

# Emergency Planning and Home Safety Checklist

## For Carers and Whānau

Living with a neurological condition can bring extra challenges in an emergency – whether it's a fall at home, a power outage, or a natural disaster. Having a clear plan helps protect the person you're caring for and gives everyone peace of mind.

**Use this checklist to get prepared, step by step.**

### Personal Emergency Plan

- A clear list of emergency contacts (family, GP, neighbours)
- A printed copy of key medical information (diagnosis, medications, allergies)
- Know who will help if evacuation is needed
- Written plan shared with whānau or carers
- Backup charger or power source for essential devices (e.g. mobility aids)

### Home Safety Checklist

- Clear walking paths (remove rugs, wires, clutter)
- Grab rails in bathroom/toilet if needed
- Non-slip mats in wet areas
- Easy access to phone or emergency button
- Adequate lighting in all rooms
- Secure any furniture that could tip
- Store heavier items within easy reach to avoid bending or reaching overhead

### Medication and Supplies

- At least 7 days' worth of medication on hand
- Spare mobility aids if possible (e.g. walking frame, cane)
- Incontinence supplies (if needed)
- Backup oxygen, batteries, or medical equipment (if used)

### Natural Disaster Readiness

- Emergency grab bag (meds, water, ID, basic food, torch)
- Know your nearest civil defence centre
- If mobility is affected: plan how you will evacuate safely
- Let Civil Defence know if anyone in your home has a disability  
→ Visit: [getready.govt.nz](https://getready.govt.nz)

### Final Tips

- Review your plan every 6 months
- Involve the person with the neurological condition in planning if possible
- Keep emergency numbers in large print near the phone
- Let trusted neighbours or friends know how they can help if needed

### You're Not Alone

If you're unsure about safety needs, talk to your health provider or contact us at NCF. We're here to support you, not just in rehab, but in daily living too.