

## 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

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

**Be Prepared, Not Scared**

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

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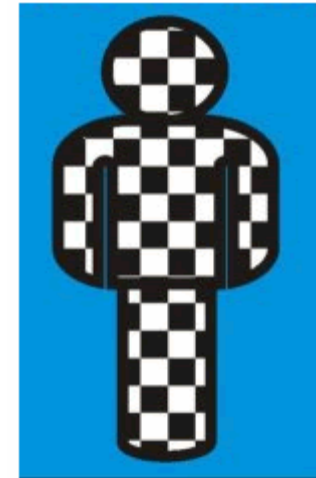
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## Non-Visible Disabilities



and



## 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 Township of Huron-Kinloss' pamphlet series on emergency preparedness for people with disabilities/special needs includes:

- ⇒ Service Animals & Support Persons
- ⇒ Seniors with Special Needs
- ⇒ Travel Considerations
- ⇒ Non-Visible Disabilities
- ⇒ Mobility
- ⇒ Vision
- ⇒ Hearing



## 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
- ⇒ MedicAlert 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 Of 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

