



Connected and Prepared

Your health matters in a disaster

Action Plan

Preparing for your health needs in an emergency—
steps to build confidence and resilience

STEP ONE

Knowing your health support needs



Identify what health supports you need in your day-to-day life.

Health supports that I need: (e.g. medication, medical equipment, carers support)	What my health supports do for me:

Who helps me with my health support needs:	How they help with my support needs:





STEP TWO

Severe weather risks and my health needs

Consider the possible impacts to yourself or your community.

Severe Weather event **Possible impacts**



Extreme heat



Storms



Floods



Cyclones



Bushfires

How these impacts could affect my health needs:

My biggest concerns are:

How I will stay informed:

I have identified where I will get reliable information about disasters in my local area.

☐ Yes☐ No

Details:

Next steps for my plan:



STEP FOUR

My action plan and next steps



My next steps to make sure I'm prepared for an emergency are:

1. Discuss my plan with key support people (list below):

2. Things I need to organise (list below):

Any other actions that have come up for me today:

Review date

I will next review my plan on:

