

Instructions

If you are unable to complete this form, please ask a carer or a family member to help you.

About Me

First Name	<input type="text"/>	Street Address	<input type="text"/>
Last Name	<input type="text"/>	Suburb	<input type="text"/>
Home Phone	<input type="text"/>	Postcode	<input type="text"/>
Mobile	<input type="text"/>	Email	<input type="text"/>
My languages	<input type="text"/>		

My Emergency Support Circle

In case of an emergency, I need to contact:

	Name	Phone	Email	Has a copy of my plan
First Contact	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>
Family / Legal Guardian	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>
Carer/s	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>
Doctor	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>
NDIS Support Provider	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>
Chemist	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>
Employer (if needed)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>
Neighbour (if you know them)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="radio"/>

Disability Supports

NDIS ID Number	<input type="text"/>				
NDIS Planner	<table border="1"> <tr> <td>NAME</td> <td>NUMBER</td> </tr> <tr> <td><input type="text"/></td> <td><input type="text"/></td> </tr> </table>	NAME	NUMBER	<input type="text"/>	<input type="text"/>
NAME	NUMBER				
<input type="text"/>	<input type="text"/>				
NDIS Support Coordinator	<table border="1"> <tr> <td>NAME</td> <td>NUMBER</td> </tr> <tr> <td><input type="text"/></td> <td><input type="text"/></td> </tr> </table>	NAME	NUMBER	<input type="text"/>	<input type="text"/>
NAME	NUMBER				
<input type="text"/>	<input type="text"/>				
Centrelink Number	<input type="text"/>				
Disability Pension Number	<input type="text"/>				

MY EMERGENCY PLAN

I will get my emergency information from:

Family member
 Friend / neighbour
 Carer
 Guardian
 Radio – Radio ABC Emergency
 FireApp
 Other:

I will leave the house when

A family member tells me
 When my carer tells me
 I will leave early to be safe
 When I get an alert from emergency staff
 Other:

Where will I go to evacuate?

My evacuation place is located at:

Number
 Street
 Suburb

The location is a:

Family member
 Friend
 Carer
 Evacuation Centre
 Other

Transport

I will get to my evacuation point by:

I will drive myself
 My neighbour will drive me
 My family will drive me
 My carer will drive me
 I have organized for a friend to drive me
 I need to find someone to support me

Person who is driving me:

Name
 Mobile

Important Documents

Insurance

Home and Contents

Insurer (Company)
 Policy Type
 Policy Number

Car Insurance

Model Rego

Insurer (Company)
 Policy Type
 Policy Number

Life Insurance

Insurer (Company)
 Policy Type
 Policy Number

Other

Insurer (Company)
 Policy Type
 Policy Number

Other Important Documents I |

ID / Driver's Licence Passport Legal Documents
 Medicare Card Birth Certificate Investment Files

My Health

Medications

Medication	Dosage	Time	Days / Frequency

Allergies

I have an allergy to Allergy Medication I have an EpiPen

Covid Immunisation

- 1st Immunisation
- 2nd Immunisation
- Booster 1
- Booster 2

Medical Conditions

People around me (carers, emergency personnel) need to know that I have the following medical conditions:

I have the following dietary needs (eg. low sodium, lactose intolerant)

I need the following aids to help me (eg. wheelchair, walker)

Communication

The best way to help me understand things is to:

- I speak a language other than English Language:
- Talk to me clearly
- Auslan
- Use gestures
- Use my communication system
- I like pictures
- Write words down
- Convert your voice to words
- Type on your phone

How to Help Me

My favourite thing to do is

I need these items to help me when I feel nervous or sad

How I keep calm

- I play games
- Play on my device
- Breathing exercises
- I have a book
- I have a support item or toy
- Other

My emergency backpack is located

Personal Care

I need help with

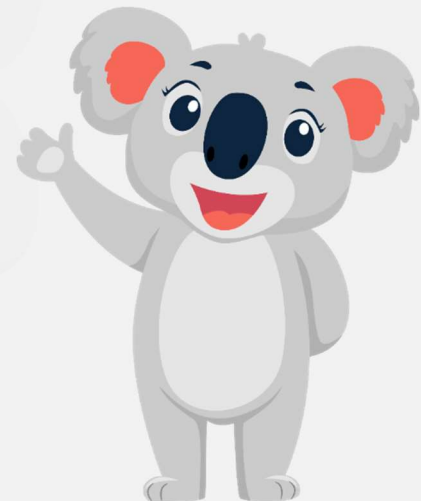
- Cooking
- Daily activities
- Transport
- Personal Care
- Feeding
- Shopping
- Other

What I will take with me in my “GO Backpack”

When you are in a fire or emergency – you need to pack a bag such as a backpack of things to get you through a few nights if you need to evacuate.

My Packing Checklist

	A change of clothes including something warm
	Take your medications for at least 3 days
	Toothbrush and toothpaste, soap and toilet paper
	Take a portable radio with batteries
	Mobile and charger
	Torch and batteries
	Snacks and food – can opener if you have cans
	Water including a water bottle
	Noise cancelling headphones
	Copy of your Emergency Plan and important documents
	Mask
	Gloves
	First Aid Kit
	Take some fun things to do – puzzles
	Important documents
	Your emergency plan
	Bottled water
	Blanket
	Keys
	Cash and credit card
	Any assistive technology you may need
	Communication board



My pet needs

	Pet food
	Pet bowls
	Collar and leash
	Pet carrier
	Bedding
	Toys
	Cleaning bags
	And don't forget the pet
	Photo of your pet

What to do before I evacuate my home

1. Ring my contact list to tell them that I am leaving.
2. Turn off the electricity and gas if fire is about.

GET OUT EARLY

What is my back up plan if I cannot get someone to help me or transport?

I now should:

1. Scan, photograph or copy this plan for my family or carers.
2. Keep a copy of my plan on my mobile phone. Either in my email or files.
3. Put a paper copy in my backpack.
4. Pack a backpack in case of an emergency.

For more information visit



www.emberapp.com.au

You can also download the Ember App
to have your plan on you all the time on your
iPhone or Android Phone.

An initiative of The Flagstaff Group