



Personal Assessments

Personal assessments are designed to help individuals identify their strengths and needs for assistance during an emergency. It helps clarify what you are able to do for yourself before, during, and after an emergency based of your capabilities and limitations.

The following assessment questions are to be used as a guide to assist in determining what your needs may be before, during, and after an emergency. Think about what your personal needs and resources will be available if you are at home with your family or caregiver, and if you are away from home without any assistance. Remember to describe both your abilities today and the assistance you may require during and after an emergency. Plan for the worst case scenario.

COMMUNICATION	
QUESTIONS TO CONSIDER:	What form of communication does this person use?
	How will this person call for help to leave the building?
	Does this person need a communication card?
	Does this person wear/need hearing aids/cochlear implants?
	Does this person wear/need glasses/magnification?
	Does this person wear/need other adaptive equipment?
	Does this person have extra equipment available in case of an emergency?
	Who does this person need to call?
	Will these people be able to speak back?
	Will these people need equipment and/or will they need to be trained?
	How far away are these people?
	How often would communication need to occur during an emergency?
	What is the power supply for your communication to occur?
	Does this person have an alternative plan when batteries are running low?



Center for Inclusive Design and Engineering (CIDE)

COLLEGE OF ENGINEERING, DESIGN AND COMPUTING

UNIVERSITY OF COLORADO DENVER | ANSCHUTZ MEDICAL CAMPUS

NEED:	ACTION:
	Does this person have a NOAA weather radio?
Access to auxiliary communication service	Require written materials in alternate format (e.g. Braille, large print, high contrast print, audio recording, electronic, or readers)
	Require visual public announcements
	Require captioning of public announcement
	Require qualified sign language or oral interpreter
	Require qualified foreign language interpreter
	Require audio description of visual/graphic information
	Other:
Access to auxiliary communication device	Require access to TTY, TDD, or Caption Phone; cell phone with texting capabilities; or pen and paper/dry erase board; iPad/computer
	Other:
Replacement of auxiliary communication equipment	Require replacement eyeglasses
	Require replacement of magnifier
	Require replacement of portable electronic magnifier
	Require replacement hearing aid/cochlear implant batteries
	Require replacement of personal FM system (pocket talker)
	Other:



Center for Inclusive Design and Engineering (CIDE)

COLLEGE OF ENGINEERING, DESIGN AND COMPUTING

UNIVERSITY OF COLORADO DENVER | ANSCHUTZ MEDICAL CAMPUS

MEDICAL	
QUESTIONS TO CONSIDER:	Does this person have any special dietary requirements?
	Does this person have any special requirements around food texture?
	Does this person administer their own medications?
	Does this person provide their own wound management?
	Does this person provide their own bowel/bladder management?
	Does this person require any medical equipment?
	Does this person require a noise controlled environment?
	Does this person require a temperature controlled environment?
	How does this person react to change?
	Are there strategies/items that will help calm this person?
NEED:	ACTION:
Special diet	Require alternative (low sugar, low sodium, pureed, gluten-free, dairy-free, peanut-free) food and beverages: (diet type)
Food Allergies:	Other:
Medical supplies and/or equipment for every day care (including medications) not related to mobility	Require replacement medication or medical supplies
	Wound management/dressing supplies
	Diabetes management supplies (e.g. test strips, lances, syringes)
	Diabetes management supplies (e.g. test strips, lances, syringes)
	Diabetes management supplies (e.g. test strips, lances, syringes)
	Other:
Assistance with medical care normally provided in the home setting	Administration of medication
	Storage of medication (e.g. refrigeration)
	Wound management
	Bowel and/or bladder management



Center for Inclusive Design and Engineering (CIDE)

COLLEGE OF ENGINEERING, DESIGN AND COMPUTING

UNIVERSITY OF COLORADO **DENVER** | **ANSCHUTZ MEDICAL CAMPUS**

	Use of medical equipment
	Universal precautions and infection prevention and control (e.g. disposal of bio-hazard materials, such as needles in sharp containers)
	Other:
Access to a quiet are	Require access to a quiet room or space within the shelter (e.g. for elderly persons, people with psychiatric disabilities, parents with very young children, individuals with autism)
	Other:
Access to a temperature-controlled area	Require access to an air-conditioned and/or heated environment (e.g. individuals who can't regulate body temperature)
Mental health care (e.g. anxiety and stress management)	



Center for Inclusive Design and Engineering (CIDE)

