



Safe Together

Resource Guide for People with Disabilities

2026-2027

SCDD – Active Shooter Guide for People with Disabilities:

<https://files.constantcontact.com/be05f332501/28e4bb19-025a-4207-91de-9125e9b6a8a9.pdf>

American Red Cross – Disaster Safety for People with Disabilities:

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/inclusive-preparedness-resources.html>

Cal OES: Planning & Preparedness Branch develops and maintains state-level emergency plans and planning guidance for state and local agencies:

<https://www.caloes.ca.gov/office-of-the-director/operations/planning-preparedness-prevention/planning-preparedness/>

Disability Disaster Access & Resources Directory: For people that rely on power to operate life-sustaining medical devices your local independent living center may be able to assist you with costs associated with: Accessible transportation, short-term housing support during the public safety power shutoff, or a loaner back-up battery system: **<https://disabilitydisasteraccess.org/get-services/>**

Disaster Distress Helpline – 1-800-985-5990: An around-the-clock, toll-free, multilingual, national hotline dedicated to providing immediate crisis counseling for people experiencing emotional distress related to natural and human-made emergencies:

<https://www.samhsa.gov/find-help/helplines/disaster-distress-helpline>

Earthquake Country Alliance: Includes an 8-page preparedness guide and videos for people with disabilities and other access or functional needs. **<https://www.earthquakecountry.org/accessibility/>**

ADA National Network Emergency Power Planning for People Who Use Electricity and Battery-Dependent Assistive Technology and Medical Devices: <https://adata.org/factsheet/emergency-power>

U.S. Fire Administration Fire Safety Outreach Materials for People with Disabilities: <https://www.usfa.fema.gov/prevention/home-fires/at-risk-audiences/people-with-disabilities/index.html>

Listos California - Disaster preparedness resources for every situation in multiple languages:
https://www.listoscalifornia.org/resources/?_languages=english

Medical Baseline Program - an assistance program for residential customers who have special energy needs due to qualifying medical conditions. The program includes two different kinds of help: A lower rate on your monthly energy bill and extra notifications in advance of a Public Safety Power Shutoff. Contact your utility for more details:

- [PGE](#)
- [SCE](#)
- [SDG&E](#)
- [SMUD](#)
- [Southern California Gas Company](#)

To sign up for mobile emergency alerts in your county visit:
<https://www.listoscalifornia.org/alerts/>

Ready.gov <https://www.ready.gov/people-disabilities> is a helpful source to help you create the following:

- A fillable family communication plan: <https://www.ready.gov/plan>
- How to build an emergency kit: <https://www.ready.gov/kit>
- Get Tech Ready: <https://www.ready.gov/get-tech-ready>

Disaster Recovery: FEMA Assistance <https://www.disasterassistance.gov/>
Applying for FEMA assistance online is usually faster, but applying by phone is also an option: **1-800-621-3362**.

CalOES & Dept. of Rehabilitation Emergency Preparedness Guide/Toolkit for Individuals with Disabilities

<https://publicaccessstorage.blob.core.usgovcloudapi.net/publicsitefiles/DOR%20Documents/Disaster%20Preparedness/Cal%20OESDOR%20-%20AFN%20Disaster%20Preparedness%20Guide.pdf>

General Disaster Preparedness Resources from DOR in collaboration with CalOES:

<https://www.dor.ca.gov/Home/disasterpreparedness>

Emergency Preparedness Guide: CA Dep of Aging, CalOES & DOR

https://aging.ca.gov/Emergency_Preparedness_Guide/

Emergency Preparedness–Consumer_DDS:

<https://www.dds.ca.gov/consumers/emergency-preparedness-consumer/>

Recommended Safety & Emergency Apps

Emergency Alerts & Disaster Information

FEMA App

- Disaster alerts by location
- Shelter locations
- Recovery resources

<https://www.fema.gov/about/news-multimedia/mobile-products>

American Red Cross Emergency App

- Multi-hazard emergency alerts
- First aid information
- Family emergency plans

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html>

Listos California

- California emergency preparedness information
- Alerts and preparedness resources

