

Communication Difficulties (Mental Disabilities, Intellectual Disabilities, LEP, Visual/Hearing Impaired)

	Twitter	Facebook	Instagram
Emergency Plan	<p>Preparing makes sense for people with special medical needs. Learn how to prepare for emergencies: http://1.usa.gov/1KYsJ3f #EventHashtag</p> <p>Do you know someone who may have trouble communicating during a disaster? Be a part of his/her emergency plan #EventHashtag</p> <p>Own a medical alert tag or bracelet? Wear it. Helps explain your disability & needs to others who can help you in a disaster #EventHashtag</p> <p>Keep written descriptions of your disability and support needs in case you are unable to describe situation in an emergency #EventHashtag</p> <p>Now is a great time to update your emergency plan and share it with your loved ones #EventHashtag</p> <p>Keep a written copy of your emergency plan with you at all times #EventHashtag</p>	<p>Preparing makes sense for people with special medical needs. Check out this resource to learn how to prepare for emergencies. Link: http://1.usa.gov/1KYsJ3f Image: Person writing plan</p> <p>Do you know someone who may have trouble communicating during a disaster? Offer to become a part of his or her emergency plan. Image: Two friends sitting together</p> <p>Do you own a medical alert tag or bracelet? Be sure to wear it at all times. Also, keep written descriptions of your disability and support needs in case you are unable to describe your situation. Doing these things will help explain your needs to those who can help you during an emergency. Image: Medical bracelet</p> <p>Now is a great time to update your emergency plan and share it with your loved ones. You should also keep a written copy of your emergency plan with you at all times. Link: http://1.usa.gov/1KYsJ3f Image: Person sharing papers with a friend</p> <p>If you have difficulty communicating with others, keep copies of your medical records with you at all times. Follow this link to find out</p>	<Are you prepared infographic>

	<p>Have copies of your medical records with you at all times. You can keep track of them electronically http://bit.ly/1PhjJFp #EventHashtag</p> <p>Practice your emergency plan. Doing so will help you remember what to do in an actual emergency #EventHashtag</p> <p>If you have a home healthcare provider, make sure he/she is aware of your emergency plans as well #EventHashtag</p> <p>How does your community plan for special needs in disasters? Contact your local emergency management agency to find out #EventHashtag</p> <p>Contact your local health department to ask about shelters that serve people with special needs #EventHashtag</p> <p>Disasters are difficult to cope with. Learn how to recognize and respond to signs of stress http://1.usa.gov/ShAMxO #EventHashtag</p> <p>Techniques like deep breathing and muscle relaxation can help you stay</p>	<p>how you can keep track of them electronically: Link: http://bit.ly/1PhjJFp Image: Link has an image</p> <p>Practice your emergency plan. Doing so will help you remember what to do in an actual emergency. If you have a home healthcare provider, make sure he or she is aware of your emergency plans as well. Image: Person with caretaker</p> <p>How does your community plan for special needs during disasters? Contact the [local emergency management agency] to find out. Call XXX-XXX-XXXX or email [insert email address]. Image: Emergency management workers</p> <p>Contact the [local health department] to ask for information about emergency shelters that serve people with special needs. Call XXX-XXX-XXXX or email [insert email address]. Image: Emergency shelter</p> <p>Disasters are difficult to cope with. Techniques like deep breathing and muscle relaxation can help you stay calm. Learn how to recognize and respond to signs of stress. Link: http://1.usa.gov/1cTJLv0 Image: Stressed person</p> <p>Need to talk to someone? SAMHSA has a free, confidential helpline for those in need after a disaster. Check out the SAMHSA website for more</p>	
