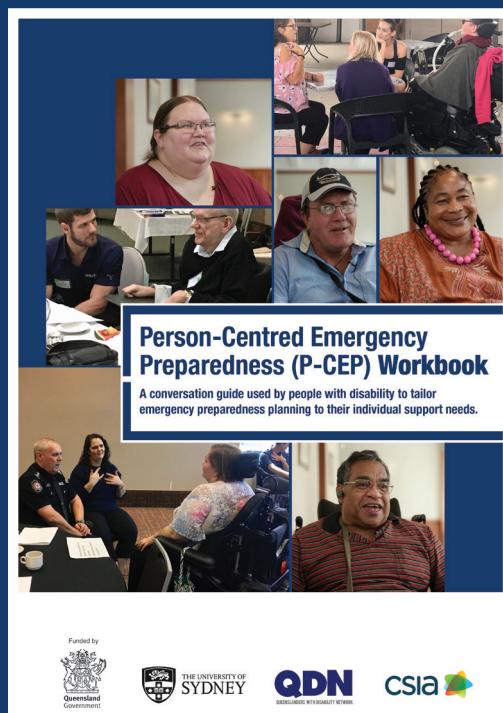


# Person-Centred Emergency Preparedness (P-CEP)

The P-CEP helps to match emergency planning to the supports people need for their health and safety in emergencies.

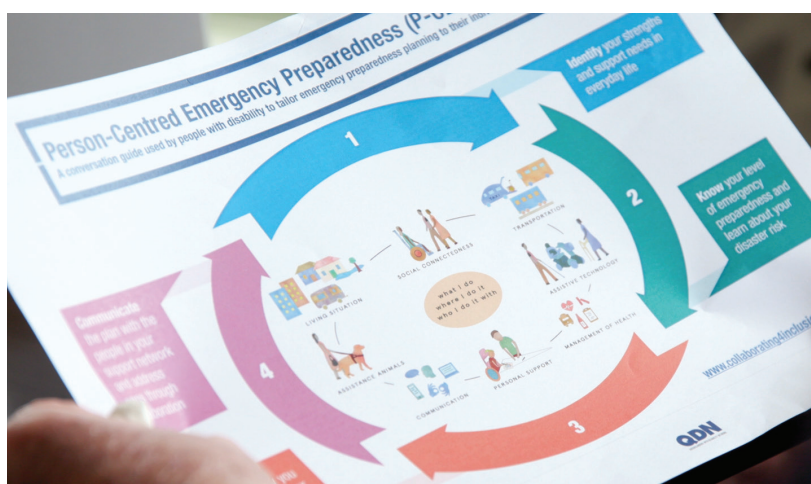


To view the workbook:  
[www.collaborating4inclusion.org/pcep/](http://www.collaborating4inclusion.org/pcep/)

## The P-CEP has three components:

1

### A Capability Wheel



The capability wheel guides self-assessment and tailored emergency preparedness planning in eight areas.

# 2

## Three Principles

### PRINCIPLES

- 1 Emergency preparedness is a process, not a one-time event.
- 2 People are experts in their lives, planning starts with them.
- 3 Person-centred planning conversations build capability of multiple stakeholders toward disability inclusive disaster risk reduction.

**Three principles guide person-centred emergency preparedness conversations.**

# 3

## Four Steps

1	<b>Identify</b> your strengths and support needs in everyday life
2	<b>Know</b> your level of emergency preparedness and learn about your disaster risk
3	<b>Plan</b> for how you will manage your support needs in an emergency
4	<b>Communicate</b> the plan with the people in your support network and address gaps through collaboration

**Four steps bring emergency personnel together with people with disability and the services that support them to enable effective risk communication and preparedness actions.**