

Non-visible disabilities may limit an individual's ability to respond to an emergency. The disability may be allergies, epilepsy, haemophilia, dyslexia, diabetes, thyroid condition, multiple sclerosis, pulmonary or heart disease and/or dependency on dialysis, sanitary or urinary supplies. Individuals with non-visible disabilities may have difficulty performing some tasks without appearing to have a disability.

Additional Survival Kit items to include:

- ◆ List of instructions that can be easily followed in an emergency
- ◆ Minimum three days supply of all needed medications, medical supplies and special equipment e.g.
 - Inhaler for asthma
 - Nitrolingual spray for heart condition
 - Epinephrine pen for allergic reaction/anaphylactic shock
 - Extra supply of insulin or oral agent and blood glucose testing equipment
 - Extra Colostomy supplies
 - Portable oxygen tank

Detailed list of all prescription medications and medical practitioner's contact information.

High-rise Safety

High-rise buildings can present unique challenges for a person with a disability or special need if evacuation is necessary during an emergency.

- ◆ Have the name and contact information for your building superintendent posted in your apartment; ensure they know assistance may be required during evacuation
- ◆ Contact information of a couple of neighbours who can alert authorities to special needs if an evacuation is required
- ◆ Maintain a personal alarm that emits a loud noise to draw attention to the individual's whereabouts
- ◆ Laminate a copy of the building's evacuation plan and diagram of escape routes and location of emergency doors/exits on each floor and post it on the back of apartment entry door
- ◆ If a personal support person is utilized on a regular basis, make arrangements with them ahead of time for assistance in alerting authorities (or out of area family members) if the building is affected by an emergency.

This pamphlet was adapted from the "Emergency Preparedness Guide for people with Disabilities/Special needs". For more information on this document please visit

<http://www.emergencymanagementontario.ca/stellent/groups/public/@mcscs/@www/@emo/documents/abstract/ec078180.pdf>.

Also available in French, Chinese, Italian, Portuguese, Punjabi, and Spanish.

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Emergency Preparedness for
People with
Disabilities/Special Needs

Persons with disabilities/special needs may need access to specialized items during an emergency. This pamphlet includes suggestions about additional items you or your family may consider adding to your emergency kit.



Emergency Management Program





This Emergency Survival Kit checklist outlines the basic items every individual should store in an easy-to-reach place to help them be self-reliant for at least three (3) days immediately after or during an emergency.

Emergency Survival Kit items should include:

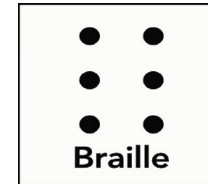
- ◆ Battery-operated flashlight
- ◆ Battery-operated radio or crank radio
- ◆ Spare batteries (for radio, flashlight, assistive devices etc.)
- ◆ First-aid kit
- ◆ Telephone that can work during a power disruption
- ◆ Candles and matches/lighter
- ◆ Extra car keys and cash
- ◆ Important papers (identification)
- ◆ Non-perishable food and bottled water
- ◆ Manual can opener
- ◆ Clothing and footwear
- ◆ Blankets or sleeping bags
- ◆ Toilet paper and other personal items
- ◆ Medication
- ◆ MedicAlert® bracelet or identification
- ◆ Backpack/duffle bag
- ◆ Whistle (to attract attention if needed)



Mobility limitations may make it difficult for a person to use stairs or to move quickly over long distances when using mobility devices such as a wheelchair, scooter, walker, crutches or a walking cane. In addition, people with a heart condition or various respiratory difficulties can experience certain levels of mobility limitations.

Additional survival kit items to include:

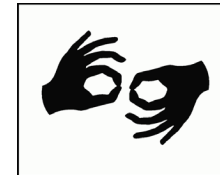
- ◆ Tire patch kit
- ◆ Can of seal-in-air product (to repair flat tires on wheelchair or scooter)
- ◆ Supply of inner tubes
- ◆ Pair of heavy gloves (to protect hands while wheeling or making way over glass or other sharp debris)
- ◆ Latex-free gloves (for anyone providing personal care)
- ◆ Spare deep-cycle battery for motorized wheelchair or scooter
- ◆ A lightweight manual wheelchair as backup to a motorized wheelchair
- ◆ Spare catheters (if applicable)
- ◆ An emergency back-up plan to ensure any life sustaining equipment/apparatus is operable in the event of a power outage
- ◆ Contact information of person/organization that provides regular personal support
- ◆ Any other specialized supplies that may be needed on a daily/short term basis.



Vision loss can include a broad range of conditions ranging from complete blindness to partial or low vision that cannot be corrected with lenses or surgery. A person's ability to read signs or move through unfamiliar environments during an emergency may be challenged, creating a feeling of being lost and/or being dependent on others for guidance.

Additional survival kit items to include:

- ◆ Extra white cane, preferably a cane that is longer in length
- ◆ Talking or braille clock
- ◆ Large-print timepiece with extra batteries
- ◆ Extra vision aids such as an electronic travel aid, monocular, binocular or magnifier
- ◆ Extra pair of prescription glasses
- ◆ Any reading devices/assistive technology to access information/portable CCTV devices
- ◆ Any other specialized supplies that may be needed on a daily/short term basis



A person can be **deaf, deafened or hard of hearing**. The distinction between these terms is based on the individual's language and means of communicating rather than the degree of hearing loss. In an emergency, the method in which emergency warnings are issued becomes critical to how a person with hearing loss is able to respond and follow instructions to safety.

Additional survival kit items to include:

- ◆ Extra writing pads and pencils for communication
- ◆ Pre-printed key phrases that an individual would use during an emergency
- ◆ Assistive devices - unique to individual needs (e.g., hearing aid, pager, personal amplifier, etc.)
- ◆ Portable visual notification devices that allows a person to know if someone is knocking on the door, ringing the doorbell, or calling on the telephone
- ◆ A CommuniCard (produced by The Canadian Hearing Society) that explains the nature of hearing loss and also helps identify how rescuers or assisters can communicate with the individual during an emergency
- ◆ Any other specialized supplies that may be needed on a daily/short term basis.