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	<p>calm in a disaster http://1.usa.gov/1cTJLv0 #EventHashtag</p> <p>It may be helpful to pack books, games, and stuffed animals for comfort during a disaster #EventHashtag</p> <p>Need to talk to someone? SAMHSA has a free, confidential helpline for those in need after a disaster http://1.usa.gov/1bBhDip #EventHashtag</p> <p>Be patient, be understanding, and be supportive when communicating with persons who have special needs #EventHashtag</p> <p><u>Autism Spectrum Disorder:</u></p> <p>Learn more about disaster preparedness tips for families affected by autism: http://bit.ly/1U4waZl #EventHashtag</p> <p>(1of2) Do you or someone you love have Autism Spectrum Disorder? Consider getting a window decal for your home or car.</p> <p>(2of2) Place the decal on your home/car window to notify first responders in the event of an emergency</p>	<p>information. Link: http://1.usa.gov/1bBhDip Image: Link has an image</p> <p>Be patient, be understanding, and be supportive when communicating with persons who have special needs, especially during an emergency. Image: Person helping another person</p> <p>Here is a great resource for families affected by autism – a list disaster preparedness tips from the Autism Society. Link: http://bit.ly/1U4waZl Image: Autism Society logo</p> <p>Do you or someone you love have Autism Spectrum Disorder? Consider getting a window decal for your home and/or car. The decal will notify first responders in the event of an emergency. Link: http://bit.ly/1YicH5S Image: Decal</p> <p>First responders, take note – children & adults with Autism</p>	<p><5-point scale></p>
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	<p><u>http://bit.ly/1YicH5S</u> #EventHashtag</p> <p>(1of2) First responders: people w/ Autism Spectrum Disorder may be over- or under- reactive to sights & sounds in an emergency #EventHashtag</p> <p>(2of2) Here are some helpful tips for responding to and helping people with Autism Spectrum Disorder <u>http://bit.ly/1QWw6DF</u> #EventHashtag</p> <p>(1of2) When communicating w/ people with Autism Spectrum Disorder, speak slowly, use simple language & repeat simple questions #EventHashtag</p> <p>(2of2) Allow time for responses, give lots of praise & don't physically block self-stimulating behavior #EventHashtag <u>http://bit.ly/1Rkg1lr</u></p> <p>(1of2) People w/ Autism Spectrum Disorder are very vulnerable in disasters. They may copy the feelings/behaviors of others #EventHashtag</p> <p>(2of2) Be aware of your tone & body language. Stay calm to avoid creating</p>	<p>Spectrum Disorder (ASD) may be either over- or under- reactive to stimulation. This is particularly relevant during emergencies, when there can be many new sights and sounds. Here are some helpful tips for responding to and helping people with ASD.</p> <p>Link: <u>http://bit.ly/1QWw6DF</u></p> <p>Image: Responder speaking with a child</p> <p>When communicating with people with Autism Spectrum Disorder, speak slowly, use simple language, and repeat simple questions. Allow time for responses and give lots of praise. Be sure not to block any self-stimulating behavior.</p> <p>Link: <u>http://bit.ly/1Rkg1lr</u></p> <p>Image: Person speaking to another person</p> <p>People with Autism Spectrum Disorder are very vulnerable in disasters. They may copy the feelings and behaviors of others, so be aware of your tone and body language. Stay calm to avoid creating stress for these individuals.</p> <p>Link: <u>http://bit.ly/1U4waZl</u></p> <p>Image: Parent talking calmly to child</p> <p>Do you or someone you love have Autism Spectrum Disorder? Create an identification card that you can use during an emergency if you or your loved one may have trouble communicating with others in times of stress.</p> <p>Link: <u>http://bit.ly/1XtkwWb</u></p> <p>Image: Person holding card</p>	<p><sample ASD ID card></p>
