

## Create and Practice a Family Disaster Plan

The plan should include :

- A safe way for everyone to exit the home in case of a fire
- A contact person for family members to call if they are away from each other when a disaster strikes, such as a relative or friend who lives in a different region
- A designated person to immediately fill the car gas tank if an evacuation is announced
- A hand-cranked AM/FM /shortwave radio in order to hear official announcements if local power is down ( Radio Shack or American Red Cross)
- Three-day reserves of food, water, medications, and personal-care items for each family member

**Multiple free copies of the following brochures are available upon request through the FRWC web site:**

**“Your Own Money”**

**“Su Proprio Dinero”**

**“Your Own Budget”**

**“In Case of Emergency”**

**[www.frwc.org/contact.htm](http://www.frwc.org/contact.htm)**

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Financial Resources for Women & Children, Inc.  
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**FRWC  
Presents**

**IN CASE OF  
EMERGENCY:**  
**Reducing Fear  
Through  
Preparation**



**Financial  
Resources for  
Women &  
Children, Inc.**

**[www.frwc.org](http://www.frwc.org)**

Since 9/11, US citizens have lived with a new sense of vulnerability, and a generalized fear of terrorism. Hurricanes Katrina, Rita, and Wilma demonstrated that the nation is not really prepared to respond to devastating circumstances. There are a number of steps that we as individuals can follow to take care of ourselves and our families in case of emergency.

#### Put ICE on your cell phone:

Emergency responders recommend that you identify your emergency contact as "ICE" on your cell phone. Ideally, that person will be the one whom you have appointed as your Health Care Proxy.

#### Sign a Health Care Proxy:

Every adult should assign someone to be their health care proxy in the event of an accident or illness:

[www.palliativecare.org/advancedirectives/healthcareproxy.pdf](http://www.palliativecare.org/advancedirectives/healthcareproxy.pdf)

#### "Grab & Go Bag" Checklist\*

- Copies of your will
- Health care proxy
- Power of attorney
- Birth/marriage/divorce/death certificates
- Insurance policies/contact #s
- Credit card #s/contact info
- Social security cards
- List/video of household contents
- Passports
- Banking account #s
- Backup disc of online money-management software
- Computer usernames/passwords
- List of drugs/dosages for each person; doctors names & #s
- Copy of driver's license
- Emergency contact phone numbers
- Investment account #s/contacts
- Copies of recent tax returns
- Mailbox/safety-deposit keys; copies to executor or other safe person
- Emergency cash

\* As suggested in the AARP Bulletin (Oct.,2005)

#### Deal with your financial crisis:

Many US workers are barely getting by financially. It is possible to be more secure financially. For an excellent, free step-by-step plan see:

[www.frwc.org/surviving.htm](http://www.frwc.org/surviving.htm)

#### Personal safety plan:

If you are living in an unsafe situation, you should also create a personal safety plan. A good plan includes strategies:

- To leave the residence that is shared with a violent partner
- To improve safety at home once you no longer live with a violent partner
- To improve safety with a protection order

A comprehensive safety plan, written as a model for police departments, can also be found at:

[www.markwynn.com/pdf/personal\\_safety\\_plan.pdf](http://www.markwynn.com/pdf/personal_safety_plan.pdf)

#### Internet safety:

An excellent discussion on how to protect yourself online is available at:

[www.ncadv.org/protectyourself](http://www.ncadv.org/protectyourself)