

# BUILDING RESILIENCE FROM LIVED EXPERIENCE



## NAME

# LaShay Canady

## SUMMARY

In [this video](#), a public health professional shares details of her emergency preparedness plan to assure the safety of two family members who require full care. With the “red suitcase” packed and ready, she explains her strategy to support her family’s evacuation in less than 30 minutes with attention to detail regarding medications, wheelchair navigation, durable medical equipment, and nutrition supplies.

## KEY WORDS

Medications  
Communication  
Caregiver  
Disabilities  
Medicaid  
Preparedness

## SYSTEMIC FACTORS ADDRESSED

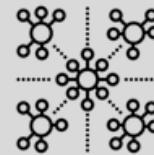
Ableism  
Accessible Shelter  
Chronic Care Management  
Disability Equity  
Accessible Transportation



## LOCATION

Colorado

## EMERGENCY TYPE(S)



Disease Outbreak  
and/or Natural Disaster

## MAJOR TAKEAWAYS



### FOR INDIVIDUALS AND FAMILIES

Recognize the holistic, big picture accessibility needs of your family member(s) in a multitude of emergency scenarios. Have medications, durable medical equipment, and special instructions clearly outlined in a “time to go” bag.



### FOR HEALTH AND RELATED SYSTEMS

Coordination across systems before, during, and after emergencies is critical for family caregivers of children and adults with disabilities to navigate accessibility barriers such as medication access and storage, special nutrition, and transportation needs.



### FOR COMMUNITIES

Individuals with disabilities and their caregivers/family members must be involved in community planning to ensure additional medical accommodations that are vital to their safety and survival are planned for and accessible within their communities.

The story summarized above was collected as part of a project supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) under grant number 5 NU38OT000296-05-00, a cooperative agreement between AMCHP and the Center for State, Tribal, Local, and Territorial Supports (CSTLTS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.