



Resources for NDIS
Emergency and Disaster
Management

Practice your emergency plan



Easy Read

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Practice your emergency plan



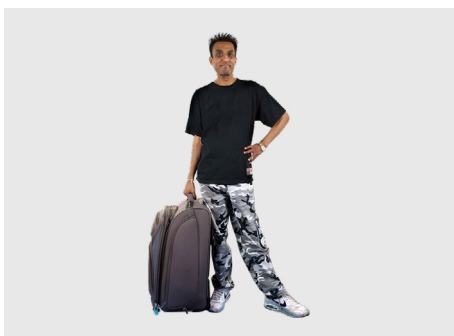
Emergencies and disasters can sometimes happen very fast.



It is important to have a plan for emergencies and disasters so you know what to do.



You should practice what is in your emergency plan often.



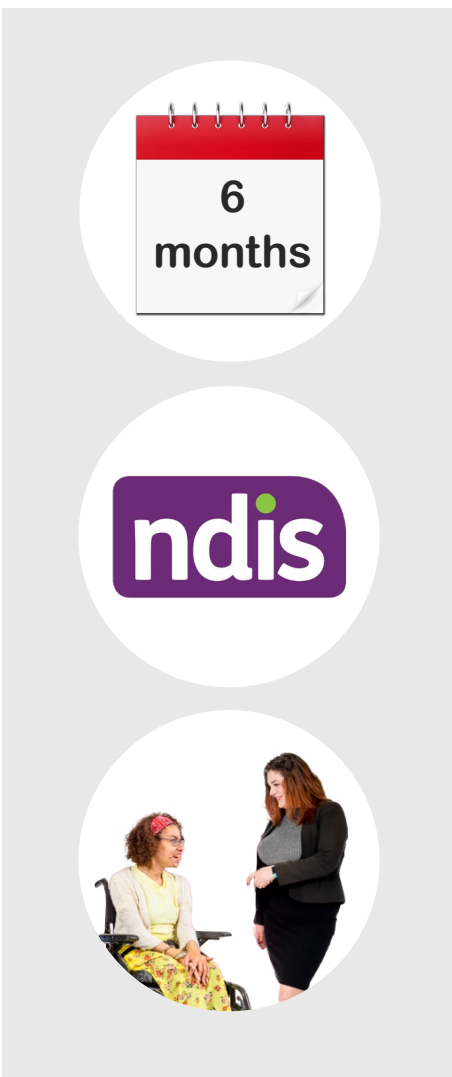
This will help you feel ready if an emergency happens.

Tips to practice



We put together some tips to help you practice your emergency plan.

1. Read and check your plan



You should read your plan

- At least every 6 months
- When you have your NDIS plan meeting
- After an emergency or disaster happened.



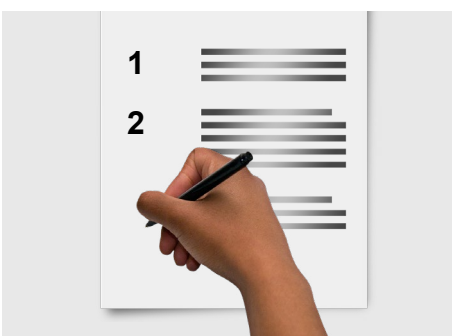
You should also read your plan if you know that an emergency or disaster might happen soon.



This might be after a warning about a bushfire or flood in your area.



When you read your plan check if all the things in it are still right for you.



If things in your life change you need to make sure you change it in your plan.

This might be changes to do with



- Where you live



- Who supports you



- What support you need



- Your health.

2. Share your plan with others



It is important to tell the people that support you about your plan.



It will help them know what to do if there is an emergency.



To share your plan with them you can

- Talk to them about it
- Show them your plan
- Give them a copy of your plan.

3. Get in touch with emergency services



Some people need support to be able to leave the house quickly in an emergency.



You should tell emergency services near you if you need support to leave in an emergency.



You can meet with them before an emergency happens.

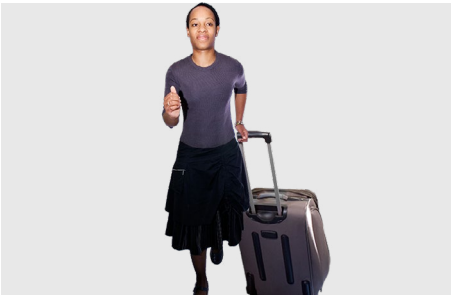


You can talk to them about how they can support you in the best way in an emergency.

