

# Tips for Specific Disabilities



Flood



Fire



Lightning



Terrorism



Heatwave



Snowstorm



Hurricane



Bombing

Tab 7

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## Tips for Specific Disabilities

Different people have different disabilities. Think about things that you need. Then think about the steps you may need to take for your own disability.

## Communication Disabilities

### Communication aids

Put paper, pencils or pens and a written statement that describes how you can communicate in your emergency supply kit.



### Emergency health information

Have the best way for people to communicate with you on your emergency health information card.

### Powering your communication

Get a portable battery unit to keep your communication devices charged in an emergency situation.

### Speech-to-Speech (STS) relay service

STS is a form of telephone relay service that helps people with speech disabilities who have difficulty being understood on the phone.

Communications assistants (CAs) have been trained to recognize many different speech patterns.

The CAs act as interpreters for people with Cerebral Palsy, Parkinson's disease, a laryngectomy, ALS, stuttering, muscular dystrophy, stroke, and other conditions affecting clarity of speech.

This service can be used at no charge, at any time of day or night.

If phones are working during an emergency, either the person with speech difficulty or a first responder can call that state's toll-free STS phone number. In Oregon, the number is 711 or 1-877-735-7525. Visit [fcc.gov/consumers/guides/speech-speech-relay-service](https://www.fcc.gov/consumers/guides/speech-speech-relay-service) to find the toll-free number if you are in another state. The communications assistant will call the other party and repeat the words exactly.

If you are a person with a communication difficulty, it is a good idea to make a card you can carry with you that says something like:

**“People sometimes cannot understand my speech. Please use your phone to call the Speech-to-Speech relay service at 1-877-735-7525. Have the CA (operator) call my number: [insert your phone number]. They will help you understand what I am trying to tell you.”**

The person with speech difficulty can make the call to the STS service and have the CA place a call to the first responder's cell phone if that feels more comfortable. In that case, the card that person carries should read something like:

**“People sometimes cannot understand my speech. I will call the Speech-to-Speech relay service and ask the CA (operator) to call you. They will help you understand what I am trying to tell you. Please tell me your phone number.”**



- Find a way to talk to people during an emergency and practice it.
- Put communication aids in your emergency supply kit.
- Put batteries for your communication aids in your emergency supply kit.

# Cognitive Disabilities



## Practice

Practice what to do during and after an emergency.

Practice leaving places you spend your time until you feel confident you will know what to do if there is an emergency.

## Emergency plan

Write your emergency plan on a piece of paper. Keep it with you and at places you spend a lot of your time. Make sure it is easy to read and understand.

Think about the things you will need to do after an emergency and how you can do them.

Keep a list of things you need to do if an emergency happens so that you can remember.

## Communication

Think about what a police officer or firefighter might need to know about you. Be prepared to say it, or write it down on paper and keep it with you.

Here are some examples:

- “I talk to people in a different way. I can point to pictures or words. You can find this in my wallet or emergency supply kit.”
- “I may have a hard time understanding what you are telling me. Please speak slowly and use simple words.”
- “I forget easily. Please write down information for me.”



- Think of ways to help you remember important things.
- Practice how to tell someone what you need.

# Hearing Impairments



## Batteries

Keep extra batteries in your emergency supply kit for the devices you use to help you hear.

## Hearing aids

Keep hearing aids in a place you can find them easily during an emergency.

## Alarms

Put different kinds of alarms, including alarms designed for people with hearing impairment, in places you spend a lot of time. This can help you see if an emergency is happening.

## Communication

Think about how you will communicate with police officers and fire fighters. Have paper and pens or pencils with you.

Consider a headlamp and batteries in addition to a flashlight, so you have your hands available to communicate.

Think about writing down things you need to say on paper and keeping it with you. For example:

- “I communicate with American Sign Language (ASL) and need an ASL interpreter.”



- Keep things you need to hear and extra batteries in a place you can find easily if an emergency happens.
- Put alarms around your house that let you see a flashing light if there is an emergency.
- Write down things you need to say to police officers and firefighters.



## Visual Impairments



If you have some vision, put battery backup safety lights in each room to light walking paths.

Store strong flashlights with wide beams and extra batteries where you can find them easily.

Consider a headlamp and batteries in addition to a flashlight, so you have your hands available to feel your way around.

Put thick gloves in a place you can easily get to so you can feel your way around without hurting your hands on broken glass or debris.

Make sure you have extra glasses or contact lenses. You may need to have other things to help you see during an emergency.

Think about how an emergency might affect your service animal's ability to do their job. Be prepared to use another way to get around.

If you use a cane, keep extras at work, home, school and volunteer sites to help you get around obstacles and hazards. Keep a spare cane in your emergency supply kit.



- Plan what to do if you lose the hearing cues you usually use.
- Mark emergency supplies with large print, bright tape and/or Braille.
- Make sure the things you use to help you get around – like a cane – will be safe during an emergency.

## Mobility Impairments



Keep your emergency supply kit in a backpack attached to your walker, wheelchair or scooter.

