

## Physical & Mobility Disabilities/Assistive Technology

	Twitter	Facebook	Instagram
Emergency Plan	<p>Do you have a physical disability? Now is a great time to update your emergency plan and share it with your loved ones #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>Have an emergency plan? If so, great! Have you practiced it with loved ones recently? Remember, practice makes perfect #EventHashtag</p> <p>Thought about which disasters could happen in your area? Are you prepared? This video can help:  <a href="http://1.usa.gov/1RlixAI">http://1.usa.gov/1RlixAI</a>                      #EventHashtag</p> <p>Preparing makes sense for people with disabilities. Check out this video to learn how to get prepared  <a href="http://1.usa.gov/1Lc5baG">http://1.usa.gov/1Lc5baG</a>                      #EventHashtag</p> <p>Preparing makes sense for people with disabilities. Check out this brochure to learn how:  <a href="http://1.usa.gov/1QEa5zN">http://1.usa.gov/1QEa5zN</a>                      #EventHashtag</p> <p>Preparing makes sense for people with disabilities and</p>	<p>Do you have a physical disability? Now is a great time to update your emergency plan and share it with your loved ones.                      Image: Family sitting around table and having a discussion</p> <p>If you have a home healthcare provider, make sure to include him or her in your emergency plans as well. Take time to review and practice them together. Remember, practice makes perfect.                      Image: Caretaker helping patient using assistive technology</p> <p>Have you thought about which disasters could happen in your area? Are you prepared? This video can help.                      Link: <a href="http://1.usa.gov/1RlixAI">http://1.usa.gov/1RlixAI</a>                      Image: Checklist</p> <p>Preparing makes sense for people with disabilities and special medical needs. Need tips on how to get prepared? Check out the following links for more information                      Video: <a href="http://1.usa.gov/1Lc5baG">http://1.usa.gov/1Lc5baG</a>                      Brochure: <a href="http://1.usa.gov/1QEa5zN">http://1.usa.gov/1QEa5zN</a>                      Ready.gov webpage: <a href="http://1.usa.gov/1KYsJ3f">http://1.usa.gov/1KYsJ3f</a></p> <p>How does your community plan for special needs in disasters? Contact the [local emergency management agency] to find out.</p>	

special medical needs. Learn how to prepare:  
<http://1.usa.gov/1KYsJ3f>  
#EventHashtag

How does your community plan for special needs in disasters? Contact your local emergency management agency to find out  
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Have a disability? Don't forget to put together an emergency kit. Go to  
<http://1.usa.gov/1LMzRwa> for a list of supplies & tips  
#EventHashtag

Do you use any electronic medical devices? Don't forget to get backup batteries for them #EventHashtag

If you own a medical alert tag or bracelet, wear it. If not, get one. It can help responders identify your support needs  
#EventHashtag

Tip: Follow normal routine & note things that might be difficult to manage w/out in an emergency, then brainstorm solutions #EventHashtag

#### For individuals with service animals:

Pack an emergency kit for your service animal. Check out  
<http://1.usa.gov/1QDj3Ya> for

Image: Municipality logo

Do you have a disability? Don't forget to put together an emergency kit. If you use any electronic medical devices, remember to include backup batteries in your kit. Check out Ready.gov for a list of supplies and tips.

Link: <http://1.usa.gov/1LMzRwa>

Image: Emergency kit

If you own a medical alert tag or bracelet, wear it. If not, be sure to get one. It can help responders identify your support needs in a disaster.

Image: Medical alert tag

When creating your emergency plan, follow your normal routine. If you notice things that might be difficult to manage without in an emergency, brainstorm solutions.  
Image: Person looking in pantry

#### For individuals with service animals:

Pack an emergency kit for your service animal. Don't forget to label all of the supplies with your contact information (or your emergency contact's information).

