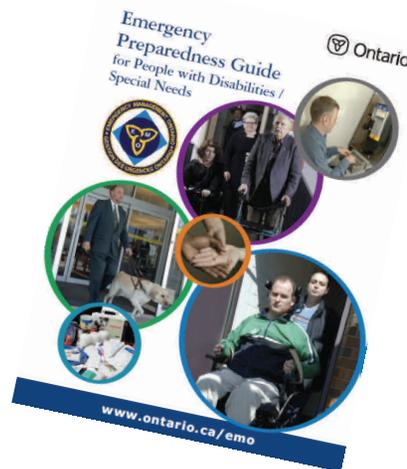


Your Emergency Plan

- ✓ 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 Medic Alert 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 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 and Parkinson's: 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

* 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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Vision



Emergency Preparedness



www.saugeenshores.ca

What is vision loss?

Vision loss can include a broad range of conditions 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 or a dependency on others for guidance.

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:

- * Seniors With Special Needs
- * Non-Visible Disabilities
- * Travel Considerations
- * Hearing
- * Mobility
- * Service Animals & Support Persons



Additional Items for Your Emergency Survival Kit

- ✦ 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 – if you wear them
- ✦ any reading devices/assistive
- ✦ technology to access information/ portable CCTV devices
- ✦ any other contingency supplies unique

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 People with Vision Disabilities

- 📄 always ask first, if you can be of assistance to them
- 📄 for people who are deaf-blind, use your finger to draw an "x" on their back to let them know you are there to help during an emergency
- 📄 to communicate with a deaf-blind person, try tracing letters with your finger on the palm of their hand
- 📄 to guide the person, offer them your arm instead of taking theirs and walk at their pace; keep half a step
- 📄 if the person has a service dog, ask them where you should walk to avoid distracting the animal
- 📄 provide advance warning of stairs, curbs, obstacles or changes in direction
- 📄 watch for overhangs or protrusions the person could walk into
- 🗣️ do not assume the person cannot see you, or that they need your help
- 🗣️ never grab or touch a person with vision loss
- 🗣️ do not touch, make eye contact or distract the person's service dog as this can seriously endanger the owner
- 🗣️ do not shout at a person with vision loss; speak clearly and provide specific and precise directions such as 'to your right' or by relaying clock face positions