

A USEFUL FIRST STEP

Family Readiness Quick Check

You do not need to predict the future to prepare your family. Spend ten minutes finding one practical gap. No special equipment is required to begin.

Mark each line: ready / needs work / not relevant. "Ready" means someone can show that it works, not just remember discussing it.

CONTACT I can find two trusted phone numbers without opening my phone.

Ready _____ Needs work _____ Not relevant _____

REUNITE We have agreed where to meet and who handles collection or support.

Ready _____ Needs work _____ Not relevant _____

ESSENTIALS We know where safe lighting and usable household supplies are kept.

Ready _____ Needs work _____ Not relevant _____

VERIFY We will independently check an unexpected urgent money request.

Ready _____ Needs work _____ Not relevant _____

ACCESS We know how to find official recovery instructions for an important account.

Ready _____ Needs work _____ Not relevant _____

INCLUDE Our plan reflects care, mobility, children and pet needs.

Ready _____ Needs work _____ Not relevant _____

CHOOSE ONE GAP

Our next action: _____

Who will do it: _____ By when: _____

START TODAY

Two habits that travel well

These actions help with ordinary interruptions as well as digital risks. Follow current local emergency directions whenever they apply.

1 / Write a contact card

Choose a trusted contact and agree a nearby meeting place and an alternative outside your neighbourhood. Check school or care collection rules. Keep a paper copy somewhere reachable and private. [1]

Trusted contact / number / meeting place

2 / Verify urgent requests independently

A familiar voice can be imitated. If an unexpected caller asks for money or a code, pause and leave the conversation. Contact the person using a number you already trust, not one supplied by the caller. If there is immediate danger, use a verified local emergency route. [2]

CONTINUE WHEN YOU ARE READY

Johnson White's AI Survival Handbook adds a first-week plan, a 30-day routine, an eight-page printable workbook and quick-reference sheets. The paid bundle is optional; keep using this free check on its own.

Johnson White Preparedness. Practical preparedness guides for real families. General educational guidance, not a guarantee of safety.

1 / American Red Cross - Make a plan

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html>

2 / FTC - AI family-emergency scams

<https://consumer.ftc.gov/consumer-alerts/2023/03/scammers-use-ai-enhance-their-family-emergency-schemes>