Link: <http://1.usa.gov/1QDj3Ya>

Image: Service animal

Keep veterinary records and immunization cards of your service animal on hand. Be sure to carry a photo of you and your service animal as proof of

a complete list of supplies to include #EventHashtag

Be sure to label all service animal supplies w/ your contact info (or your emergency contact's info) <http://1.usa.gov/1QDj3Ya> #EventHashtag

Keep veterinary records and immunization cards of your service animal on hand #EventHashtag

Carry a photo of you and your service animal as proof of ownership in case you are separated <http://1.usa.gov/1QDj3Ya> #EventHashtag

Is your service animal fully trained and tamed? Shelters may turn away animals that cannot be kept under control #EventHashtag

Your service animal should always wear a harness and leash when in a shelter #EventHashtag

Like humans, service animals can become distressed during emergency situations. Bring treats or toys to help soothe them #EventHashtag

ownership in case you are separated.

Link: <http://1.usa.gov/1QDj3Ya>

Image: Person with service animal

Is your service animal fully trained and tamed? Shelters may turn away animals that cannot be kept under control. Your animal should always wear a harness and leash when in a shelter.

Image: Dog in harness and leash

Like humans, service animals can become distressed during emergency situations. Carry treats and toys in your emergency kit to help soothe them when they get restless. Image: Dog with toy or treat

Medical Plan

Have copies of your medical records with you at all times, including info about immunizations, medications & health issues #EventHashtag

If possible, stock extra over the counter and prescription medicine, and other medical supplies you use #EventHashtag

Ask your local pharmacy or doctor to provide a list of your prescription medicine and medically prescribed devices #EventHashtag

If a disaster occurs, there is an easy way to tell if your pharmacy is open. Learn more about Rx Open: <http://www.rxopen.org> #EventHashtag

Be sure to label all of your medical devices with your contact information. If possible, laminate to protect from water damage #EventHashtag

It is useful to write instructions for your medical devices so first responders can use them to help you in an emergency #EventHashtag

If you receive dialysis/oxygen/cancer treatment, work w/ your provider to ID where to continue treatment if a disaster occurs #EventHashtag

Have copies of your medical records with you at all times, including information about immunizations, medications & health issues.

Image: Medical forms

Ask your local pharmacy or doctor to provide a list of your prescription medicine and medically prescribed devices. If possible, stock extra over-the-counter and prescription medicines and other medical supplies you use.

Image: Cabinet with prescription medicine

If a disaster occurs, there is an easy way to tell if your pharmacy is open. Check out Rx Open for more information.

Link: <http://www.rxopen.org>

Be sure to label all of your medical devices with your contact information. If possible, laminate them to protect against potential water damage.

Image: Laminated label

Use medical devices? Write out instructions for each of them so that first responders can use them to help you in an emergency.

Image: Power wheelchair

If you receive dialysis, oxygen, or cancer treatments, work with your healthcare provider to identify where you can continue treatment if a disaster occurs.

<map of nearby pharmacie s>

Receive in-home assistance or services like Meals on Wheels? Make a plan for continued care w/ provider before an emergency #EventHashtag

For patients on dialysis:

If you expect delays between dialysis treatments, start a “3-day emergency diet” Find details here:

<http://bit.ly/1OxjJfU>

#EventHashtag

If your usual dialysis facility isn't open, look for others in your area that provide the specific treatments you need

<http://bit.ly/1Mtvnb8>

#EventHashtag

Dialysis patients: Create a patient card that lists medical provider, treatment plan & dialysis facility

<http://bit.ly/1VGRHo3>

#EventHashtag

Trouble accessing dialysis treatments during #EventHashtag? Call the Kidney Community Response Coalition's Emergency Hotline: 866-901-3773

Dialysis patients must take special precautions during disasters. For more info/preparedness resources:

<http://bit.ly/YxHv9Z>

#EventHashtag

Image: Oxygen tank

Do you receive in-home assistance or services like Meals on Wheels? Make a plan for continued care with your providers before an emergency.

