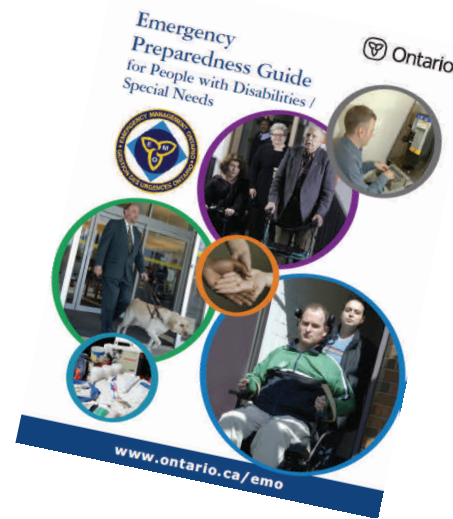


Your Emergency Plan

- ✓ prepare an easy-to-understand list of instructions or information that you think you may need in an emergency
- ✓ keep an emergency list on your person of key people aware of your special needs
- ✓ inform your designated support network* of where you store your medication
- ✓ keep a pencil and paper or portable electronic recording device handy for any new instructions provided to you during an emergency
- ✓ consider wearing a MedicAlert bracelet or identification to help notify emergency responders about your non-visible disabilities
- ✓ request a panic push button be installed in the building you work and/or live in, so that in the event of an emergency you can notify others of your whereabouts and that you need special assistance
- ✓ people with multiple sclerosis: symptoms are often made worse by heat and humidity; be prepared to keep cool/dry
- ✓ people with diabetes: keep frozen water or ice packs in your freezer; have an insulated bag or cooled thermos ready to store your insulin should there be a power outage or you need to evacuate



Information drawn from the Emergency Preparedness Guide for People with Disabilities/Special Needs, prepared by Emergency Management Ontario
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Non-Visible Disabilities



Emergency Preparedness



Town of Saugeen Shores

≡ Non-Visible Disabilities

What are non-visible disabilities?

Non-visible disabilities can include **communication, cognitive, sensory, mental health, learning or intellectual** disabilities in which an individual's ability to respond to an emergency is restricted.

They can also range from **allergies, epilepsy, hemophilia, 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.**

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

- ✦ supply of food items appropriate to your disability or dietary restrictions
- ✦ list of instructions that you can easily follow in an emergency
- ✦ personal list and minimum three days supply of all needed medications, medical supplies and special equipment (e.g. ventilator for asthma, nitrolingual spray for heart condition, Epinephrine pen against allergic reaction/anaphylactic shock, etc.)
- ✦ detailed list of all prescription medications
- ✦ Medic Alert identification
- ✦ any other contingency supplies unique to your special needs

For People with Diabetes

- ✦ extra supply of insulin or pills
- ✦ extra supply of syringes, needles and insulin pens (if necessary)
- ✦ small container for storing used syringes/needles (if necessary)
- ✦ blood glucose testing kit, spare batteries and record book
- ✦ supply of blood glucose and urine ketone testing strips
- ✦ fast-acting insulin for high blood glucose/ fast-acting sugar for low blood glucose
- ✦ extra food to cover delayed meals
- ✦ ice packs and thermal bag to store insulin

Dos and Don'ts - Assisting People with Disabilities

- allow the people to describe what help they need from you
- find effective means of communication (e.g. provide drawn or written instructions and use landmarks to describe directions)
- be patient, flexible and maintain eye contact when speaking to the person
- repeat instructions if needed
- ask the person about their medication and if they need help taking it; never offer medicines not prescribed by their physician
- keep people with multiple sclerosis cool and dry to avoid making their symptoms worse
- avoid shouting or speaking quickly but do not speak so slowly so as to offend the person
- do not restrain a person having a convulsion; instead, roll them on their side to keep the airway clear; place something soft under their head to protect from injury; when convulsion passes and person is conscious, help them into a resting position