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	<p>stress for these individuals #EventHashtag http://bit.ly/1U4waZl</p> <p>Create an ID card to let others know that you or a loved one has Autism Spectrum Disorder http://bit.ly/1XtkwWb #EventHashtag</p> <p>Have Autism Spectrum Disorder? Use visual tools to help you communicate clearly w/ first responders http://bit.ly/1KfRtDt #EventHashtag</p> <p>(1 of 2) A 5 point scale can help people w/ Autism Spectrum Disorder express and control their emotions http://bit.ly/1k87X4H #EventHashtag</p> <p>(2 of 2) The 5-point scale is also available as an app. Download it here: http://apple.co/1OG4chs #EventHashtag</p> <p>Individuals w/ Autism Spectrum Disorder sometimes wander. Tracking devices can help you locate them 24/7 http://bit.ly/1HIZSdx #EventHashtag</p> <p><u>Limited English Proficiency</u></p>	<p>Do you or someone you love have Autism Spectrum Disorder? Visual tools can help you communicate clearly with first responders during an emergency. Link: http://bit.ly/1KfRtDt Image: First responder speaking with people</p> <p>A 5-point scale can help people with Autism Spectrum Disorder express and control their emotions: http://bit.ly/1k87X4H. It is also available as an app: http://apple.co/1OG4chs. Image: Person with smartphone</p> <p>Individuals with Autism Spectrum Disorder sometimes wander. “Wandering-prevention technology” can help you locate them at all times. Link: http://bit.ly/1HIZSdx</p>	
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	<p>For translations of emergency preparedness tips, visit</p> <p>http://1.usa.gov/1HDqP0t #EventHashtag</p> <p>(1 of 2) A language board can help you communicate with first responders. Use pictures, key phrases to identify your needs #EventHashtag</p> <p>(2 of 2) You can use this as a guide to create your own language board</p> <p>http://bit.ly/1Plw4dg #EventHashtag</p> <p>The FEMA app can provide you with emergency information in Spanish. Download the app here:</p> <p>http://1.usa.gov/1qks4ef #EventHashtag</p> <p><u>For individuals with hearing impairments:</u></p> <p>Are you hearing impaired? Check out this resource to learn how you can prepare for a disaster</p> <p>http://1.usa.gov/1Up6nF #EventHashtag</p> <p>(1of2) Is your hearing impaired? Write down where you got hearing aids & exact type of batteries</p> <p>http://1.usa.gov/1Up6nF #EventHashtag</p>	<p>For translations of emergency preparedness tips, visit this FEMA site that contains resources in several languages.</p> <p>Link: http://1.usa.gov/1HDqP0t</p> <p>Image: Ready.gov logo</p> <p>A language board can help those who do not speak English well to communicate with first responders during an emergency. Using pictures and key phrases can help communicate needs. Use this resource as a guide to create your own language board.</p> <p>Link: http://bit.ly/1Plw4dg</p> <p>Image: Person on computer</p> <p>The FEMA app can provide you with emergency information in Spanish. Download the app here.</p> <p>Link: http://1.usa.gov/1qks4ef</p> <p>Image: Person using smart phone</p> <p><u>For individuals with hearing impairments:</u></p> <p>Are you hearing impaired? Check out this resource to learn how you can prepare for a disaster.</p> <p>Link: http://1.usa.gov/1Up6nF</p> <p>Image: Person using computer</p> <p>Is your hearing impaired? Write down where you purchased your hearing aids and the exact type of batteries they use. Make sure to keep batteries and a spare charger for hearing aids, cochlear implants, or assistive listening devices in your emergency kit.</p>	 <p><ASL preparedness video clip></p>
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	<p>(2of2) Keep batteries, spare charger for hearing aids/cochlear implant/assistive listening device in your emergency kit #EventHashtag</p> <p>Make a communication card to inform others of your condition and what they can do to help http://1.usa.gov/24p5O7I #EventHashtag</p> <p>Are you hearing impaired? Carry paper, pens, or pencils with you at all times to help communicate your needs #EventHashtag</p> <p>Are you hearing impaired? NOAA Weather Radio provides emergency updates to ppl w/ hearing impairments http://1.usa.gov/1QhlTEI #EventHashtag</p> <p>Telecommunications Relay Service helps persons w/ hearing/speech disabilities place/receive phone calls http://fcc.us/1RKV5vl #EventHashtag</p> <p>Have a hearing impairment? Keep an analog-based amplified or captioned phone in your emergency kit http://1.usa.gov/1Uup6nF #EventHashtag</p>	<p>Link: http://1.usa.gov/1Uup6nF Image: Emergency kit</p> <p>Are you hearing impaired? Make a communication card to inform others of your condition and what they can do to help. Link: http://1.usa.gov/24p5O7I</p> <p>Are you hearing impaired? Carry paper, pens, or pencils with you at all