Ready to Roll Resilience Plan

*This is a simplified resilience plan to help you get organised so that, in the case of an emergency, you'll be readier to respond.*

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| Plan date: |  | (Review in six months) |

**List the names and phone numbers of your household members.**

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**List the names and phone numbers of the three people you've asked to check on you or that you can call.**

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**Other sources of support – list the phone numbers of service providers, support workers, local pharmacy, doctor, power providers and accessible taxi.**

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**If you can’t get home, where will you go?**

*Have you talked to friends and family about an agreed meeting place? Do you have someone you can stay with if you can’t get home?*

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**If you are stuck at home, what supplies do you have?**

*Emergency supplies, e.g. food and drink for three days or more (for everyone including babies and pets) torches and radio with batteries, first aid/medical supplies. Remember hygiene management – add a hygiene kit to your supplies.*

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**If you have no power, what will you do?**

*How will you cook, stay warm, see at night? Do you have spare cash in case ATMs are not working? If you have a power wheelchair, how could you charge it? Do you have a backup battery or manual chair? Have you downloaded the Vector Outages App?*

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**If you need to leave the house, how will you get out?**

*Consider powered lifts that may not work in a power cut, have you got an alternate exit? Have you asked a neighbour to assist you? Do you know alternative routes to your agreed meeting place if your normal route is blocked? Do you know the number of your accessible taxi? Have you downloaded the Auckland Transport App?*

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**If you need to leave the house, what do you need to take with you?**

*Have a small getaway bag ready if you need to leave in a hurry. Include: warm clothes, torch, radio, first aid kit, hygiene kit, snack food, water, essential medications and your list of important phone numbers. Do you have provisions for your service dog? Have you considered what you will need if staying in temporary accommodation?*

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**Lastly, what medications would you need a supply of?**

*Talk to your GP about having spare medication especially if you can't go more than 12-24 hour without it. Keep it in your getaway bag. Make a note here if there are expiry dates and be prepared to replace it. Have you downloaded the NZ Red Cross First Aid App?*

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