Image: Meals on Wheels delivery

For patients on dialysis:

If you expect delays between dialysis treatments, start a “3-day emergency diet” Find details here:

Link: <http://bit.ly/1OxjJfU>

If your usual dialysis facility isn't open, look for others in your area that offer the specific treatments you need. If you are having trouble finding treatment, call the Kidney Community Response Coalition's hotline: 866-901-3773

Link: <http://bit.ly/1Mtvnb8>.

Image: Kidney Community Response Coalition logo

Dialysis patients: Create a patient card that lists your medical provider, treatment plan, and dialysis facility. This card will alert responders if you need emergency treatment.

Image: Person writing

Dialysis patients must take special precautions during disasters. For more preparedness resources, check out this resource.

Link: <http://bit.ly/YxHv9Z>

Image: Link has image

	<p><u>For patients requiring oxygen devices:</u></p> <p>Use an oxygen tank? Create an oxygen disaster kit. For a list of supplies to include, visit <a href="http://bit.ly/1TPszfJ">http://bit.ly/1TPszfJ</a> #EventHashtag</p> <p>Use an oxygen tank? Check out this resource to learn how you can prepare for a disaster: <a href="http://bit.ly/1TPszfJ">http://bit.ly/1TPszfJ</a> #EventHashtag</p> <p>Use an oxygen tank? Contact your oxygen supplier to find out how much oxygen you require &amp; how long your supplies last #EventHashtag</p> <p>Use an oxygen tank? Ask your supplier how you can access additional backups of oxygen in the event of an emergency #EventHashtag</p>	<p><u>For patients requiring oxygen devices:</u></p> <p>Do you use an oxygen tank? Create an oxygen disaster kit. Check out this resource for a list of supplies to include and other tips on how you can prepare for a disaster. Link: <a href="http://bit.ly/1TPszfJ">http://bit.ly/1TPszfJ</a> Image: Oxygen mask</p> <p>Use an oxygen tank? Contact your oxygen supplier to find out how much oxygen you require and how long your supplies last. Ask about how you can access backups of oxygen in the event of an emergency. Image: Oxygen tanks</p>	
Evacuation	<p>Do you have a physical disability? Be sure to identify a personal contact at home/work that can help you evacuate if need be #EventHashtag</p> <p>(1of2) If evacuating, be ready to tell responders about the assistive devices or medical supplies you need to bring with you #EventHashtag</p> <p>(2of2) Prepare laminated instructions if you may find it hard to describe your needs or</p>	<p>Do you have a physical disability? Make sure to identify a personal contact at home and at work who can help you evacuate in an emergency. Image: Person in wheelchair speaking to another person</p> <p>In the event of an evacuation, be ready to tell responders about any assistive devices or medical supplies you need to bring with you. If you have difficulty describing your needs, it may help to write out and laminate instructions.</p>	

for the responder to understand you  
#EventHashtag

Do you know where to go if you need to evacuate? For a list of nearby shelters, go to [insert link] #EventHashtag

If you are disabled, work with local, public, or paratransit services to arrange transportation in the event of an evacuation #EventHashtag

Ask your employer about your organization's evacuation plan and make sure the plan meets your specific needs  
#EventHashtag

Before an emergency, check exits to ensure that assistive devices can fit through the doorways in case you have to evacuate #EventHashtag

Have a physical disability? Ask about temporary ramps/lifts that could be added to your home/workplace in case of emergency #EventHashtag

For more info on planning for an evacuation & preparedness tips for those w/ disabilities, visit:  
<http://1.usa.gov/1Uup6nF>  
#EventHashtag

Assisting persons in wheelchairs:

Image: Person speaking with first responder

Do you know where to go if you need to evacuate? For a list of nearby emergency shelters, go to [insert link]. If you have a disability, work with local, public, or paratransit services to arrange transportation.

Image: Emergency shelter

Do you know what your organization's evacuation plan is? Talk to your employer and make sure the plan meets your specific needs.

Image: Person in wheelchair in work setting

Check exits around your work to ensure that assistive devices can fit through the doorways. Ask about temporary ramps or lifts that could possibly be added in your home or workplace in case you need to evacuate during an emergency.