4. Practice leaving your home fast



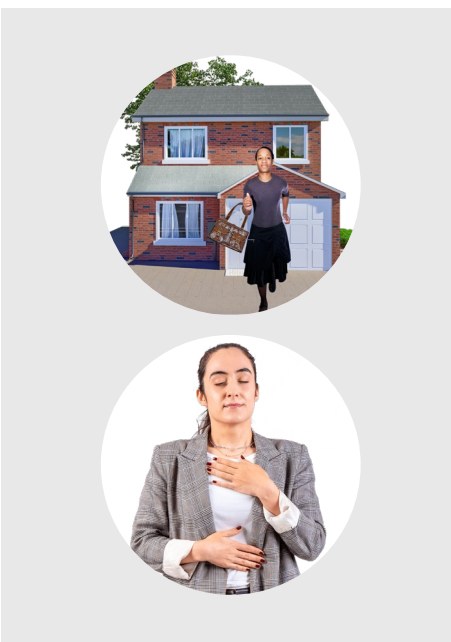
When you have to leave your home fast in an emergency it is called an **evacuation**.



It is a good idea to practice evacuations.



You can use a watch to see how long it takes you to leave your house.

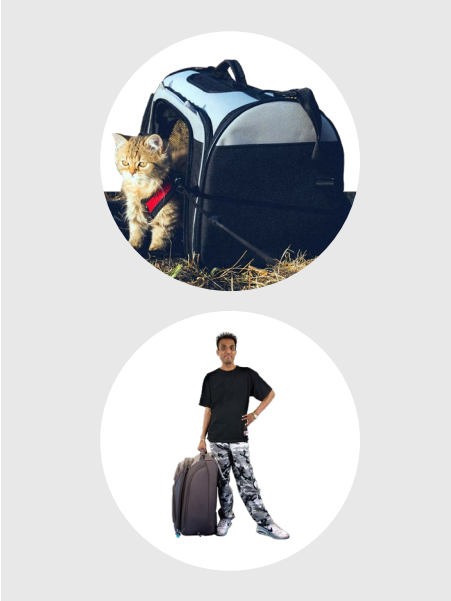


If you practice evacuations often it will help you

- Know what to do in an emergency
- Keep calm in an emergency.

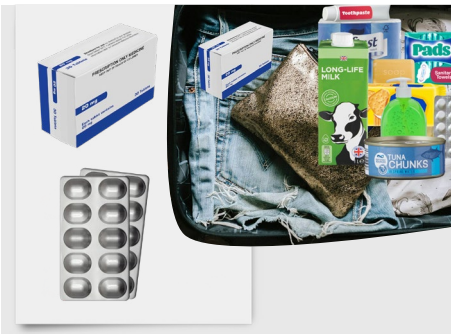


When you practice do everything that you would do if it was an emergency.

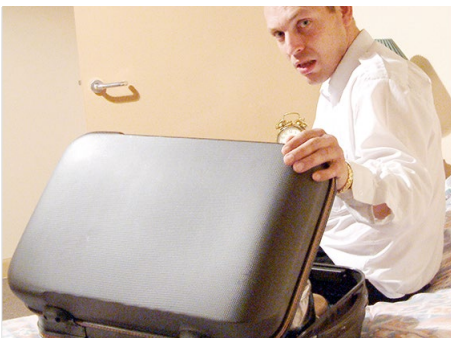


This might be doing things like

- Take your pet with you
- Take your **go bag** with you.



A **go bag** is a bag with all your important things like your medical information.



It is a good idea to always have your go bag packed.

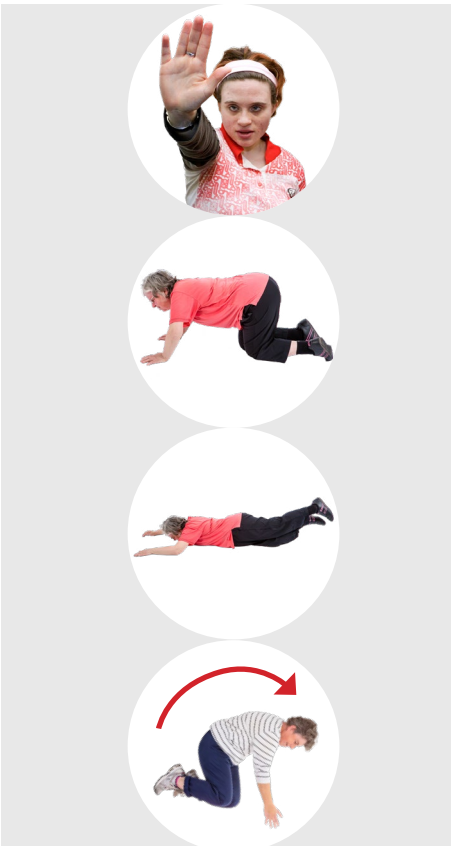
5. Game play



You can use games to practice evacuations like playing **follow the leader**.



Follow the leader means you choose a leader and everyone does what the leader says.



You can also practice the fire drill called

- Stop
- Drop
- Cover
- Roll.

It is good to practice this often when you



- Are in a wheelchair



- Have health issues that make it hard to move quickly.

Council for Intellectual Disability made this document Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at **business@cid.org.au**.