



TRANSITION SERVICES: PROTECTION EMERGENCY PREPAREDNESS

Basic Emergency Preparedness

If you or a family member has a disability, make sure that your emergency plan addresses any special needs. Special needs can include communication, hearing, mobility and visual impairments, but can include many other disabilities as well. Emergencies and disasters can happen quickly and without warning and you may be forced to evacuate or confined to your home. Have a plan that addresses your situation. You should have a survival kit that is designed specifically to your needs which will reduce the stress and potential injuries during the disaster.

Contact your local Emergency Services Department because many cities maintain a list of individuals with special needs in case of evacuation. If you are electric-dependent, be sure to register with your local utility company to minimize electrical outages.

If you or a family member have special needs or disabilities, it is very important to be ready to leave when a voluntary evacuation notice is given. If you wait until mandatory evacuations are ordered, you may get caught in the confusion or heavy traffic, and the assistance you need to get to a safe location may be delayed.

Take the following precautions if you or a family member has special needs or disabilities:

- Create a network of neighbors, relatives, friends, and coworkers that know the special needs or disabilities of you or family members. Make sure everyone knows how to operate necessary equipment.
- Discuss your special needs with your employer. If you are mobility impaired and live or work in a high rise building, discuss with all concerned, escape routes and procedures. Have management mark accessible exits clearly and make arrangements to help you leave the building.
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals, and other items you might need.
- Be sure to make provisions for medications that require refrigeration: i.e. Insulin.
- Maintain a list of the type and model number of the medical devices that are required.
- For Service Animals and pets, make sure that they have ID tags with your cell number and a primary out of town contact, and that the license is current. Make arrangements for the care of the animal if you have to go to a shelter or not home.

Who is Eligible:

All consumers with a disability or disabled family member.

Contact Information

Local Emergency Services:

Fire, Police or Sheriff Department

Local Power Company

www.pge.com

<https://www.smud.org>

<http://www.ready.gov/>

Local Resources:

www.calema.ca.gov

<http://sacramentoready.org>

Emergency Information:

City of Elk Grove

www.elkgrovecity.org

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TRANSITION SERVICES: PROTECTION INSURANCE: LIFE, HOME, AUTO, HEALTH, RENTAL

Descriptions of Types of Insurances

Life insurance: provides a monetary benefit to a decedent's family or other designated beneficiary, and may specifically provide for income to an insured person's family, burial, funeral and other final expenses. Life insurance policies often allow the option of having the proceeds paid to the beneficiary either in a lump sum cash payment or an annuity.

Home Insurance: provides compensation for damage or destruction of a home from disasters. In some geographical areas, the standard insurances exclude certain types of disasters, such as flood and earthquakes, which require additional coverage. Maintenance-related problems are the homeowners' responsibility. The policy may include inventory, or this can be bought as a separate policy, especially for people who rent housing. In some countries, insurers offer a package which may include liability and legal responsibility for injuries and property damage caused by members of the household, including pets.

Auto Insurance: protects you against financial loss if you have an accident. It is a contract between you and the insurance company. You agree to pay the premium and the insurance company agrees to pay your losses as defined in your policy. Auto insurance provides property, liability and medical coverage. Most policies are for 6 months. Proof of Insurance is needed to register a car, get a drivers license and if renting a car.

Health Insurance: is a form of insurance that pays for medical expenses. It may be provided through a government-sponsored social insurance program, or from private insurance companies. It may be purchased on a group basis (e.g., by a firm to cover its employees) or purchased by individual consumers. In each case, the covered groups or individuals pay premiums or taxes to help protect themselves from high or unexpected healthcare expenses. Similar benefits paying for medical expenses may also be provided through social welfare programs funded by the government.

Dental Insurance: is designed to pay the costs associated with dental care. Dental insurance pays a portion of the bills from dentists, and other providers of dental services. By doing so, dental insurance protects people from financial hardship caused by unexpected dental expenses.

*** There are other types of insurances as well, which include disability, liability, credit, property, and casualty.**

Who is Eligible:

All consumers who need or want insurance.

Contact Information:

Local Chamber of Commerce

California Low Cost Auto Insurance Program
1-866-60-AUTO-1

Insurance Information Institute
www.iii.org

Local Resources

California Health and Human Services Agency-

www.chhs.ca.gov

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TRANSITION SERVICES: PROTECTION TEEN PARENTS

Description of Available Resources:

What is Safe Surrender Baby Law?