times to help communicate your needs in case there is an emergency. Image: Pens and pencils</p> <p>NOAA Weather Radio provides emergency updates to people with hearing impairments. Click here for more information. Link: http://1.usa.gov/1QhlTEI Image: NOAA logo</p> <p>The Telecommunications Relay Service helps persons with hearing or speech disabilities place and receive phone calls. Go to this web site for more information. Link: http://fcc.us/1RKV5vl Image: Phone</p> <p>Have a hearing impairment? Many new cell phones and smart phones have specific sounds, lights, & vibrations that can be set to alert you to an emergency. It's also a good idea to keep an analog-based amplified or captioned phone in your emergency kit. Link: http://1.usa.gov/1Uup6nF Image: Smart phone</p>	
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	<p>Many new cell phones and smart phones have specific sounds, lights & vibrations that can be set to alert you to an emergency #EventHashtag</p> <p><u>For individuals with vision impairments:</u></p> <p>Are you visually impaired? Check out this resource to learn how you can prepare for a disaster http://1.usa.gov/1Up6nF #EventHashtag</p> <p>(1of2) Are you visually impaired? Include a spare cane, glasses, and contact lenses in your emergency kit #EventHashtag</p> <p>(2of2) Use assistive technology (white canes/CCTV/text-to-speech software)? Keep model numbers, where equipment was bought #EventHashtag</p> <p>If you're visually impaired keep a braille or deaf-blind communications device in your emergency kit http://1.usa.gov/1Up6nF #EventHashtag</p> <p>Are you visually impaired? Mark emergency supplies with braille/ colored tape/large print to easily</p>	<p><u>For individuals with vision impairments:</u></p> <p>Are you visually impaired? Check out this resource to learn how you can prepare for a disaster. Link: http://1.usa.gov/1Up6nF Image: Emergency kit</p> <p>Are you visually impaired? Include a spare cane, glasses, and contact lenses in your emergency kit. If you use assistive technology such as a white cane, CCTV, or text-to-speech software, include model numbers and information on where you purchased the equipment. Link: http://1.usa.gov/1Up6nF Image: Glasses</p> <p>If you're visually impaired keep a braille or deaf-blind communications device or braille/text communication cards in your emergency kit to help with two-way communication. Image: Emergency kit</p> <p>Are you visually impaired? Mark emergency supplies with braille, colored tape, and large print to easily identify them in an emergency. Keep a list of your emergency supplies on a flash drive</p>	
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	<p>find them in an emergency #EventHashtag</p> <p>If you're visually impaired keep a list of your emergency supplies on a flash drive or audio file & store in a safe place #EventHashtag</p> <p>If you are visually impaired, keep braille/text communication cards in your emergency kit to help with 2-way communication #EventHashtag</p>	<p>or audio file and store in a safe place.</p> <p>Image: Flash drive</p>	
Evacuation	<p>Do you know someone who may have trouble communicating during a disaster? Offer to help him/her evacuate if need be #EventHashtag</p> <p>Prepare laminated instructions if you may find it difficult to describe your needs & preferences to emergency responders #EventHashtag</p> <p>For more info on planning for an evacuation for those w/ communication difficulties, visit: http://1.usa.gov/1Up6nF #EventHashtag</p> <p><u>For persons with vision impairments:</u></p> <p>Place textured labels along doors and walls to help you find emergency exits during</p>	<p>Do you know someone who may have trouble communicating during a disaster? Offer to help him or evacuate during an emergency if need be.</p> <p>Image: Person helping another person</p> <p>If you may find it difficult to communicate your needs and preferences to first responders during an emergency, prepare laminated instructions to have on hand. Check out this resource for more preparedness tips and information on planning for an evacuation.</p> <p>Link: http://1.usa.gov/1Up6nF</p> <p><u>For persons with vision impairments:</u></p> <p>If you have a visual impairment, place textured labels along doors and walls to help you find</p>	