Keep things that help you get around close to you.

### Emergency kit

- Keep gloves in your emergency kit to keep your hands clean. You may have to travel over glass, dirt, trash or other dangerous things.
- Keep extra batteries for your mobility device.
- Make sure you know how to put on a spare tire if one goes flat.
- Identify the easiest route to get around.

### Escape plan

Put furniture in your home in a place it will not get in your way if you need to get out of your house quickly.

If you spend time in a building with an elevator and several floors, plan another way to get out of the building if you cannot use the elevator. Practice using the stairs to escape if they are accessible to you.

If you can't use your wheelchair or the stairs, talk to your emergency support people about how you can leave your building in an emergency.



- Store the aids you need in a place you can reach easily.
- Put extra things you need in your emergency kit.
- Make sure you have a safe way to get out of your home and other buildings.

## Mental Health

Think about what a police officer or firefighter may need to know about you. Be ready to say important information, or write it down and keep it with you. Here are some examples:

- “I have a mental health disability and may become confused in an emergency. Please help me find a quiet place. I will be okay soon.”
- “I have a panic disorder. If I panic, give me [ NAME OF YOUR MEDICINE AND HOW MUCH YOU TAKE ] located in my emergency supply kit. (Remember to rotate meds so you have pills that are not expired in your emergency kit.)
- “I take [ NAME OF YOUR MEDICINE AND HOW MUCH YOU TAKE ] and my blood level needs to be checked.”

If you have a mental health provider, personal service worker, family member or friend you could practice doing this with, it may be helpful!

## Reactions

There are a lot of ways you may react emotionally during an emergency. You may:

- Be confused
- Have memory or thinking problems
- Feel anxious or panicky
- Cry or scream
- Feel that everybody is against you
- Have problems sleeping
- Shake or tremble

- Get angry easily
- Not want to be around people
- Feel depressed
- Not be able to sit still comfortably

Think about the reactions you may have. Plan how you will deal with your emotions.

Think about getting advice from your family, friends, or therapist.

You may also try a mindfulness technique that works for you or have your companion animal with you for support.

You may need medical help or to go to the hospital. Write down the name and phone numbers of the people you would like your doctors to call if you need medical help.











- Practice how to communicate your needs to other people.
- Think about the types of reactions you may have if an emergency happens. Plan ways to deal with your emotions.

Source: Krumpe A., White E., Virginia Leadership Education in Neurodevelopmental Disabilities. *Emergency Preparedness Tool Kit for People with Disabilities*, 2007. Retrieved November 2008 from [partnership.vcu.edu/media/partnership2022/resource-downloads/Emergency Prep Toolkit FINAL April 2007.pdf](http://partnership.vcu.edu/media/partnership2022/resource-downloads/Emergency%20Prep%20Toolkit%20FINAL%20April%202007.pdf)

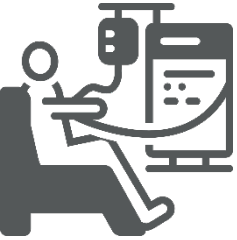



## Disability-Related Supplies and Equipment List


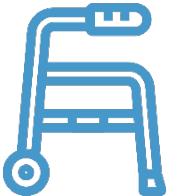


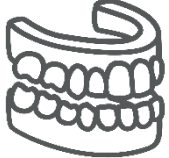
This is a list of some disability-related supplies you may use. Write down where you keep them and any information about them you may need during an emergency.


Item	Location
 Glasses	
 Eating Utensils	
 Grooming Items	
 Dressing Devices	

Item	Location
 <p data-bbox="207 506 344 577">Writing Devices</p>	
 <p data-bbox="207 823 344 894">Hearing Devices</p>	
 <p data-bbox="191 1117 360 1188">Oxygen &amp; Flow Rate</p>	
 <p data-bbox="181 1474 370 1545">Suction Equipment</p>	



Item	Location
 <p data-bbox="181 583 367 663">Dialysis Equipment</p>	
 <p data-bbox="201 940 347 1024">Sanitary Supplies</p>	
 <p data-bbox="201 1304 345 1386">Urinary Supplies</p>	
 <p data-bbox="201 1612 345 1696">Ostomy Supplies</p>	

Item	Location
 <p data-bbox="164 537 386 699">Wheelchair (motorized or manual) and repair kit</p>	
 <p data-bbox="212 940 334 976">Walker</p>	
 <p data-bbox="196 1220 350 1255">Crutches</p>	
 <p data-bbox="228 1461 318 1497">Cane</p>	
 <p data-bbox="196 1675 350 1711">Dentures</p>	

Item	Location
 <p data-bbox="201 537 347 573">Monitors</p>	
<p data-bbox="180 646 367 810">List any other items you may need</p>	

Source: Adapted from Red Cross Disaster Preparedness for People with Disabilities. Accessed January 2009, from [redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/General\\_Preparedness\\_Recovery/Home/A4497.pdf](http://redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Home/A4497.pdf)

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