

## Sensory and Mental Health Support

- Pack comfort items that help with regulation (fidgets, weighted items, noise-cancelling headphones)
- Prepare communication cards if verbal communication may be difficult under stress
- Pack extra supplies that support mental health (journals, grounding tools, sensory aids)
- Identify coping strategies for overstimulation during evacuations



## Pets & Service Animals

- Pack food, water, leash, medications, and documents for your service animal or pet
- Ensure your emergency plan includes transportation for animals
- Keep copies of training certifications or identification for service animals

## Communication & Alerts

- Sign up for local emergency alerts
- Store important numbers on speed dial
- Keep a printed list of contacts
- If communication is impacted by disability, prepare alternative methods (text, symbols, pre-written notes)

## Assistive Devices & Accessibility

- Have backup mobility devices (cane, manual wheelchair if you normally use electric)
- Keep extra charging cords or battery packs for electric devices
- Prepare written instructions for operating essential equipment in case someone else needs to assist
- Ensure pathways to exits are open, clear, and accessible

 **BE READY!**

**Personal Preparedness**

[maca.gov.nt.ca/en/BeReadyNWT](https://maca.gov.nt.ca/en/BeReadyNWT)



# EMERGENCY PREPAREDNESS

## Personal Emergency Plan

- Identify your support network (family, neighbors, caregivers)
- Create a communication plan with at least two emergency contacts
- List a meeting place
- Make arrangements for your pet(s)
- Decide how you will evacuate if needed (assistive devices, transportation support)
- Practice your plan with your support network regularly
- Inform your support network about your needs and any limitations

## Emergency Kit/ Grab and Go Bag

- 72 hour supply of food and water
- Flashlight, radio, batteries, and power bank
- Extra clothing, blankets, and hygiene items
- Personal identification and copies of important documents

## Medical & Health Needs

- List all medications, dosages, and medical conditions
- Keep a 7-day supply of medications, if possible
- Store duplicates of medical documents, prescriptions
- Health care cards
- Maintain extra batteries, chargers, or power sources for essential medical equipment
- Have mobility aids, hearing aids, eyeglasses, etc., in accessible locations

- First aid kit
- Toiletries and personal hygiene items
- List of medical support providers (doctor, therapist, caseworker)
- Emergency plan
- Candles, matches, lighter

## Community & Local Authorities

- Talk to an elected official about where to find your community's emergency plan
- Familiarize yourself with your community's emergency plan
- Notify your community government or local emergency services about any critical needs
- Discuss accommodations you may need during an evacuation

