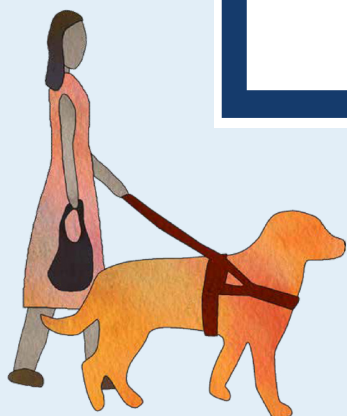
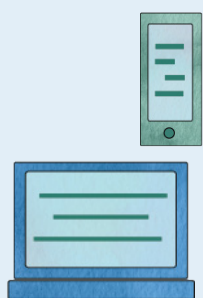




My P-CEP Plan

A short, easy to use guide to help me reflect on what matters, plan for emergencies, and share my plan with others.



1

My everyday strengths and support needs

In an emergency, these areas of my everyday life are important:

(Write what you do for yourself and what you need support for.)



Communication



Assistive Technology



Assistance Animals / Pets / Companion Animals



Living Situation



Management of Health



Personal Support



Transportation



Social Connectedness

1

My support network

The people who will support me in an emergency are:

Name: _____

Support they will provide: _____

How I will activate this support: _____

Name: _____

Support they will provide: _____

How I will activate this support: _____

Name: _____

Support they will provide: _____

How I will activate this support: _____

(You may add more if needed.)

People who rely on me (optional)

Emergency preparedness is two way. Many of us also provide support, care, connection, or encouragement to others in our lives.

Knowing who relies on you helps you think about **your own backup options**, and who may need to be told your plan.

People who may rely on me in an emergency are:

Name: _____

Support I will provide: _____

How we will activate this support: _____

2

Emergencies that may affect me

What are the main risks in my community?
(Check the ones that apply.)

How might this affect me? (For example:
a power outage might affect my equipment,
communication or personal supports.)

- ☐ Heatwave
- ☐ Storm / Flood
- ☐ Cyclone / Hurricane / Typhoon
- ☐ Bushfire / Wildfire
- ☐ Earthquake / Landslide
- ☐ Tsunami / Coastal Flooding
- ☐ House fire
- ☐ Health emergency
- ☐ Other: _____

I will get information about emergencies from:

I will stay informed by:

How ready am I for emergencies?
(circle where you are on this diagram.)



3

My preparedness actions

These are the things I will do on my own or with others - to help me prepare for and manage an emergency:

I have gathered the supplies I need to **shelter at home**:

☐

Yes

☐

Not yet — actions I will take:

I have packed the supplies I need to **evacuate**:

☐

Yes

☐

Not yet — actions I will take:

My go bag is stored:

I have organised my personal information and planned for my support needs:

I have planned for my power needs:

I will manage my emotional wellbeing in stressful times by:

If I need to stay where I am during an emergency, these are the things that will help me stay safe and manage my needs:

3

My evacuation plan

If I need to leave my home, I will go to:

I will get there by:

If my first option is not available, my backup option is:

People who will support my evacuation (if needed):

Plan for pets or assistance animals:

4

Gaps and next steps

These are the gaps in my current plan:

The next steps I will take to strengthen my plan are:

Support people or services I will contact:

The people, services and supports I rely on include (tick all that apply):

- ☐ My close family, carer(s), or informal/unpaid supporters
- ☐ My disability support provider
- ☐ My health service
- ☐ My community or aged-care service
- ☐ My case manager, coordinator, or funding agency
- ☐ My equipment or assistive technology supplier
- ☐ Other:

I have checked with my service providers about their emergency plans and how they will continue the supports I rely on.

- ☐ Yes
- ☐ Not yet — actions I will take:

(For example: What can they do? What may change? What do I need a backup for?)

4

Sharing my plan

I have shared my plan with:

- ☐ Family
- ☐ Neighbours
- ☐ Friends
- ☐ Support workers
- ☐ Service providers
- ☐ Other: _____

They understand what they will do to support me?

- ☐ Yes
- ☐ I still need to talk with them

If I need help with my emergency plan, I will contact:

- ☐ My close family, carer(s), or informal/unpaid supporters
- ☐ My disability, health, aged care or community provider
- ☐ My local council (community engagement, disability-inclusion or emergency management team)
- ☐ Emergency services (community preparedness team)
- ☐ Other: _____

My P-CEP Actions Review

Tick “Yes” or “Not Yet” for each action.

