

# Pre-planning guide for NDIS Participants



Resources for NDIS  
Emergency and Disaster  
Management

**This Pre-planning Guide is designed to help you get ready for making your individual Emergency Management Plan.**

For an Easy Read version of this information, check out this guide from the Council for Intellectual Disability NSW: [My Safety Plan](#).

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## Getting started

The first thing you need to think about is whether you already have a plan. If you do, is it current or does it need updating?

If it needs updating, who will you ask to help you with this?

## Establish which people and services can help

You don't have to plan and prepare on your own. Your NDIS Provider, family and friends, or local community organisations may be able to help you.

It's about working with people you trust.

If you live in Specialist Disability Accommodation your NDIS Provider should support you to prepare or update your plan.

Some examples of community organisations that may be able to help are:

- Your local council
- Disability Advocacy groups
- Local Multicultural Centres
- Local Neighbourhood Centres

## Locate existing documents

Before you begin the planning process, make sure you locate any other plans or documents you have that might be useful during this process. For example, a Person Centred Plan, health or support plans, or a Personal Emergency Evacuation Plan.

## How to choose an emergency planning template that's right for you

Whether your plan needs updating or if you are starting a new plan, there are a number of different emergency plan templates you can choose from.

If you are looking for a thorough emergency planning process the Person-Centred Emergency Preparedness Toolkit might be for you.

Most often called the P-CEP, the toolkit is a comprehensive resource package for people with disability to prepare for emergencies and disasters. It includes a practical conversation guide and planning tool that will help you create an emergency plan that is specific to your individual support needs.

Check out the resources on the Collaborating 4 Inclusion website: [P-CEP toolkit](#).

There are other Australian-made online and printable templates available.

To help you decide on the best template for you, we have put together a table that shows you some of the features you might find useful. The table shows you which ones have an app version, are fillable online, are printable, have an Easy Read option or are specifically for people with disability.

More detailed information about the features of each template is below the table.

	App version	Fillable	Printable	Easy Read	Disability-Specific
<b>Australian Red Cross Redi Plan</b> 8 pages	X	X	X		
<b>Australian Red Cross Redi Plan Easy Read</b> 32 pages		X	X	X	
<b>Ember My Emergency Plan</b> 6 pages	X	X	X		X
<b>R4NED Emergency Management Plan</b> 15 pages		X	X	X	X

	App version	Fillable	Printable	Easy Read	Disability-Specific
<b>R4NED First Nations 'What to do Story' Emergency Plan</b> 10 pages		X	X	X	X

**Australian Red Cross Rediplan:** [RediPlan](#)

This online template can be typed straight into and can also be printed and completed by hand. While it is not disability-specific it contains medical and disability sections and is easy to follow.

**Australian Red Cross Rediplan (Easy Read):** [RediPlan Easy Read](#)

This plan template is written in Easy English and uses lots of graphics. It offers explanations for each section. It is 32 pages long and may take some time to get through.

**Australian Red Cross Get Prepared App:** [Get Prepared app](#)

This is the App version of the Redi Plan template.

**Ember (Flagstaff) My Emergency Plan:** [Ember Emergency Plan](#)

This online template can be typed straight into it and can also be printed and completed by hand. It is simple and straightforward, with specific sections on disability and NDIS supports, medications, medical conditions, communication, keeping calm and personal care.

**Ember-App Emergency App and Nonverbal Communicator App:** [Ember app](#)

The app version of Ember's My Emergency Plan has fillable fields and collates your plan for you. The app also features other useful interactive tools including a Communication Board and Breathing Tool, and other documents you can download (including a Backpack Checklist).

**R4NED Emergency Management Plan:** [R4NED Emergency Management Plan](#)

This online template has fillable fields and can be printed. It is disability specific and includes what we think is essential information for NDIS Participants.

**R4NED First Nations Emergency Management Plan:** [R4NED 'What to do story' Emergency Plan](#)

This online template has fillable fields and can be printed. It is disability specific and made to be completed with First Nations people, particularly those living in rural and remote communities.