

DISABILITY CHECKLIST



This checklist includes medical devices, supplies, and assistive technology devices for people with physical disabilities. Pack items you will need for yourself in your GO BAG. You may need to add additional items or devices to this list to meet your individual and/or family's needs.

GO BAG ITEMS

If you have a mobility disability and use a wheelchair or scooter, you may want to consider having some or all of these items in your GO BAG:

- Thermal blanket *(survival)*
- Fire blanket *(survival)*
- Fire starter kit
- Inverter *(12-volt AC to 110 DC)*
- 12-volt heater / fan
- Wire saw
- Hand warmers
- Hat / gloves / mittens
- Poncho / rain gear
- Thermometer
- Stethoscope
- Blood pressure cuff
- Kit(s) for ostomy, urostomy, and/or wound care supplies
- Spray bottle *(for person who doesn't perspire)*
- Wheelchair repair kit *(at a minimum include a multi-purpose tool, Swiss army knife, Allen wrench set (standard/metric), small crescent wrench and bearings)*
- Contact for wheelchair repair company
- Heavy gloves for wheeling
- Small mechanic's toolkit

- Small 12-volt electric pump (120 psi) for car, bicycle, and other sports' equipment
- Bicycle tire pump and tire repair kit
- WD-40
- Magnifying glass
- Scissors
- Small sewing kit *(needle and assorted thread)*
- Tablet and pencil / pen

COMMUNICATION DEVICES

- Computer and computer software
- Communication boards and devices *(electronic and/or others)*
- Visual Communications Tool *(provided in the Be Prepared, Have a Plan: Emergency Preparedness Toolkit)*

SIGNALING DEVICES

- Electronic alerting devices *(bed shaker, flashing light, moisture alert, wandering alert)*

MOBILITY DEVICES / AIDS

- Cane, walker, or crutches*
- Manual wheelchair*
- Power wheelchair*
- Wheelchair / scooter battery charger*
- Wheelchair seat and back cushion / cover *(air pump if air-filled)**
- Spare tires / inner tubes

(continued on next page)

EMERGENCY PREPAREDNESS CHECKLIST

DISABILITY CHECKLIST

(continued)



- Portable manual patient lift / lift sling
- Transfer board
- Shower chair / transfer bench
- Evacuation chair *(This should be requested as an accommodation and be part of your care plan, if you live or work in a multi-story building.)*

*Note: Consider keeping your old canes, walkers, crutches, wheelchairs / scooters along with their battery chargers, cushions, and covers as backups.

PROSTHETIC / ORTHOTIC DEVICES

- Artificial limbs *(extra batteries for power if necessary)***
- Braces: leg and/or hand **
- Specialty shoes *(extra shoe strings)*
- Specialty shoe inserts **

**Note: Consider keeping old artificial limbs, braces, and shoe inserts as backups.

ASSISTIVE TECHNOLOGY DEVICES

- Specially-modified eating utensils
- Special water bottles
- Lap board / tray for wheelchair
- Easy-open can opener *(one touch, one hand)*
- 12-volt heater / fan
- Power inverter to convert DC to AC current
- To power assistive technology, mobility, or other medical devices, consider alternative ways of generating energy (solar power, wind power, gas / propane generator, etc.)

MEDICAL

- Medical tags *(bracelet / necklace / ankle bracelet)*
- Medical alert devices
- Special Dietary Needs
- Pack a 7-day supply of prescription medications and non-prescription supplements in a pill organizer
- Extra medications and medical supplies
- Epi-pen
- Insulin *(remember to refrigerate / keep cold)*
- Helmet / sports helmet *(for protection)*
- Respiratory aids / devices *(including B-PAP, C-Pap machines, oxygen concentrators, etc.)*
- Oxygen tanks

Other medications or supplies:

-
-

Bowel and bladder products and supplies (includes Ostomy and Urostomy needs):

-
-

Wound care and supplies:

-
-

Additional items / devices:

-
-