

# My Emergency Care Plan

## Introduction

The *My Emergency Care Plan* (MECP) is a way to share information about you with medical professionals. The plan is written information about how to best care for your health needs, especially if you are unable to physically have an advocate with you. The MECP is *your* emergency plan. Fill out what you can complete by answering the questions, or portions of the questions, that you are comfortable sharing. Below are some additional steps you can take now:

1. Choose someone who is your support person. Your support person may include a family member, neighbor or friend who can help you in an emergency.
2. Tell your support person about your specific needs and share this emergency care plan with your support person.
3. Tell your support person where your emergency supplies are stored. Show that person where you keep emergency supplies.
4. An Advance Care Directive is a way to communicate what healthcare treatments you would want or refuse, should you be seriously ill, injured and unable to make or communicate decisions about your care and treatment. For more information, please contact the Disabilities Law Program of the Community Legal Aid Society Inc. at 302 575-0660.
5. Give a trusted person a key to your house or apartment. Agree upon a system to signal for help if phones and electricity are not working.
6. Show others where to find, and how to assist you with, your wheelchair, communication device or other assistive technology and supports you may need.
7. Keep a copy of your MECP with you in case you are unable to have someone accompany you for a period of time due to an infectious disease outbreak or other emergency or disaster.
8. Make a copy for family members and include this in your Family Emergency Kit.



UNIVERSITY OF DELAWARE  
**CENTER FOR  
DISABILITIES STUDIES**

University of Delaware, College of Education and  
Human Development, 461 Wyoming Road, Newark, DE  
19716 • 302-831-6974 • 302-831-4689 TDD  
cde.udel.edu



Developmental Disabilities Council  
Margaret M. O'Neill Building, Suite 2  
410 Federal Street, 2nd Floor  
Dover, Delaware 19901 • 302-739-3333