and equipment (examples include extra eye glasses, walkers, syringes, etc.)
- Special medical equipment or other assistive devices which require a power source may need an alternative power source. Keep extra batteries for these specific items in your emergency kit (equipment examples include hearing aids, etc.). Other equipment may require power adapters or alternative power supply sources such as a generator (equipment examples include pumps, CPAP machines, etc.)
- Specialized hygiene materials required for medical conditions or equipment (examples include denture materials, contact lens materials, deionized water, hydrogen peroxide or rubbing alcohol, sterilization materials, etc.),
- Seasonal appropriate clothing
- Entertainment Items –reading glasses, books, word puzzles, crosswords, etc.

4. Special Needs

The American Red Cross and FEMA have excellent information on how to prepare for an emergency and planning to address the special needs. Please visit:

FEMA, Federal Emergency Management Agency

www.ready.gov/
www.ready.gov/individuals-access-functional-needs

American Red Cross, Greater Long Beach/Rio Hondo Chapter

www.redcrosslb.org/
www.prepare.org

United States Access Board, An independent federal agency whose primary mission is to address accessibility issues for people with disabilities.

www.access-board.gov

United States Department of Health and Human Services, Administration on Aging

www.aoa.dhhs.gov

National Council on Disability, This organization's mission is to identify and resolve issues affecting Americans with disabilities.

www.ncd.gov

National Organization on Disability, This organization promotes full and equal participation of America's 54 million men, women and children with disabilities in all aspects of life.

www.nod.org/emergency

American Association for People with Disabilities - The American Association of People with Disabilities is the nation's largest disability rights organization. We promote equal opportunity, economic power, independent living, and political participation for people with disabilities.

www.aapd.com

American Foundation for the Blind - Nonprofit organization provides information and referrals about living with visual impairment.

www.afb.org

National Association of the Deaf - Non-profit organization designed to empower Deaf and Hard of Hearing Individuals.

www.nad.org

For additional information on emergency preparedness, please visit any of the following on-line resources:

City of Long Beach:

Fire Department

http://www.longbeach.gov/fire/emergency_prep/default.asp

Police Department

<http://www.longbeach.gov/police/default.asp>

Health and Human Services

<http://www.longbeach.gov/civica/filebank/blobdload.asp?BlobID=9067>

County Agency:

Los Angeles County Office of Emergency Management

<http://www.lacoa.org/>

State Agency:

The Governor's Office of Emergency Services

<http://www.oes.ca.gov/>

Federal Agency:

Department of Homeland Security

<http://www.dhs.gov/index.shtm>

U.S. Geological Survey – Specific earthquake information and maps.

<http://www.usgs.gov/>

Center for Disease Control and Prevention

<http://www.cdc.gov/> or <http://www.bt.cdc.gov/planning/index.asp>

City of Long Beach Emergency Phone Numbers:

Emergencies Dial 911

- **Gas Department:** 562.570.2140
- **Water and Sewer:** 562.570.2390
- **Public Works:** 562.570.2700
- **Police Non-Emergency** 562.435.6711
- **Fire Non-Emergency** 562.570.9400

Social Media:

You can also sign up for any of the City of Long Beach social media accounts and receive updates on the City's disaster responses, as well as information to assist you.

www.facebook.com/CityofLongBeachCA

<https://twitter.com/LongBeachCity>

www.youtube.com/user/LongBeachCityCA

