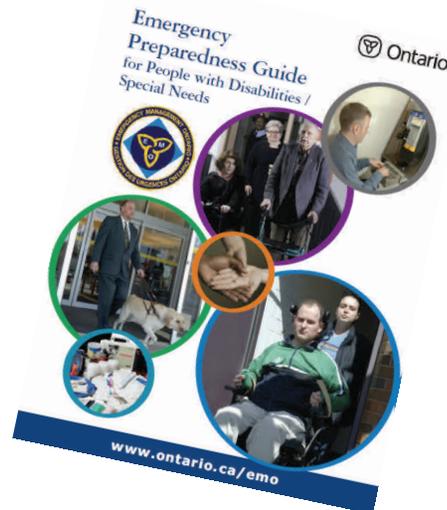
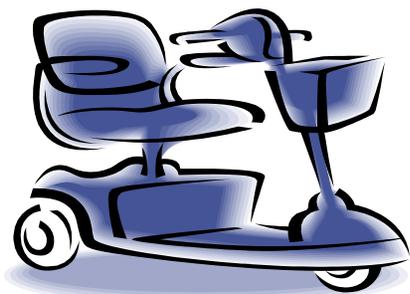


## Your Emergency Plan

- ✓ ask your network\* to practice moving your special needs equipment
- ✓ if you use a wheelchair or scooter, request that an emergency evacuation chair be stored near a stairwell on the same floor on which you work or live so that your network can readily use it to help you safely evacuate the building
- ✓ in your instruction list for your network, identify areas of your body that have reduced sensation so these areas can be checked for injuries after an emergency, if you cannot check them yourself
- ✓ check with your local municipal office to find out if emergency evacuation shelters are wheelchair accessible

\* Your 'network' is a list of the people that can be called upon to provide assistance.



Information drawn from the Emergency Preparedness Guide for People with Disabilities/Special Needs, prepared by Emergency Management Ontario  
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## Mobility



## Emergency Preparedness



## What are mobility limitations?

**Mobility limitations** may make it difficult for a person to use stairs or to move quickly over long distances. These can include reliance on 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.

**Emergencies** can occur at any time and your best defense is to be prepared. The Town of Saugeen Shores' pamphlet series on emergency preparedness for people with disabilities/special needs includes:

- \* Hearing
- \* Mobility
- \* Non-Visible Disabilities
- \* Seniors With Special Needs
- \* Travel Considerations
- \* Vision



## Additional Items for Your Emergency Survival Kit

- ✓ tire patch kit
- ✓ can of seal-in-air product to repair flat tires on your wheelchair or scooter
- ✓ supply of inner tubes
- ✓ pair of heavy gloves to protect your hands while wheeling or making way over glass or other sharp debris
- ✓ latex-free gloves for those providing personal care to you
- ✓ spare deep-cycle battery for motorized wheelchair if feasible
- ✓ spare catheters if applicable
- ✓ a lightweight manual wheelchair for backup to a motorized one, if feasible.

## Disability Quick Facts:

Prior to the 1970s, 'disability' was largely defined as a diagnostic, biomedical category. However, disability is now viewed as a social construct rather than a medical one. 650 million people worldwide have a disability of some sort, one million persons aged 15 and over report having a hearing related disability, and 8 in 10 seniors live with a disability

## Dos and Don'ts - Assisting

- ✓ use latex-free gloves whenever possible when providing personal care; people with spinal cord injuries have a greater risk of infectious disease and gloves help control secondary medical conditions that can easily arise if personal care is disrupted during an emergency
- ✓ ensure that the person's wheelchair goes with the person
- ✓ do not push or pull a persons wheelchair without their permission