<https://www.listoscalifornia.org>

Cal Alerts

- California emergency alert information
- County and local alert system links

<https://www.calalerts.org>

Wildfire & Earthquake Preparedness

Watch Duty

- Real-time wildfire maps
- Evacuation updates
- Air quality information

<https://www.watchduty.org>

MyShake

- California Earthquake Early Warning
- Earthquake preparedness resources

<https://myshake.berkeley.edu>

Medical & Health Safety

Medical ID (Apple Health)

- Store emergency contacts
- Medical conditions
- Allergies and medications
- Accessible from the phone's lock screen

<https://support.apple.com/guide/iphone/set-up-and-view-your-medical-id-iph08022b192/ios>

Android Emergency Information

- Store emergency contacts and medical information
- Accessible from the phone's emergency screen

<https://support.google.com/android/answer/9319337>

Medisafe

- Medication reminders
- Medication tracking
- Caregiver notifications

<https://www.medisafe.com>

PulsePoint Respond

- Locate nearby AEDs
- CPR assistance information

<https://www.pulsepoint.org>

Communication & Family Safety

Life360

- Family location sharing
- Emergency SOS
- Check-in notifications

<https://www.life360.com>

Zello

- Push-to-talk communication
- Useful during emergencies when phone service is limited

<https://zello.com>

Accessibility & Communication Supports

Be My Eyes

- Connects blind or low-vision users with volunteers for visual assistance

<https://www.bemyeyes.com>

Google Live Transcribe

- Real-time speech-to-text
- Helpful for people who are deaf or hard of hearing

<https://support.google.com/accessibility/android/answer/9158064>

Apple Accessibility

- Live Captions
- Live Listen
- Other accessibility features

<https://support.apple.com/accessibility>

Utility & Power Outage Resources

Download the mobile app from your electric utility provider to receive:

- Power outage notifications
- Public Safety Power Shutoff (PSPS) alerts
- Restoration updates
- Medical Baseline Program information

Utility providers:

- PG&E
- Southern California Edison (SCE)
- San Diego Gas & Electric (SDG&E)
- Sacramento Municipal Utility District (SMUD)

Sensory Kit Checklist for Emergency Shelters

Comfort & Calming:

- **Weighted lap pad or small weighted blanket (machine washable)**
- **Soft fleece throw or shawl**
- **Plush stuffed animal or tactile comfort toy**
- **Noise-reducing earmuffs (over-ear style)**
- **Disposable foam earplugs (individually wrapped)**
- **Eye mask / blackout sleep mask**
- **Low-light clip-on LED light**
- **Familiar scented sachets or unscented if scents are triggering**

Tactile / Fidget Tools:

- **Stress balls (varied resistance)**
- **Fidget spinners or cubes**
- **Stretchy resistance bands or squishy tubes**
- **Textured fabric swatches (corduroy, satin, fleece)**
- **Reusable therapy putty or modeling clay (non-toxic)**
- **Bead maze or tangle toy**

Sensory-Friendly Eating & Drinking:

- **Reusable silicone straws**
- **Adaptive utensils (built-up handles)**
- **Spill-proof water bottle**
- **Snack packs with predictable, mild flavors**
- **Unscented baby wipes**

Sensory Kit Checklist for Emergency Shelters

Visual Supports:

- Laminated visual communication cards
- Small dry-erase board with marker
- Picture schedule strip
- Low-stimulation coloring book and colored pencils
- Visual timer (sand timer or battery-operated)

Noise & Overstimulation Management:

- Portable privacy pop-up tent or visual divider
- Soft fabric hood or scarf for personal space
- Playlist of calming music or white noise
- Small hand-held fan

Proprioceptive / Movement Needs:

- Small therapy ball or inflatable wobble cushion
- Resistance exercise bands
- Hand grip strengtheners
- Stretchy body sock

Shelter Staff Tools:

- Quick-reference sensory profile sheet
- “I Need a Break” and “Help” laminated cards
- Sensory de-escalation tips card for volunteers

CALIFORNIA STATE COUNCIL ON DEVELOPMENTAL DISABILITIES

HEADQUARTERS

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