

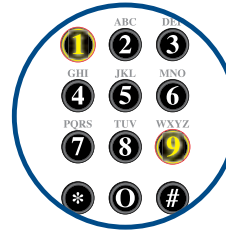
## What is Disability?

A disability is a condition or impairment that restricts an individual's ability to perform daily living activities at their fullest capacity. It may be physical, cognitive, emotional, developmental or a combination of these.

## Assist Tips

Important tips when assisting somebody with a disability:

- ask first if the person needs your assistance
- allow them to identify how best to assist them
- do not touch the person, their service animal or equipment without permission
- use latex-free gloves when providing personal care whenever possible
- if the individual uses a wheelchair, walker or cane, make sure it goes with them and follow instructions posted on equipment
- when guiding a person, walk at their pace; notify them of obstacles in their path (e.g. stairs)
- make eye contact when speaking and speak clearly and naturally
- avoid lifting or carrying someone unless you are familiar with safe techniques
- always ask first if there are any food or drug allergies you should be aware of
- when assisting people who are hearing and/or visually impaired, use your finger to draw an "X" on their back to let them know you are there to help during an emergency
- be patient and listen



## Emergency Preparedness contact:

905.874.2911

TTY: 905.874.2130

**(3-1-1)**

[beminfo@brampton.ca](mailto:beminfo@brampton.ca)

[www.brampton.ca/prepared](http://www.brampton.ca/prepared)

[@bemoprepared](https://www.instagram.com/bemoprepared)



Alternate formats available upon request.

## Emergency Preparedness Guide for People with Disabilities, Special Needs and Senior Citizens



Be prepared in case of  
a major emergency,  
evacuation or natural disaster.

## Prepare

An emergency can put you and your family's health and safety at risk. Residents should prepare for an emergency by developing and practicing a family emergency response plan and preparing a seven-day emergency kit survival kit.

For residents living with a disability, emergency preparedness should be specific to the individual, incorporating specific accommodations into their emergency response plan. These unique emergency preparedness measures should be specific both to the type of disability and to their individual needs. (Visit [www.brampton.ca/](http://www.brampton.ca/) prepared for a fundamental seven-day emergency kit checklist.)

## Preparing for an Emergency

- have an emergency kit ready with all your needed medical items, medications and information
- have an emergency kit ready for your pet and/or service animal
- stay aware of weather conditions, especially during severe weather seasons
- post emergency phone numbers near the telephone, including doctors, emergency contacts and close neighbours who can help
- plan for transportation
- label wheelchairs, walkers and canes with your name on it
- plan in advance for shelter alternatives for you (and your pet)

**There are many different types of disabilities – mobility related, vision and hearing impairments, intellectual/developmental, learning and mental health. Some may be visible and others may be hidden. Here is a list of things you might want to include in your emergency preparedness kit:**

- extra writing pads and pencils for communication
- flashlight, whistle or noisemaker
- pre-printed important key phrases
- assistive devices (e.g. hearing aid, pager, portable visual notification devices)
- CommuniCard (produced by the Canadian Hearing Society)  
- For more information, contact [www.chs.ca](http://www.chs.ca) or 416.928.2500
- extra vision aids
- large-print timepiece with extra batteries
- any reading devices needed such as prescription glasses
- long white cane
- talking or Braille clock
- spare catheters
- manual emergency wheelchair
- spare deep-cycle battery
- fire patch kit
- can of seal-in-air product
- pair of heavy duty gloves
- latex-free gloves

Additional service animal emergency kit items should be added if the individual has a service animal. For more information, contact Brampton Animal Services at 905.458.5800 or [animal.services@brampton.ca](mailto:animal.services@brampton.ca)

## What to Do During an Emergency

- call neighbours and emergency contact if you need assistance
- if you are trapped, wave a white cloth on your balcony (if you live in a high-rise building)
- in the event of an evacuation, grab your emergency kit (and your pet with their emergency kit if you have one)

To reduce fear and anxiety, have an emergency plan in place and practice it with friends and emergency contacts. Revisit the plan annually and update any contacts.

**As a family member, friend or neighbor to someone living with a disability, you can help to:**

- make sure they have your contact information, both work and home phone numbers
- have a list of their doctors and other friends and family members that you may need to contact during an emergency
- know and practice their emergency plan and become familiar with escape routes in their home or building
- know the location of their emergency kit; offer to carry it and other equipment to your car
- have knowledge of their service animal and know the location of their emergency kit
- have a key to their home/building

