

Action:

Start a care map. **Who needs** what?
Who can provide support?
Community care works when we
plan in advance.

Who is at risk if caregivers or
support services disappear?

Who needs mobility aids or in-
home care?

Who relies on daily medication
or medical equipment?

Who in your area is disabled
or chronically ill?

STEP 1: Identify Needs & Barriers

STEP 6: Regulate Your Nervous System

A Quick Reset

Place one hand on your chest, one
on your belly.

Inhale deeply through your nose.
Feel your hands rise.

Exhale slowly...longer than your
inhale. Feel your body settle.

Repeat 3–5 times.

If deep breaths feel overwhelming,
try gentle rocking or tapping
instead.

Mutual aid starts in the body. When
we are regulated, we make better
decisions.

Action:

Write down emergency contacts
& evacuation routes.
Plan before disaster hits.

Who is the backup caregiver if
the primary one is
unavailable?

Where are the nearest
shelters that accommodate
disabled folks?

Are escape routes actually
accessible?

Who can provide accessible
transportation?

STEP 4: Plan 4 Emergency Evacuations

**NO ONE LEFT
BEHIND:**

A pocket guide for protecting
disabled & chronically ill people
during the collapse of an
empire.

Not for resale.

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Our survival depends on collective action.

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grid fails? When medical supply chains break? When caregivers disappear?

aids, & essential support.

When systems collapse, disabled & chronically ill people lose access to healthcare, medication, mobility aids, & essential support.

THE REALITY

STEP 3: Stockpile Essentials

➔ **Medications** (ask about extra refills NOW).

➔ **Mobility aids** (canes, wheelchairs, hearing aids).

→ **Hygiene & dietary needs**
(adaptive utensils, pureed foods).

➔ **Backup power** (batteries, solar chargers, generators).

Locate existing medical redistribution hubs, or start one.