

# Practising your Emergency Management Plan



Resources for NDIS  
Emergency and Disaster  
Management

**Being familiar with your individual Emergency Management Plan is important. Emergencies and disasters can sometimes happen very quickly, and you need to know what to do.**

**By knowing your plan and being practised in the actions you would take, you will build your competence and confidence, leading to greater overall resilience.**

Below are some tips and activities you can use for practising your Emergency Management Plan.

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**1** Read through and review your plan regularly.

You should aim to do these things every six months as well as during your NDIS Plan review and after an emergency or disaster has occurred.

It is also a good idea to read through your plan in the lead up to imminent emergency or disaster, such as floods, bushfires or cyclones that are approaching.

**2** Make sure you share your plan with your support circle – particularly those people who you will rely on for assistance during an emergency or disaster.

It can be as simple as sharing a cuppa and talking through your plan together.

Tip: Discussing your back up evacuation plan with your support circle is an important part of this conversation.

**3** If you know that you would require specialised assistance to leave your home in the event of an emergency evacuation, consider making contact with your local emergency service to discuss. For example, your local fire station.

It is useful for them to know you would require specialised support ahead of time and they can also assist with answering any questions you may have.

For example, if you have mobility concerns, you might like to discuss how you would be physically evacuated so that you can mentally prepare yourself ahead of time.

#### **4** Remember to practise evacuating your home.

You could time this with when you review your plan every 6 months. It might seem silly to practise leaving your own home, but if you do ever experience an emergency or disaster and things are panicked and happen quickly, you will be glad to have had a run through beforehand.

Make sure everyone who lives with you is involved in the evacuation drill (including pets) and remember to take actions such as grabbing your Go Bag.

#### **5** In addition to evacuation drills, game play can be a fun and useful way to practise emergency procedures.

Using a “Follow the Leader” approach can be useful for practising these drills.

Practising the fire safety drill “stop, drop, cover and roll” is an important exercise, especially if you use a wheelchair or have physical or mobility needs that will require you to adapt this.