

# Making an emergency plan

*Disasters can happen in all different parts of Victoria. For disabled young people, having a plan prepares us to know what to do if there is a disaster in our area.*

## What is an emergency plan?

An emergency plan is a **set of steps to follow** if there is a disaster in your area.

It should be **accessible to everyone** in your family. For example, have an audio recording of the plan or an Easy English version.

**Family, friends and support workers can help you write** your emergency plan.

You should **practice your plan** with your household so you all understand what to do in a disaster.

## What should be in my emergency plan?

Your emergency plan should tell you **what you need to do** in an emergency, **where you will go**, and **when you will go**.

## What will I do?

**Take action** when you know there is going to be a disaster in your area.

For example, during a flood, move items on the floor to somewhere higher so they will be safe if the water comes into the house. **Turn off all power points and unplug electrical items** so you don't get shocked if water comes in the house.

## Where will I go?

Think about your **access needs** when you decide where you will go.

If you have sensory difficulties, it might be better to stay with a friend or family member rather than at a refuge centre as they can be crowded, and feel overwhelming.

Your plan should have several options for where you might go. For example, if the road to get to one place is closed, make note of other places you can go to that are in a different direction.

## When will I go?

**Leave as early as you can.** If you know ahead of time that there is going to be a disaster in your area, plan to leave the night before so that you have enough time to get to a safe place.

Do not wait until you see signs of disaster like smoke or floodwater near your home. By the time you see these signs, it might not be safe to leave.