COLLEGE OF ENGINEERING, DESIGN AND COMPUTING

UNIVERSITY OF COLORADO DENVER | ANSCHUTZ MEDICAL CAMPUS

INDEPENDENCE	
QUESTIONS TO CONSIDER:	How does the person travel?
	How is the person's gait?
	Will the person need assistance during an evacuation of their home or office?
	How will the person manage with debris in their home?
	What will the person do if they are unable to use their mobility aids or can't find them?
	What will the person do if they are unable to find or use equipment necessary for their service animal?
	Does the person use adaptive utensils to prepare or eat food independently?
	Does the person have a way to get groceries?
	Does the person have a way to heat water?
	Does the person need assistance with personal hygiene?
	Does the person use adaptive equipment to help get dressed?
	Does the person use a shower chair, tub-transfer bench, or other similar equipment?
	If elevator or ramps can't be used, are there other alternate methods of escape?
	Are there provisions for continued use of electricity-dependent medical or adaptive equipment in the case of a power outage?
	What will this person need if water service is cut off for several days or if they are unable to heat water?
	Does this person have the necessary supplies including food, water, and medications to last for 3-7 days?
	Does this person have an emergency supply kit?
	Will this person be able to provide food, shelter, veterinary attention, etc. to their pets/service animal?
	Is there another caregiver for the animal if this person is unable to provide for their animals?
NEED:	ACTION:
Durable medical equipment for	Provide assistive mobility equipment (e.g. wheelchair, walker, cane, crutches)



Center for Inclusive Design and Engineering (CIDE)

COLLEGE OF ENGINEERING, DESIGN AND COMPUTING

UNIVERSITY OF COLORADO **DENVER** | **ANSCHUTZ MEDICAL CAMPUS**

conditions that affect mobility	
	Provide assistive equipment for bathing and/or toileting (e.g. raised toilet seat with grab bars, handled shower, bath bench)
	Provide accessible cot (e.g. may be a crib with inclined head or other bed type)
Alternative power source or charging system for life support and assistive devices	Provide alternative power source to charge battery-powered assistive devices (e.g. ventilators, dialysis machines, feeding pumps, refrigerated items, power lifts, power wheelchair)
Bariatric accommodations	Provide bariatric cot or bed
Service animal accommodations	Provide area where service animal can be housed, exercised, and toileted
	Provide food and supplies for service animal
	Provide medicine and medical treatment for service animal
Infant supplies and/or equipment	Provide infant supplies (e.g. formula, baby food, diapers, crib)



Center for Inclusive Design and Engineering (CIDE)

COLLEGE OF ENGINEERING, DESIGN AND COMPUTING

UNIVERSITY OF COLORADO DENVER | ANSCHUTZ MEDICAL CAMPUS

TRANSPORTATION	
QUESTIONS TO CONSIDER:	Does this persons need a specially-equipped vehicle or accessible transportation?
	Does this person know where to go within the county/area in case of an evacuation?
	Does this person know where to go outside the county/area in case of an evacuation?
	Does this person have transportation to evacuate?
	Does this person know what route(s) to take to get to meeting location(s)?
	Does this person have access to a map with the evacuation route(s) marked?
	Does this person's mode of transportation change based on where they are evacuating from?
	Does this person need assistance to evacuate safely?
	What types of assistance does this person need to evacuate safely?
	Has this person signed up on a registry or contacted their local emergency management office?
	Are there extra sets of car keys available?
NEED:	ACTION:
Transportation to designated facility for medical care or treatment	Coordinate provision of accessible shelter vehicle and drive for transportation
Transportation for non-medical appointment	Contact local transit service to provide accessible transportation



Center for Inclusive Design and Engineering (CIDE)

COLLEGE OF ENGINEERING, DESIGN AND COMPUTING

UNIVERSITY OF COLORADO **DENVER** | **ANSCHUTZ MEDICAL CAMPUS**

--	--

For more information contact:

Center for Inclusive Design and Engineering (CIDE)

1201 5th St, Suite 240

Denver, CO 80204

303.315.1280 office

CIDE@ucdenver.edu

www1.ucdenver.edu/centers/cide

This publication may be reproduced without the written permission of Assistive Technology Partners provided that the source is appropriately credited.

Also available in: Braille, large print, audio tape, disk and Spanish formats

Fast Facts made possible by NIDRR Grant #H224A40014



Center for Inclusive Design and Engineering (CIDE)

UNIVERSITY OF COLORADO **DENVER** | **ANSCHUTZ MEDICAL CAMPUS**

© 2017 The Regents of the University of Colorado, a body corporate. All rights reserved. Created by Assistive Technology Partners