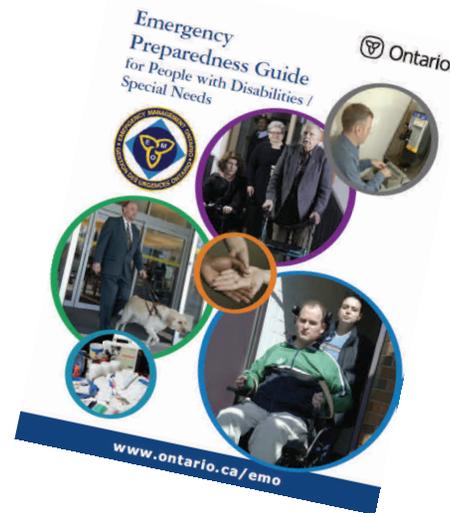


Your Emergency Plan

- create an emergency contact list with names and telephone numbers of your family members, physicians, case worker, contact for your seniors group, neighbours, building superintendent, etc. and keep a copy in your survival kit and on your person
- write down the names and phone numbers of on-site doctors, nurses, social workers etc. at your place of residence (if applicable) including the hours they keep
- familiarize yourself with all escape routes and location of emergency doors/exits in your home
- know the location of emergency buttons (many seniors' buildings have emergency buttons located in bedrooms and washrooms with a direct link to 911 or the building's superintendent)
- if asked to evacuate, bring any equipment or assistive devices you may need immediately
- always wear your MedicAlert identification



Information drawn from the Emergency Preparedness Guide for People with Disabilities/Special Needs, prepared by Emergency Management Ontario
© ISBN 978-1-4249-2380-9 in partnership



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Seniors With Special Needs



Emergency Preparedness



www.saugeenshores.ca

For Seniors with Special Needs

Since an emergency situation or an evacuation can be a frightening and confusing time, it is important that seniors, especially those with special needs, know the steps to take in an emergency. This includes seniors contacting their local municipal office to find out about programs and services available in their community that will help them during an emergency and assist them to return to their regular routines.

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

- * Service Animals & Support Persons
- * Non-Visible Disabilities
- * Travel Considerations
- * Hearing
- * Mobility
- * Vision



Additional Items for Your Emergency Survival Kit

- ✎ supply of food items appropriate to your disability or dietary restrictions
- ✎ assistive devices such as canes, walkers, lightweight manual wheelchair, hearing aids, breathing apparatus, blood glucose monitoring device etc.
- ✎ prescription eyewear and footwear
- ✎ extra batteries for hearing aids
- ✎ list of medications, extra supply and vitamin supplements
- ✎ personal disability-related list of all your needed medical supplies and special equipment
- ✎ copies of all medication prescriptions
- ✎ extra dentures and cleaner
- ✎ latex-free gloves (to give to anyone providing personal care to you)
- ✎ any other contingency supplies unique to your special needs

For People with Diabetes

- ✎ 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
- ✎ extra supply of syringes, needles and insulin pens (if necessary)
- ✎ extra supply of insulin or pills

- ✎ 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

Dos and Don'ts - Assisting Seniors with Special Needs

- ☞ check on neighbours who are seniors with special needs to find out if they need your help during an emergency or evacuation
- ☞ allow the person to describe what help they need and how it can be provided to them
- ☞ be patient, listen actively
- ☞ if the person appears anxious or agitated, speak calmly and provide assurance that you are there to help
- ☞ if evacuation is necessary, offer a ride to seniors who do not have access to a vehicle
- ☞ if time permits, offer to carry the person's emergency survival kit to your car, along with any equipment or assistive devices they will need
- ☞ follow instructions posted on special needs equipment and/or assistive devices during an emergency
- ☞ refrain from shouting or speaking unnaturally slowly