

Additional Items for Your Emergency Kit

- Supply of food items appropriate to your disability or dietary restrictions
- List of instructions that you can easily follow in an emergency
- Personal list and minimum three days supply of all needed medications, medical supplies and special needs equipment (eg. Ventilator for asthma, nitrolingual spray for heart condition, Epinephrine pen against allergic reaction/anaphylactic shock, etc.)
- Detailed list of all prescription medications
- MedicAlert identification
- Any other contingency supplies unique to your special needs

For people with Diabetes

- Extra supply of insulin or pills, syringes, needles and insulin pens (if necessary)
- Small container for storing used syringes/needles
- 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
- Ice packs and thermal bag to store insulin



Town of Hanover

341 10th St.
Hanover, ON
N4N 1P5
519-364-2780
hanover.ca

NON-VISIBLE DISABILITIES



Emergency Preparedness

DETAILS

Do's and Don'ts- Assisting People with Disabilities

- Allow the people to describe what help they need from you
- Find effective means of communication (eg. 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 medicines not prescribed by their physician
- Keep people with multiple sclerosis cool and dry to avoid making their symptoms worse
- Avoid shouting or speaking quickly but do not speak so slowly as to offend the person
- 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 convulsion passes and person is conscious, help them into a resting position

Non visible disabilities can include communication, cognitive, sensory, mental health, learning or intellectual disabilities in which an individual's ability to respond to an emergency is restricted and/or they may have difficulty in performing some tasks. Disabilities can include allergies, epilepsy, hemophilia, thyroid condition, multiple sclerosis, pulmonary or heart disease and/or dependency on dialysis, sanitary or urinary supplies.

Remember: individuals are best at knowing their own needs and these should be respected.

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 special needs
- Inform your designated support network of where you store your medication



Tip: expand your network by getting to know your neighbours

- 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 special assistance
- People with multiple sclerosis: symptoms are often made worse by heat and humidity; be prepared to keep cool/dry
- 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**