

Your Emergency Plan

- ⇒ Prepare an easy-to-understand list of instructions or information that you think you may need in an emergency
- ⇒ Keep a 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

© ISBN 978-1-4249-2380-9 in partnership

www.emergencymanagementontario.ca



The Township of Huron-Kinloss
PO Box 130, 21 Queen Street
Ripley, ON N0G 2R0
www.huronkinloss.com

Telephone: 519-395-3735
Fax: 519-395-4107

Vision



and



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 and/or dependency on others for guidance.

Emergencies can occur at any time and your best defence is to be prepared. The Township of Huron-Kinloss' pamphlet series on emergency preparedness for people with disabilities/special needs includes:

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



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 to your needs

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 world wide 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 Of 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