

EMERGENCY TIPS FOR PEOPLE WITH PSYCHIATRIC DISABILITIES

DATE COMPLETED

ACTIVITIES

Practice how to Communicate your needs.

Anticipate the types of Reactions you may have after a quake and plan strategies for coping with these reactions.

Keep with you Instructions for Treatment if you are hospitalized.

Communication

Think through what a rescuer might need to know about you and be prepared to say it briefly, or keep a written copy with you; for example:

I have a psychiatric disability. In an emergency I may become confused. Help me find a quiet corner and I should be fine in approximately 10 minutes.

I have a panic disorder. If I panic, give me one green pill (name of medication) located in my (purse, wallet, pocket, etc.).

I take Lithium and my blood level needs to be checked every _____.

Reactions

There are a number of emotional reactions that may occur or become more severe after an emergency. These reactions include: confusion, thought processing and memory difficulties, agitation, paranoia, crying, fear, panic, sleep disturbance, pacing, shouting, depression, withdrawal, irritability, anxiety, shaking, and sleep disturbance. Think through the types of reactions you may anticipate having and plan strategies for coping with these reactions. Consider seeking input from your friends, family, therapist or service provider(s).

Be prepared to have members of your personal support network offer emotional support so you can acknowledge and express feelings about the emergency.

Treatment Instructions

You may need medical assistance. You even may be hospitalized. Keep with you instructions for your care and treatment, or a copy of a durable power of attorney for health so that someone you have chosen may intervene for you.