

## PERSONAL SKILLS CARD

Please mark only what you can do in this list, which is prepared for you to get better help from the people who intervene during a disaster or emergency.

### I CAN

- |  |  |
|--|--|
| <input type="checkbox"/> hear  | <input type="checkbox"/> hear with an auxiliary device |
| <input type="checkbox"/> see   | <input type="checkbox"/> see with an auxiliary device  |
| <input type="checkbox"/> communicate                                     |  |
| <input type="checkbox"/> communicate through an auxiliary device (.....) |  |
| use ..... sign language  |  |
| <input type="checkbox"/> read lips                                       |  |
| <input type="checkbox"/> write   |  |
| <input type="checkbox"/> read  |  |
| <input type="checkbox"/> move with a wheelchair                          |  |
| <input type="checkbox"/> move with a wheelchair by getting help          |  |
| <input type="checkbox"/> walk  | <input type="checkbox"/> walk with help                |
| <input type="checkbox"/> prepare my own food                             | <input type="checkbox"/> feed myself                   |
| <input type="checkbox"/> sit   | <input type="checkbox"/> sit with help                 |
| <input type="checkbox"/> bathe myself                                    | <input type="checkbox"/> bathe with help               |
| <input type="checkbox"/> get dressed                                     |  |
| <input type="checkbox"/> provide my personal care and hygiene            |  |

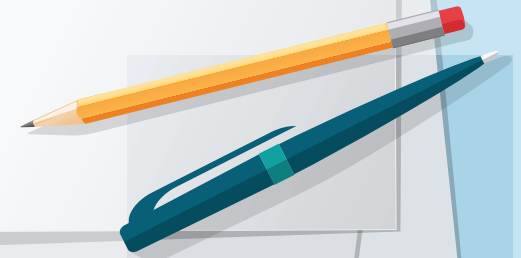
**My special needs:** .....

.....

.....

## INFORMATION CARDS

*Vital and a must in the disaster and emergency kit, the information cards should be filled in and updated carefully in case of any change*



*This study has been conducted within the scope of the project numbered 2016-1-TR-KA204-034345 "Let's Overcome Disabilities Together Against Disasters", which was financed by Turkish National Agency.*

*"Funded by the Erasmus+ Program of the European Union. However, European Commission and Turkish National Agency cannot be held responsible for any use which may be made of the information contained therein."*



Co-funded by the  
Erasmus+ Programme  
of the European Union



## HEALTH INFORMATION CARD

This card provides the rescuers with the first information they need if you are unconscious or if you need to be evacuated urgently during a disaster or emergency. Keep a copy of this information in your workplace, your wallet/bag and home.

Name-Surname:

ID Number:

Phone:

Address

Blood Type:

Special Condition and/or Disability:

Medication (Prescriptions, dosage, time of use etc.):

Equipment Used (hearing aids, wheelchair etc.):

Allergies:

Other Special Needs:

Special Diet:

The Best Way to Communicate You If You Have a Communication Barrier:

Religion

## IMPORTANT PHONE NUMBERS

Police:

Fire Brigade:

Ambulance:

Search-Rescue:

.....

Protect yourselves during a disaster.

Practise how to explain people the best way to move or direct you or your equipment safely.

## PERSONAL SUPPORT NETWORK CARD

Contact Details of the Household:

Home Address:

### Meeting Place Outside Home:

1 - Name-Surname:

Phone:

Work/School Address:

2 - Name-Surname:

Phone:

Work/School Address:

3 - Name-Surname:

Phone:

Work/School Address:

4 - Name-Surname:

Phone:

Work/School Address:

### Personal Contact Members:

1 - Name-Surname:

Phone:

Home/Work/School Address:

2 - Name-Surname:

Phone:

Home/Work/School Address:

3 - Name-Surname:

Phone:

Home/Work/School Address:

4 - Name-Surname:

Phone:

Home/Work/School Address:

### Contact Persons Outside the City:

1 - Name-Surname:

Phone:

Home/Work/School Address:

2 - Name-Surname:

Phone:

Home/Work/School Address:

3 - Name-Surname:

Phone:

Home/Work/School Address:

4 - Name-Surname:

Phone:

Home/Work/School Address: