

Are you storm-ready?

Hurricane Preparedness

Individuals with disabilities and their families can require storm preparedness with additional considerations. The Arc of Greater New Orleans is here to guide you with the following tips.

1 Prepare to Evacuate

- ▶ Have your vehicle serviced and ready in case you need to make a long drive.
- ▶ Identify evacuation destinations to the east, west and north of your location.
- ▶ Have important documents such as insurance, prescriptions and medical needs in a go bag.
- ▶ Identify pharmacies that will refill your prescriptions and accept your health insurance.

2 Prepare for the power to go out

- ▶ Have a generator on hand. Natural gaspowered is the most reliable, but be sure not to run the generator in or too close to your home.
- ▶ If possible, bring alternatives to electric-powered assistive devices. For example, if you use a powered wheelchair, make sure you have a manual chair on-hand as well. Backup batteries are also a great alternative.
- ▶ Assume businesses will close, and make sure you have enough food, supplies and medication.
- ▶ Talk to your doctor or healthcare provider ahead of the storm if your medical equipment needs electricity. Ask for tips on how you can prepare for a power outage, and check if there is an alternative.
- ▶ Bring any chargers or converters you may need to charge your medical equipment with your car.



Be ready!

Don't wait until it's too late

One of the most important tips for everyone prepping for storm season is to make a plan months ahead of an active threat, so everything is in order in the case of a hurricane.



3 Identify specific needs and accommodations

- ▶ Storms can be especially overwhelming and stressful for some. If you are a caregiver or family member, prepare your loved one emotionally by practicing drills.
- ▶ Make a list of all your personal needs including adaptive feeding devices, adaptive mobility equipment, electricity-dependent equipment, transportation needs and other daily needs, and share the list with your support network. Have each device labeled and with instructions on how to use them attached in case someone needs to assist you.
- ▶ For nonverbal or hearing-impaired people, make sure you or a caregiver has communication board or a pen and paper in an airtight container on-hand to communicate with someone who does not know sign language.

4 Arrange for assistance and support

- ▶ Set up a support network comprised of loved ones or neighbors and agree on an action plan. In addition, make sure your support network has everyone's contact information.
- ▶ Do not rely on one person for help in the case of an emergency, as anything can happen, and downed powerlines or flooded streets can block someone's way. Make sure three or more people have access and communication with you.
- ▶ If you are located in New Orleans sign up with the NOLA Special Needs Registry at specialneeds.nola.gov. You can also check your local government website to find similar registries that help city officials know who might need help during an emergency.

5 Don't wait! Jump into action as quickly as you can

At the Arc of Greater New Orleans, our mission is to support individuals with intellectual and developmental disabilities. Currently ArcGNO supports 600+ individuals throughout Jefferson, Orleans, St. Bernard, Plaquemines and St. Tammany parishes with a variety of services. These services include case management for children 0-36

months; in-home support for adults living either on their own or with family members; day services to facilitate skill building, social interaction and community integration; and job placement/vocational services for those seeking employment.

For more information on the Arc of Greater New Orleans' services, visit www.arcgno.org