



Joy of Resilience

Practical Skills for a Resilient Future

Family Emergency Preparedness Plan

Presented by Joy of Resilience

OVERVIEW

Yes, you CAN meet emergencies with a calm, peaceful and focused state of mind, IF you're well-prepared. In this workshop we'll help you get started so that you and your family can have peace of mind.

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FAMILY EMERGENCY PREPAREDNESS PLAN



Name:		Spouse:	
Address:		City:	
Province:		Post Code:	
Phone:		Mobile:	
Work:		Other:	
Email 1:		Email 2:	

MY PERSONAL / FAMILY RISK ASSESSMENT SURVEY

SELF-ASSESSMENT: WHAT IS MY OVERALL PREPAREDNESS LEVEL NOW? 1 – 10 (10 is highest level of preparedness)							
Food / Water		Hunting/Foraging		Health & Medical/First Aid		Clothing/Footwear	
Shelter		Community		Energy – Heat, Light, Cooking, Power		Transportation	
Financial/Cash		Security		Legal Documents		Pets	
Notes & Observations:							

MY PERSONAL / FAMILY PREPAREDNESS PLAN

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Food/Water Category	Dietary needs of each family member including pets. How Much Food Do I Need? 72 Hour Emergency Kit.	
Food – Food Storage Calculator – baby food, children, adults		
Dishes – bowls, cups, plates, utensil, knives, can opener, pots, frying pan		
Water & purification Tablets	How Much Water Do I Need?	
Water purifier flask or jug		
Cleaning water and supplies – soap, etc.		

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Clothing / Footwear – Seasonal Category	What do you and your family need to be protected from the elements for 3 days minimum? Outwear, footwear, hats, gloves, etc.	
Clothing		
Face and hands protection		
Foot protection		
Outdoor gear - seasonal		

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Health & Medical Category	Ensure a full supply of prescriptions for all family members who require them. Ask doctor if he can provide an emergency backup supply. Look for alternatives to prescriptions such as turmeric paste for arthritis or white willow for pain. Use the Supplemental Goals Reference (examine.com).pdf provided to learn about supplements that support health.	
First Aid Course (Free online first aid course)	Basic first aid skills are essential. Almost anyone can learn these skills. Hospitals and clinics may be overwhelmed. Even if you don't need first aid, there will likely be people who need your help in emergencies. Being fit and healthy as much as possible is key to preventing many injuries and illness requiring first aid.	
Fitness programs – Gyms, recreation centres, yoga, online calisthenics, dance, etc.		
Medications, personal care – toilet paper, garbage bags, sanitizer		
Allergies / sensitivities		
Supplements		

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Hunting and Foraging, Gardening for Long Term Category	It may become necessary to grow, hunt and forage for food if you're forced to leave home for an extended period. It's best to learn these skills in advance by taking a course or learning from an experienced practitioner how to grow your own food, hunt and prepare meals from small game. Foraging is easier, but learning what plants are safe also requires skill. Ontario Fishing & Hunting Licences	
Permaculture course (Free)		
Edible Plants of Ontario (Free YouTube 36 minutes)		
Hunting Training Online Course - Ontario (\$60 CDN)		
Game meat preparation and cooking course (FREE YouTube) (17 minutes)		

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Shelter Category	Short Term, Long Term	
Tent		
Sleeping bags & foam / air mattresses		
Makeshift from available materials	Emergency Overnight Shelter – Video Tutorial	
Abandoned house / building		
Trailer		

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Community Category	Who can I call on for help? Who can I help? What services are available in my community in emergencies? Who are my political representatives? Contact Information in print format. Multiple copies for all family members. Call tree community plan , Ham Radio (Free YouTube Crash Course) , Walkie Talkie (Canadian Tire)	
Family – books to explain to children about emergencies and how they can help	Ultimate Survival Skills for Kids - book	
Friends		
Neighbours		
Printed contact list		
Phone tree		

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Entertainment – puzzles, games, cards, etc.		
Meeting place protocol		
Community groups		
School, college, university groups where family members are attending		
Online communities		
Service organizations		

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Power Category	Electric, fuel, solar power for a minimum of 72 hours Portable Power Stations – Canadian Tire	
Heat		
Light – flashlights, including wind-up, candles, lanterns (oil, propane, kerosene)		
Cooking - Stove, fuel, wood - heat source to boil water		
Charging		

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Transportation Category	Vehicle, Public Transit, Bicycle, Other	
Vehicle Maintenance (How a Car Works (FREE Online Course) Vehicle Preparedness 101 (FREE YouTube – 15 minutes))		
Public Transit		
Bicycle / scooter		
Other – i.e. E-Bike		

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Security Category	Firearms, alarms, protecting myself and my family. Consider preventative online security. 72 Hour Emergency Kit	
Knives		
Firearms		
Alarms		
Wearables		
Vests to Carry Equipment		

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Tactical gear, tools & accessories, whistle, duct tape, rope, scissors, tarps		
Firearm Licensing Canada		
Self-Defense Skills		
Legal Documents Category	Store in a binder that can be easily transported as well as on a USB stick. Consider an external backup drive stored offsite and password protected. How to password protect a USB flash drive . store in a watertight bag or case	
Legal / financial / business documents and contracts –		
Passport and travel documents - Canada		
Photocopies of identification		

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Financial / Cash Category	Assess current level of financial risk. Save 6 months of expenses. Eliminate debt as quickly as possible. Sell everything that you don't need, downsize, minimize possessions, live simply to make room for what's important. Store electronic copies of everything on USB stick	
Emergency Cash		
Bank Accounts		
Insurance		
Expenses – Utilities, etc.		
Debt/Mortgage		

Resource Category	Notes / Action Steps - What do I need to do to prepare for emergencies – consider short term and long term	Planned Completion Date
Investments		
Pets Category	Ensure that your pets are also included in your preparedness plan with pet food and medication as well as supplies they will need to stay healthy and safe – i.e. leashes, outerwear, etc.	
Pet Food		
Pet Medications		
Pet Accessories		

LINKS IN THIS DOCUMENT

- [Emergency Preparedness Brantford](#)
- [Emergency Preparedness Ontario](#)
- [Emergency Preparedness Canada](#)
- [Food Storage Calculator](#)
- [How Much Water Do I Need](#)
- [Online first aid course \(FREE\)](#)
- [Ontario Fishing & Hunting Licences](#)
- [Permaculture course \(FREE\)](#)
- [Edible Plants of Ontario \(FREE YouTube 36 minutes\)](#)
- [Hunting Training Online Course - Ontario \(\\$60 CDN\)](#)
- [Game meat preparation and cooking course \(FREE YouTube\)](#)
- [Emergency Overnight Shelter \(FREE YouTube\)](#)
- [Call tree community plan](#)
- [Ham Radio \(Free YouTube Crash Course\)](#)
- [Walkie Talkie \(Canadian Tire\)](#)
- [How a Car Works \(FREE Online Course\)](#)
- [Portable Power Stations – Canadian Tire](#)
- [72 Hour Emergency Kit](#)
- [How to password protect a USB flash drive](#)
- [Firearm Licensing Canada](#)
- [Self-Defense Skills](#)
- [Passport and travel documents - Canada](#)
- [Phone tree](#)

Additional online resource links available at <https://joyofresilience.com/family-emergency-preparedness/>