<p>an evacuation http://bit.ly/1I6DO68 #EventHashtag</p> <p>If you have low vision, hang battery-powered lights throughout your home or workspace to light emergency exit routes #EventHashtag</p> <p>If you have a visual impairment, learn your evacuation route before a disaster strikes to make getting out as easy as possible #EventHashtag</p>	<p>emergency exits during an evacuation. Hang battery-powered lights throughout your home or workspace to light emergency exit routes.</p> <p>Link: http://bit.ly/1I6DO68 Image: Battery powered light</p> <p>If you have a visual impairment, learn your evacuation route before a disaster strikes to make getting out as easy as possible.</p> <p>Image: Evacuation route sign</p>	
<p><u>For persons with service animals:</u></p> <p>During an evacuation, ensure that a service animal isn't separated from its master if possible http://bit.ly/1WS8BAp #EventHashtag</p> <p>Remember to put your contact info on your service animal's name tag just in case you get separated during an evacuation #EventHashtag</p> <p>If you go to a public shelter, by law all service dogs are</p>	<p><u>For persons with service animals:</u></p> <p>During an evacuation, ensure that a service animal isn't separated from its master if possible. Remember to put contact information on the service animal's name tag just in case they are separated for some reason.</p> <p>Link: http://bit.ly/1WS8BAp Image: Service animal</p> <p>If you go to a public shelter, by law, all service dogs are allowed inside and must be allowed to remain with you at all times.</p> <p>Image: Service dog</p>	

	allowed inside & must be allowed to remain w/ you at all times #EventHashtag		
Shelter in place	<p>Shelter in place means taking immediate shelter wherever you are during an emergency #EventHashtag</p> <p>An emergency kit should contain at least 3 days' worth of supplies in case you must shelter in place http://1.usa.gov/1KYsJ3f #EventHashtag</p> <p>Ask your employer about the shelter in place plan at work and make sure the plan meets your specific needs #EventHashtag</p>	<p>"Shelter in place" means taking immediate shelter wherever you are during an emergency. Your emergency kit should contain at least 3 days' worth of supplies in case you must shelter in place. Be sure to ask your employer about the shelter in place plan at work & make certain the plan meets your specific needs.</p> <p>Link: http://1.usa.gov/1KYsJ3f Image: Emergency kit</p>	
Power Outage	<p>Have a disability? Call your power company. You may be able to register & get your power restored faster during outages #EventHashtag</p> <p>Purchase extra batteries for assistive technology devices in case there is a power outage http://1.usa.gov/1d4AyxZ #EventHashtag</p> <p>Plan alternative ways to charge your communication and assistive technology devices before a disaster strikes #EventHashtag</p>	<p>Do you have a disability? Call your power company. You may be able to register with them and get your power restored faster during power outages. Image: Downed power lines</p> <p>Do you use assistive technology? Purchase extra batteries for your devices in case there is a power outage. Link: http://1.usa.gov/1d4AyxZ Image: Batteries</p> <p>Plan alternative ways to charge your communication and assistive technology devices before a disaster strikes. Buy chargers that can be manually operated or powered</p>	

	<p>Buy chargers that can be manually operated or powered using alternative energy #EventHashtag</p> <p>Do your medications need to be refrigerated? Learn how to store them if the power goes out http://1.usa.gov/1Macrkr #EventHashtag</p> <p>Certain medications do not last for long periods of time without refrigeration. Throw them out if they have spoiled #EventHashtag</p>	<p>using alternative energy in case there is a power outage. Image: Downed power lines</p> <p>Do your medications require refrigeration? Learn how to store them if the power goes out. Certain medications do not last for long periods of time, so if you are unable to refrigerate them and they spoil, throw them away. Image: Medication bottles</p>	
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