Image: Emergency exit ramp

For more information on planning for an evacuation and additional preparedness tips for those with disabilities, visit this site.

Link: <http://1.usa.gov/1Uup6nF>

During an evacuation always ask people in wheelchairs how they prefer to be moved before moving them  
<http://bit.ly/1WS8BAp>  
#EventHashtag

Try not to separate individuals from their wheelchairs during evacuation. If unavoidable, reunite person w/ wheelchair ASAP #EventHashtag

If person is lifted from wheelchair during evac, ask others to grab it. Otherwise, remove it from stairwell/don't block exits #EventHashtag

#### For persons with service animals:

During an evacuation, make sure that a service animal isn't separated from its master if possible  
<http://bit.ly/1WS8BAp>  
#EventHashtag

Remember to put your contact info on your service animal's name tag just in case you get separated during an evacuation #EventHashtag

If you go to a public shelter, by law all service dogs are allowed inside & must be allowed to remain w/ you at all times #EventHashtag

#### Assisting persons in wheelchairs:

During an evacuation be sure to ask people in wheelchairs how they prefer to be moved before moving them. Do not separate individuals from their wheelchairs. If a person must be lifted from wheelchair, ask others to grab it and return it to person ASAP.  
Link: <http://bit.ly/1WS8BAp>  
Image: [Person in wheelchair](#)

#### For persons with service animals:

During an evacuation, try not to separate a service animal from its master if possible.  
Link: <http://bit.ly/1WS8BAp>  
Image: Owner with service animal

Do you have a service animal? Remember to write your contact info on your service animal's name tag in case you get separated during an evacuation. Public shelters are required by law to allow service dogs inside, and owners have the right to remain with their service dogs at all times.  
Image: Owner with service dog

	<p><u>For assistive technology users:</u></p> <p>Review safety tips when handling medical equipment. Always get patients' permission before shutting off or moving any equipment #EventHashtag</p> <p>Consider where you'll move patients relying on assistive technology &amp; if they'll have access to a power source at new location #EventHashtag</p>	<p><u>For assistive technology users:</u></p> <p>Carefully review safety tips before handling any patient's medical equipment. Always ask the patient for permission before shutting off or moving any equipment. Image: Patient using medical equipment</p> <p>Plan ahead. Do you know where you will move patients relying on assistive technology? Will he or she have access to a power source at the new location? Image: Patient using assistive technology</p>	
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 <a href="http://1.usa.gov/1KYsJ3f">http://1.usa.gov/1KYsJ3f</a> #EventHashtag</p> <p>If you have a physical disability &amp; must shelter in place, choose a space you can easily access w/ few doors/windows/openings #EventHashtag</p>	<p>"Shelter in place" means taking immediate shelter wherever you are during an emergency. Have an emergency kit with at least 3 days' worth of supplies ready in case you must shelter. Link: <a href="http://1.usa.gov/1KYsJ3f">http://1.usa.gov/1KYsJ3f</a> Image: Emergency kit</p> <p>If you have a physical disability and need to shelter in place, choose a space you can easily access. Rooms with few doors, windows, and openings are best. Image: Shelter in place logo</p> <p>Keep in contact with your support network while you are sheltering in place. Have someone regularly</p>	

