



# INTERNATIONAL ALLIANCE OF ALS/MND ASSOCIATIONS

## Personal Assessment

**Source:**

The forms in this document were adapted from the Alaska Department of Health publication: Get Ready! Alaska's emergency preparedness toolkit for people with disabilities.

Communication

Do you use a device to help you communicate (like an iPad, communication board, eye tracker or any other device)?

What I use today:

What I may need to consider in an emergency situation:

Daily Living

Do you need help with personal care, such as bathing and grooming?

What I use today:

What I may need to consider in an emergency situation:

Do you use adaptive equipment to help you get dressed?

What I use today:

What I may need to consider in an emergency situation:

Do you use special utensils that help you prepare or eat food independently?

What I use today:

What I may need to consider in an emergency situation:

Do you need special foods or need your foods to be prepared in a special way?

What I use today:

What I may need to consider in an emergency situation:

Utilities

What is your source of water? (What will you do if your normal source of water is unavailable for several days, or if you are unable to heat water?)

What I use today:

What I may need to consider in an emergency situation:

How will you use equipment that runs on electricity or batteries - such as NIV/BIPAP, respiratory support, dialysis machines, electrical lifts, communication devices, and power chairs - if there is a power outage?

What I use today:

What I may need to consider in an emergency situation:

Getting around

How do you clean up your home?

What I use today:

What I may need to consider in an emergency situation:

Do you need a specially-equipped vehicle or accessible transportation?

What I use today:

What I may need to consider in an emergency situation:

How do you get groceries, medications, and medical supplies? (What if your support people are unable to reach you?)

What I use today:

What I may need to consider in an emergency situation:

Evacuating

Building evacuation: Do you need help to leave your home or workplace?

What I use today:

What I may need to consider in an emergency situation:

Can you get to other exits you can use if the elevator in your building is not working?

What I use today:

What I may need to consider in an emergency situation:

How do you call for the help you may need to leave the building?

What I use today:

What I may need to consider in an emergency situation:

What do you do if you can't get to your mobility aids?

What I use today:

What I may need to consider in an emergency situation:

What do you do if the building ramps have been damaged and can't be used?

What I use today:

What I may need to consider in an emergency situation:

Service animals and pets

What daily care does your animal require?

What I use today:

What I may need to consider in an emergency situation:

Updated: \_\_/\_\_/\_\_

\*Be sure to update this form yearly.