

Key Planning Steps

Complete an Emergency Information Form (EIF) for your child

- An EIF is a list of your child's medical conditions, needs, medications, equipment, and care providers. Visit [this resource page](#) for examples of an EIF.
- Ask your doctor to help you fill out your EIF and update it each year.
- Keep a paper copy with your child's supplies and take a photo of the EIF on your phone.



Gather supplies your family will need in an emergency

- Consider items your family needs to survive for several days at home (e.g. food, water, equipment).
- Gather items you will need if you are forced to leave your home and keep them in an easy to carry container or "go bag." Include items your child needs if you are not going to a hospital (e.g. extra inhaler, tracheostomy supplies, insulated bag to keep medications cold).
- Review these items with your child's care team. For more information, visit [this resource page](#).



Create a family communication plan

- Plan and practice how your family will communicate if you are separated during an emergency (e.g. your child is at school during a severe storm).
- Write down contact information for your family and important people (e.g. doctors, care team, schools, service providers). Keep with your important documents and as a photo on your phone.
- Send your child to school with a "[backpack emergency card](#)" that includes this information.



Planning for Equipment that Needs Power

Train a family member, neighbor, or friend in how to use your child's equipment.

Attach simple instructions to the equipment to help others use it.

Notify your electric company and fire department that your child has a medical device that needs power. Ask your electric company if they keep a "Priority Reconnection" list.

Take a photo on your phone of any equipment settings (e.g. ventilator).

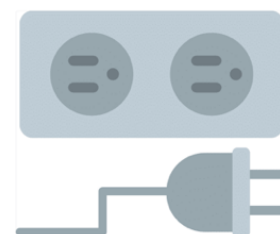
Losing power may cause the settings to reset.

Get back-up power supplies and batteries and test them often. Keep all equipment charged.

Keep extra batteries for phones and tablets and keep them charged.

If you have a car, get a car charger to help you power your devices.

Know how to contact your child's equipment provider. Ask your child's doctor or care team if you are unsure who your equipment provider is.



Questions About Equipment? Ask Your Medical Equipment Provider

- How long can my child's equipment last without power?
- Is there a manual option for my child's equipment?
- What if my child's device is damaged during the emergency?
- How would temperature changes (like heat) or water damage affect the device?



Evacuating a Child with Physical Disabilities

Leaving your home quickly can be challenging, especially when you have a child with disabilities.

Make a “go-bag” of supplies, medications, and important documents you can leave with quickly.

If you need help carrying your child’s equipment, identify people who can help (like a neighbor or nearby family member).

Keep the “go bag” in a place that is easy to access, ideally near equipment you would take with you. Check supplies monthly.

Contact your local first responders and let them know if you need help evacuating your child.

If your child cannot walk without help, figure out who is responsible for helping him/her evacuate. Identify a back-up person as well.

Know your evacuation routes and practice your evacuation plan with your family at least once every six months.



Helping Your Child Cope

Before

- Review and practice your emergency plan with your child. This will help increase confidence and give your child a sense of control.
- If your child has any communication challenges, think about other methods of communication that could help your child convey his/her needs during a disaster.

During

- Plan for activities that can keep your child occupied and help his/her routine from being disrupted. Items such as favorite blankets or toys, or a tablet or phone can help.
- Keep foods on hand that your child enjoys – comfort foods can help calm your child.

After

- Encourage your child to share concerns, ask questions, and talk about what he/she went through.
- Look out for any changes in behavior and discuss any changes with your child’s doctors.



Questions About Planning for Your Child’s Unique Needs?

Your child’s doctors and care team know your child and can help you plan for his/her unique needs during a disaster. Here are some good questions to discuss with them:

- How can I keep refrigerated medications cool during a power loss?
- Can I get an emergency supply of medications for my child?
- In a power outage, how do I feed my child who requires mechanical feeding?
- In a power outage, how long does my child’s oxygen or ventilator last?
- Where is the best place to go if our back-up power plan fails?



Additional Resources [Available](#)

- Local information resource guide
- Checklists for other special medical needs
- Emergency Evacuation Shelter FAQ