

# I-PREPARE

Increasing Personal Readiness,  
Enhancing Preparedness,  
Affecting Resilience in Emergencies



**pennsylvania**  
DEPARTMENT OF HUMAN SERVICES

Members of the intellectual disability and/or autism (ID/A) community may be more affected by the negative effects of disasters. **Examples of disaster are:**



- Disasters can cause loss of electricity, gas, water, sewage, and telephones for several days or weeks.
- People may need to leave their home quickly.
- Emergency kits with at least three days' worth of food, water, and supplies can be used while waiting for help.

I-PREPARE helps individuals prepare for a disaster and assists those affected by disasters.

The Office of Developmental Programs (ODP) offers an on-line training called I-PREPARE on the [AIDinPA](#) website<sup>1</sup>. The website includes:

- Information for families and support staff to help them prepare for emergencies.
- A [Personal Emergency Plan](#)<sup>2</sup> that was designed by a person with autism.

More information can be found in the [Emergency Preparedness Resource Collection](#).<sup>3</sup>For questions or for more information regarding I-PREPARE, contact:

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<sup>1</sup> <https://aidinpa.org/resource/emergency-preparedness-workshops/>

<sup>2</sup> <https://paautism.org/wp-content/uploads/2023/07/draft-Be-Ready-contents.pdf>

<sup>3</sup> <https://aidinpa.org/emergency-preparedness/>