This helps you see what you’ve already done — and shows you where to start next.

1. I know what my strengths are and where I need support in my everyday life.
☐ Yes ☐ Not yet
2. I know who is in my support network, what they help me with, and what support they may be able to give me in an emergency.
☐ Yes ☐ Not yet
3. I have people I trust that I can talk to about my support needs for emergencies.
☐ Yes ☐ Not yet
4. I know what emergencies could happen where I live and where I can get warnings and updates.
☐ Yes ☐ Not yet
5. I know what I can do for myself and the help I may need from others during an emergency.
☐ Yes ☐ Not yet
6. I know who I can talk to or reach out to for emotional support in an emergency.
☐ Yes ☐ Not yet
7. I have organised the help I will need from others in an emergency (e.g., transport, help at home).
☐ Yes ☐ Not yet
8. I have gathered the supplies I will need if I must stay at home for a while, including anything important for my health, equipment or daily routines.
☐ Yes ☐ Not yet

My P-CEP Actions Review (continued)

9. I have packed the supplies I will need for evacuation, including any important documents I may need.
- ☐ Yes ☐ Not yet
10. I have the key information about my support needs ready to use in an emergency.
- ☐ Yes ☐ Not yet
11. I have a back-up way to power the equipment and devices I rely on.
- ☐ Yes ☐ Not yet
12. I have a plan that works whether I need to stay where I am or leave my home.
- ☐ Yes ☐ Not yet
13. I know where I will go if I need to evacuate my home, and I have a way to get there.
- ☐ Yes ☐ Not yet
14. I have identified gaps in my emergency plan and asked others for help to address them.
- ☐ Yes ☐ Not yet
15. I have talked with my support network about what I will do in an emergency and how they can help.
- ☐ Yes ☐ Not yet
16. I have shared my plan with the people who need to know it.
- ☐ Yes ☐ Not yet

Tips to help you take your next steps

- **Start small.** Preparedness grows over time—one step is a great start.
- **Talk it out.** Share your plan with people you trust and agree on who will do what.
- **Stay informed.** Ask your local council or emergency services how to get accessible warnings and reliable updates.
- **Plan for the essentials.** Think about **power, communication, transport, and support continuity** if your usual routines change.
- **Choose your safe place(s).** Decide where you could go if you need to leave early, and a backup if your first option isn't available.
- **Keep it handy.** Store your plan, go bag, and important documents somewhere easy to grab.
- **Practice a little.** Try one or two parts of your plan (for example, charging routines, contacting your supports, or a short “go bag” drill).
- **Care for your wellbeing.** Include simple ways to look after your mental health (calming items, routines, supports).
- **Update regularly.** Put a reminder in your calendar to review your plan at least yearly—or whenever things change.
- **Keep contacts current.** Refresh phone numbers and who to call first; consider an ICE (In Case of Emergency) card.
- **Include pets/assistance animals.** Plan food, transport, medication, and where they can stay.
- **Protect privacy.** Share only what you need, with people you trust. It's okay to say who can (and cannot) access your plan.
- **Know your backups.** If phones or power fail, how else will you get information or support? (e.g., radio, neighbours, printed contacts)
- **Ask for help.** If something feels hard or overwhelming, ask a supporter, peer leader, or service provider to work through it with you.



Key message: Your plan doesn't have to be perfect to be useful. Start where you are, and build it over time with the people who support you.



P-CEP Tools and Stories

These short videos and stories show how other people made a plan. They can give you ideas for your own plan.

<https://collaborating4inclusion.org/pcep/>



P-CEP Capability Wheel

This picture helps you think about the important parts of your everyday life — and what you might need in an emergency.

<https://collaborating4inclusion.org/wp-content/uploads/2024/06/PCEP-Overview.pdf>



P-CEP Workbook

This book has simple steps, tips and questions to help you make your plan.

https://collaborating4inclusion.org/wp-content/uploads/2020/08/2020-08-19-Person-Centred-Emergency-Preparedness-P-CEP-WORKBOOK_FORM_FINAL.pdf

Word version of the Workbook available upon request:

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