



INTERNATIONAL ALLIANCE  
OF ALS/MND ASSOCIATIONS

Checklist



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## 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.

### 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)