The Safely Surrendered Baby Law (SSB) was implemented on January 1, 2001, in response to the increasing number of abandoned baby deaths in California, as reported by media accounts. The law is intended to spare the life of an infant by encouraging parents or persons with lawful custody to safely surrender an infant at a "safe surrender site" within 72 hours of the child's birth rather than abandoning them in an unsafe location. This law makes it easier for a parent who might otherwise abandon the baby in an unsafe way. See the link for the brochure, which answers common questions. <http://www.dss.cahwnet.gov/Forms/English/pub400L.pdf>

Babies can be dropped off to any county fire station or hospital emergency room that displays this symbol.



Cal-SAFE Program

The California School Age Families Education (Cal-SAFE) Program is designed to increase the availability of support services necessary for enrolled expectant/parenting students to improve academic achievement and parenting skills and to provide a quality child care/development program for their children. This comprehensive, continuous, and community-linked school-based program replaces the Pregnant Minors Program, School Age Parenting and Infant Development Program, and Pregnant and Lactating Students Program.

<http://www.cde.ca.gov/ls/cg/pp/overview.asp>

What is Prenatal Care?

Prenatal care is medical care for mother and baby while mother is pregnant. Teen pregnancies carry extra health risks to the mother and the baby. Often, teenagers don't receive timely prenatal care, and they have a higher risk for pregnancy-related high blood pressure and its complications. Risks for the baby include premature birth and a low birth weight. If you're a pregnant teenager, you can help yourself and your baby by:

- Taking prenatal vitamins for your health and to prevent some birth defects
- Avoiding smoking, alcohol and drugs
- Using a condom, if still having sex, to prevent sexually transmitted diseases that could hurt the baby

For additional information, contact health care provider.

Who is Eligible?

Any teen that is pregnant and needs additional support.

SOME RESOURCES

Healthy Teen Network:

www.healthyteennetwork.org

The Parenting Project:

www.parentingproject.org

National Network for Childcare:

www.nncc.org

Teen Pregnancy:-Medline:

<http://www.nlm.nih.gov/medlineplus/teenagepregnancy.html>

Local Resources

Teen Pregnancy and Parenting in California-

www.cde.ca.gov

<http://www.211sacramento.org/lists.shtml>

Parenting classes in Elk Grove-

<http://www.parentsuccess.com/>

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TRANSITION SERVICES: PROTECTION PARENT SUPPORT GROUPS

Description of Services:

Groups that meet regularly that have a commonality about them. They are parents of individuals who are all trying to deal with similar issues regarding their children. There are support groups for parents with children who have autism, speech delays, developmental delays, diabetes, and more. Ask your child's doctor, teacher, or other staff to see if they know of any support groups located in your area. If not, see the links below for more information on groups with specific disabilities in common. There are local groups in your particular area, so be sure to look up information as it pertains to your needs in your area.

<http://www.childrensdisabilities.info/parenting/groups-childrensdisabilities.html>

<http://www.cde.ca.gov/sp/se/qa/caprntorg.asp>

<http://www.csun.edu/~ffrc/supportlist.htm>

<http://www.autismspeaks.org/community/fsdb/category.php?sid=6&cid=76>

- (Autism & Asperger's)

The links below provide information on how to set up a parent support group, if there is not one already in your area.

<http://www.tsbvi.edu/Outreach/seehear/summer97/parent.html>

http://www.ehow.com/how_5100931_start-parent-support-group-home.html

If you cannot find a support group using any of the previously listed web sites, simply type into an internet search engine, [support groups for (disability related to child) and California], for information only in California. Otherwise, you will get information on world-wide organizations.

Additionally, there may be teen groups in your area specifically for young people to meet others with the same challenging condition. This is a way for individuals to network with others their own age and find out how to manage their situations or just discuss the challenges that they are facing.

Who is Eligible:

Parents/Guardians who have a child with a disability or challenge and need some emotional support or access to resources.

Local Resources

EGUSD Community Advisory Committee (CAC)

<http://egcac.org/index.asp>

Support groups in Elk Grove, CA

http://spclneedsparents.meetup.com/cities/us/ca/elk_grove/UC

Davis MIND Institute-

<http://www.ucdmc.ucdavis.edu>

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