

Additional items for your emergency survival kit:

- a supply of food items appropriate to your disability or dietary restrictions;
- assistive devices such as canes, walkers, wheelchairs, hearing aids, breathing apparatus, blood glucose monitoring device;
- prescription eyewear and footwear;
- extra batteries for hearing aids;
- list of all your required medical supplies and special equipment;
- extra supply of medications and vitamin supplements;
- copies of all medication prescriptions;
- extra dentures and cleaner;
- latex-free gloves (to give to anyone providing personal care to you); and
- any other contingency supplies unique to your specific needs.

If you are an older adult with diabetes, please refer to “Non-Visible Disabilities” pamphlet for additional information.

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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Accessibility Directorate of Ontario

Older Adults with Disabilities



72 hours
Are you prepared? Emergency
preparedness



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



halton.ca ☎ 311



Available in alternate format

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 with Disabilities
- Travel Considerations
- Vision

These pamphlets supplement the information found in Halton Region's Personal Emergency Preparedness Guide, available at halton.ca/beprepared.



Since an emergency situation or an evacuation can be a frightening and confusing time, it is important that older adults, especially those with disabilities, know the steps to take in an emergency. Older adults are encouraged to contact 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.

Assisting people with disabilities

- Check on neighbours who are older adults with disabilities to find out if they need your help during an emergency or evacuation.
- Allow the person to describe what help they need and how you can assist 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 older adults 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 equipment and/or assistive devices during an emergency.
- Refrain from shouting or speaking unnaturally slowly.
- Avoid being dismissive of the person's concerns or requests.

Remember: Individuals know their own needs best. Ask the person how you can help them.

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, neighbours, building superintendent, etc. and keep a copy with you and in your survival kit.
- 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 immediately need.
- Always wear your MedicAlert identification.