



Natural Disaster Online Resources

Substance Abuse and Mental Health Services Administration (SAMHSA)

"How to Cope with Sheltering in Place"

Discusses reactions to extreme measures like sheltering in place, how to cope with these lifestyle changes, and how to support children when adjusting back to normal routines afterward.

The Federal Emergency Management Agency (FEMA)

"Preparing for Disaster for People with Disabilities and Other Special Needs"

This document provides recommendations to parents and families of individuals with disabilities for preparing for traumatic situations and disasters. It gives a comprehensive set of steps that addresses all areas of life that could be impacted by a disaster situation.

Nusura, Inc, California Emergency Management Agency's Evacuation/Transportation of People with Access and Functional Needs Planning Project

"Disability-Specific Supplies for Emergency Kits"

This document shares tips for creating kits in your home, at your bedside, in your car, and in other convenient locations that can keep you or your loved one protected in case of emergency. It is specific to people with disabilities and their unique needs.



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