



## TIPS FOR SELF-PREPAREDNESS

### Make Arrangements Prior to an Emergency

- ▶ Take time to discuss with family, friends and neighbors an emergency plan including what you may need of others and how you can support yourself before, during and after an emergency.
- ▶ Sign up for the VER to enable emergency personnel to assist you.
- ▶ If you are electricity dependent, contact PGE to be placed on their priority list.
- ▶ For easy identification and retrieval, label all items you will need in an emergency. Include all support materials, such as battery charger, white-cane, hearing aid, animal food and leash.
- ▶ Create a support network.
- ▶ Keep an emergency kit that contains a 5-7 day supply of medication and written emergency instructions for your health care.
- ▶ At all times, carry a signaling device, such as a whistle, horn, beeper, bell or screecher. Use to it draw attention to yourself in an emergency.
- ▶ Learn about self preparedness for persons with disabilities and activity limitations.\*

Sign up for self preparedness training now at [www.portlandonline.com/oni/disabilityprogram](http://www.portlandonline.com/oni/disabilityprogram).



VOLUNTARY  
EMERGENCY  
REGISTRY

**Website:** [www.portlandonline.com/oni/disabilityprogram](http://www.portlandonline.com/oni/disabilityprogram)

**e-mail:** [VER@ci.portland.or.us](mailto:VER@ci.portland.or.us)



# PREPARE & PROTECT YOURSELF.

Register today.

It's easy.

It's free.



Why register? Because a person with a disability or impairment may need extra help during an emergency to either evacuate or to "shelter in place."



VOLUNTARY  
EMERGENCY  
REGISTRY

## WHAT IS THE VOLUNTARY EMERGENCY REGISTRY (VER)

The VER is a cooperative effort of the City of Portland and Multnomah County to identify and assist people who may need extra help during an emergency.

The VER is intended to prevent the kind of problems that occurred when elderly and disabled residents were unable to evacuate during hurricane Katrina.

The VER provides a way for people needing help to connect with emergency response personnel who could provide that additional help.

## WHY REGISTER?

Anyone with health concerns should consider registering. This could include persons who:

- ▶ *Need help with mobility*
- ▶ *Need electricity for life sustaining medical equipment*
- ▶ *Are medically fragile*
- ▶ *May become confused or withdrawn in stressful situations*
- ▶ *Have barriers to receiving information about an emergency*
- ▶ *Are elderly or disabled and do not have family or friends nearby who could help them in an emergency*

## HOW DO I REGISTER?

Anyone can register by completing an online form at the Network of Care Website for Multnomah County:

<http://multnomah.or.networkofcare.org/aging/home/index.cfm>

A paper application is available by calling either:

*The Aging and Disability Services 24 Hour Helpline at 503-988-3646*

or

*The City Disability Program at 503-823-2036.*

## HOW DO I GET MORE INFORMATION?

Questions about the VER can be answered by calling either of the two numbers above. Additionally, the registration form explains who will have access to the information you provide, what will happen after you register, and how to update or renew your registration.

## WHAT ELSE CAN I DO TO PREPARE AND PROTECT MYSELF?

**A: Sign up for emergency preparedness training:**

- ▶ *Online at [www.portlandonline.com/oni/disabilityprogram](http://www.portlandonline.com/oni/disabilityprogram)*
- ▶ *By phone at 503 823 2036*
- ▶ *By e-mail at [VER@ci.portland.or.us](mailto:VER@ci.portland.or.us)*

**B: Become a Neighborhood Emergency Team (NET) member:**

- ▶ *Online at [www.pdxprepared.net/](http://www.pdxprepared.net/)*
- ▶ *By phone at 503-823-1260*

To help ensure equal access to City programs, services and activities, the City of Portland will reasonably modify policies/procedures and provide auxiliary aids/services to persons with disabilities. Call 503-823-2036 , TTY 503-823-6868 with such requests.