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#### **E- Bulletin 84**

##### **[Will I be OK?](#)**

We have all heard stories about emergency and disasters like floods, storms, fires, house fires and personal safety issues. We have also heard about what people did in these situations, what they should have done and what they didn't do.... Then you hear about emergency plans.

I begin to think ... What will happen to me if I don't have a plan? Do I hope that if someone else is around they will know what to do? There might not be anyone else, just me ... sounds scary, but not if you are prepared and you have a plan. Having one helps eliminate the stress.

I would not like to be in a situation and not know what to do, so I got on the Internet to find out what I could. Having a physical disability I looked up the Physical Disability Council of New South Wales, and there was a link about emergency readiness called I'm Okay.

The website is wonderful, packed full of information, some I did not know about.

It contains information such as: Why be emergency ready, Action Plan Steps – that assist you with making a plan and Tools and Resources – that provides information and has links to services like the NSW SES, the NSW Rural Fire Service, personal safety and Articles Research and Media Releases.

Now I have the facts that can help me make my decisions about developing an emergency action plan, I hope that you will join me in making a plan suited to your needs, because you never know what's around the corner.

Be Ready, Be Safe, Have A Plan

All the best, Alison Vella.

10 April 2014

**[Take a look at the I'm Okay website](#)**

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