

## Additional items for your Emergency Survival Kit:

- a supply of food items appropriate to your disability or dietary restrictions;
- a list of instructions that you can easily follow in an emergency;
- personal list and minimum three day supply of all required medications, medical supplies and special equipment (for example, ventilator for asthma, nitrolingual spray for heart condition, Epinephrine pen);
- a detailed list of all prescription medications; and
- any other contingency supplies unique to your special needs.

## People with diabetes should include:

- an extra supply of insulin or pills;
- an extra supply of syringes, needles and insulin pens (if necessary);
- a 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; and
- ice packs and thermal bag to store insulin.

## Special thanks to:

Halton Region Accessibility  
Advisory Committee

Burlington Accessibility  
Advisory Committee

Halton Hills Accessibility  
Advisory Committee

Milton Accessibility Advisory Committee

Oakville Accessibility Advisory Committee

Community Emergency Management  
Coordinators Committee

Halton Region Older Adult Advisory  
Committee

Mayor's Senior Advisory Committee

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

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# Non-Visible Disabilities



**72** hours  
Are you prepared? Emergency preparedness



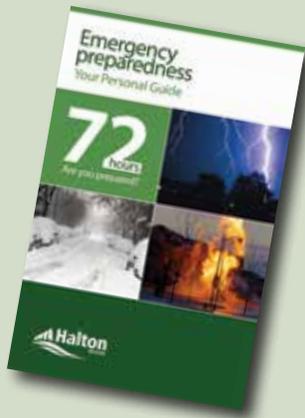
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*TIP: expand your network by getting to know your neighbours.*

Emergencies can occur at any time and your best defence is to be prepared. Halton Region's pamphlet series on emergency preparedness for people with disabilities includes:

- Hearing
- Highrise Safety
- Mobility
- Non-Visible Disabilities
- Older Adults
- Travel Considerations
- Vision

These pamphlets supplement the information found in Halton Region's Personal Emergency Preparedness Guide, available at [halton.ca/beprepared](http://halton.ca/beprepared).



Non-visible disabilities can include communication, cognitive, sensory, mental health, learning or intellectual disabilities. They can also include conditions and diseases such as allergies, epilepsy, hemophilia, diabetes, thyroid condition, multiple sclerosis, pulmonary or heart disease and/or dependency on dialysis, sanitary or urinary supplies. Non-visible disabilities can impact an individual's ability to respond to an emergency and/or perform certain tasks.

## Assisting people with disabilities

- Allow the person to describe what help they need from you.
- Find an effective way to communicate instructions (for example, 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 medication not prescribed by their physician.
- Keep people with multiple sclerosis cool and dry to avoid making their symptoms worse.
- Avoid shouting or speaking quickly.
- 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 the convulsion passes and the person is conscious, help them into a resting position.

**Remember: Individuals are best at knowing their own needs. Ask the person how you can help them**

## 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 specific needs.
- Inform your designated support network\* 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 assistance.
- People with multiple sclerosis: symptoms are often made worse by heat and humidity.
- 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.