



Family Disaster Plan

Disasters can occur any day or time. It is important to plan ahead of time because you may not be with or near your support system when a disaster occurs. Knowing the connections within your community network are key to recovery. Additionally, it is essential to include behavioral health as part of your preparedness plan to help reduce stress and increase your ability to function in an emergency. Having a well-developed plan can help with reunification and keep your daily needs as close to pre-disaster as possible.

Medication and medical treatment

It is important to have medical information written down for those who are not familiar with your medical history and may be supporting you in the time of a disaster, or if this information is lost and needs to be replaced.

Family Member	Medications	Dose	Frequency

Medical and mental health providers

It is important to have medical and mental health information written down for those who are not familiar with your history and may be supporting you in the time of a disaster, or in case this information is lost.

Family Member	Physicians/ Mental Health Providers	Phone Number	Address

Additional information, resources, and equipment that support our family’s communication, independence, and safety (e.g., hearing aid/special approach instructions/allergies/dietary):



Designated meeting place

Think about a location near home, school, work, or a frequently visited place. Choose a place that would be easy to get to during an emergency. It is important to have a designated meeting place beforehand, to make reunification easier.

Designated Meeting Place	Address	Phone if available
Secondary Meeting Place	Address	Phone if available

Insurance information

It is important to have insurance information written down in case this information is lost or needs to be replaced.

Insurance Name	Name on Card	ID number	Group Number
Pharmacy Name	Phone Number		

Important phone numbers (police/fire/non-emergency, caregiver(s)/family/friends

It is important to know your community’s emergency numbers and family, friends and relatives numbers both in the area and out of the area. It is important to have numbers written down in case you need to contact them during an emergency.

Name	Phone Number

Optional information on animals in your home

It is important to know information about how to support any animals inside your home in case they have been affected during the emergency.

Pet/Service Animal Name	Species	Important Information

Important information about your family: Such as Cultural Considerations, Religion, Language considerations, Safety concerns & Coping Strategies.

Additional resources: