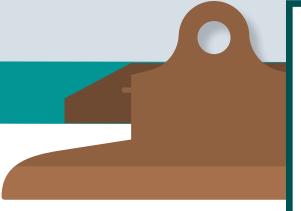


INTERNATIONAL ALLIANCE OF ALS/MND ASSOCIATIONS Checklist



WHERE TO START?

- Understand emergencies that could happen near you.
- Complete a personal ability plan.
 - What you will be able to do.
 - What help will you need before, during and after an emergency?
- Build your support network.
- Prepare a list of emergency contacts.
- Collect all medical information:
 - Medications
 - Medical conditions
 - Special equipment
 - Allergies
 - Health insurance information
- Communication difficulties instructions
- Medication supplies
- Emergency supply kit (home and car)



EMERGENCY PREPAREDNESS TOOLKIT

The unique needs of a person living with ALS/MND are important to consider on any given day, and even more so in the event of an emergency. Please consider this list of items in preparing your plan.

