

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

- Hearing
- High-rise Safety
- Mobility
- Non-Visible Disabilities*
- Seniors With Special Needs
- Travel Considerations
- Vision

* This can include communication, cognitive, sensory, mental health, learning or intellectual disabilities.



Personal Support Network

A personal support network is a group of at least three people you know and trust and who would help you during an emergency.

How do you create a support network?

- Ask people you trust if they are willing to help you in case of an emergency. Identify contacts for important locations such as home, work or school. Neighbors are often the closest and most available contacts in an emergency.
- Tell these support people where your emergency kit is stored. Give one member a key to your home.
- Include a support network contact who is far enough away that they are unlikely to be affected by the same emergency.
- Work with your support network to develop a plan that meets your needs.
- Practice your emergency plan with your network. If applicable, show them how your special needs equipment works.

This Information is drawn from the Emergency Preparedness Guide for People with Disabilities/ Special Needs from Public Safety Canada. This brochure has been prepared by the Regional Director of Emergency Management from the Town/County of St. Paul; Town of Elk Point and the Summer Village of Horseshoe Bay.

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.

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, neighbors, 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



Do's - Assisting People with Disabilities

- check on neighbors 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

Don'ts - Assisting People with Disabilities

- refrain from shouting or speaking unnaturally slowly
- avoid being dismissive of the person's concerns or requests

Remember: individuals are best at knowing their own needs and these should be respected

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
- Seniors with diabetes to refer to "Non-Visible Disabilities" pamphlet.



IS YOUR FAMILY
PREPARED?

TIP: expand your network by getting to know your neighbors.