	<p>Keep in contact with your support network while you are sheltering in place. Have someone check in with you regularly EventHashtag</p> <p>Ask your employer about your organization’s shelter in place plan &amp; make sure it meets your specific needs #EventHashtag</p>	<p>check in with you to ensure your needs are being met. Image: Two people speaking on phone</p> <p>Do you know what your organization’s shelter in place plan is? Talk to your employer and make sure the plan meets your specific needs. Image: Person speaking with employer</p>	
Power Outage	<p>Have a disability? Call your power company. You may be able to register &amp; get your power restored faster during outages #EventHashtag</p> <p>Tell your power company if you use oxygen or mechanical ventilation. <a href="http://1.usa.gov/1Uup6nF">http://1.usa.gov/1Uup6nF</a> #EventHashtag</p> <p>Ask about other sources you can use to power assistive technology during a power outage <a href="http://1.usa.gov/1d4AyxZ">http://1.usa.gov/1d4AyxZ</a> #EventHashtag</p> <p>Purchase extra batteries for power wheelchairs or other medical/assistive technology devices <a href="http://1.usa.gov/1d4AyxZ">http://1.usa.gov/1d4AyxZ</a> #EventHashtag</p> <p>(1of2) If you rely on power for medical reasons, plan for how you will obtain power backup during an outage #EventHashtag</p>	<p>If you have a disability, call your power company. You may be able to register and get your power restored faster during outages. This is particularly important if you use oxygen or mechanical ventilation. Image: Power/electric symbol Link: <a href="http://1.usa.gov/1Uup6nF">http://1.usa.gov/1Uup6nF</a></p> <p>If you rely on power for medical reasons, find out about other sources you can use to power assistive technology during an outage. If possible, have backup batteries, generators, or alternate electrical resources. Link: <a href="http://1.usa.gov/1d4AyxZ">http://1.usa.gov/1d4AyxZ</a> Image: Generator</p> <p>In case of a power outage, purchase extra batteries for power wheelchairs or other medical devices. Link: <a href="http://1.usa.gov/1d4AyxZ">http://1.usa.gov/1d4AyxZ</a> Image: stash of batteries</p> <p>Plan alternative ways to charge your communication devices when a disaster strikes in case of power outages. Buy chargers that can be manually operated or</p>	

	<p>(2of2) If possible, have backup battery, generator, solar or alternate electrical resources #EventHashtag</p> <p>Plan alternative ways to charge your communication and assistive technology devices before a disaster strikes #EventHashtag</p> <p>Buy chargers that can be manually operated or powered using alternative forms of energy #EventHashtag</p> <p>Does your medication need to be refrigerated? Learn how to store them if the power goes out <a href="http://1.usa.gov/1Macrkr">http://1.usa.gov/1Macrkr</a> #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>powered using alternate forms of energy. Link: <a href="http://1.usa.gov/1d4AyxZ">http://1.usa.gov/1d4AyxZ</a></p> <p>Do your medications need to be refrigerated? 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>	
Disease Outbreak	<p>The best way to prevent infection is to get vaccinated. Ask your doctor about signing up for priority vaccination #EventHashtag</p> <p>If you have a chronic health condition, you may be at higher risk for XXX disease. Get vaccinated sooner rather than later #EventHashtag</p>	<p>The best way to prevent infection is to get vaccinated. Talk to your doctor about signing up for priority vaccination. Get vaccinated sooner rather than later. Image: Person getting vaccinated</p> <p>If you have a chronic health condition, you may be at higher risk for XXX disease. Call your doctor for more information about how it may affect your condition.</p>	

If you have symptoms of XXX disease, contact your doctor immediately #EventHashtag

If you are physically disabled, call your doctor for info about #Eventhashtag if you are worried about how it may affect your condition

To prevent infection/spread of XXX disease wash your hands often and cover your mouth when you cough #EventHashtag

Be sure to continue taking your regular daily medications at this time. Call your doctor if you have any questions/concerns. #EventHashtag

If you are a caregiver to someone with a disability/chronic illness, you should get vaccinated as soon as possible #EventHashtag

If you are a caregiver to someone w/ a disability/chronic illness, find someone to take your place should you become sick #EventHashtag

Image: Person on the phone

If you have symptoms of XXX disease, contact your doctor immediately.

Image: Doctor and patient

To prevent infection/spread of XXX disease, wash your hands often and cover your mouth when you cough.

Image: Person washing hands

If you have a disability or chronic illness, continue taking your regular medications at this time, unless otherwise told. Call your doctor if you have any questions or concerns.

Image: Person taking medication

If you are a caregiver to someone with a disability or chronic illness, you should get vaccinated as soon as possible. Find someone who can take your place should you become sick.

Image: Person getting vaccinated