

Additional Items for Your Emergency Kit

- Supply of food items appropriate to your disability or dietary restrictions
- Supply of medications/assistive devices appropriate to your disability (eg. Glucagen Injection if you manage your diabetes with insulin and you are traveling to a remote location that does not have ambulance service)
- Laminated personal information card (identifying your special needs, medications, contact information, next of kin, etc.) that you keep on your person at all times when travelling
- Copy of your travel medical insurance and other important travel documents
- A personal alarm that emits a loud noise to draw attention to your whereabouts
- Small container that can store or disintegrate syringes or needles safely (if applicable)
- Anti-nausea and anti-diarrhea pills and pain medication
- Sunblock
- Insect repellent
- Dictionary to help you communicate in a foreign language
- Any other contingency supplies unique to your disability or special needs



Town of Hanover

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

TRAVEL CONSIDERATIONS

For individuals with special
needs/disabilities



*Emergency
Preparedness*

DETAILS

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

- Check on fellow travelers with visible disabilities or special needs to find out if they need your help during an emergency or evacuation
- Listen actively to what the individual with special needs is saying and how they might need your help
- If they speak in a foreign language that you do not understand, try to communicate using gestures
- During an emergency evacuation if time permits, offer to carry the person's emergency survival kit along with any special assistive devices they will need
- Review previous categories in this series of pamphlets on how to assist people with specific disabilities or special needs
- Do not let the person become separated from their wheelchair or mobility aids

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

When traveling locally or internationally, people with disabilities and seniors with special needs should take extra time to research and plan their trip to make their travel experience safe and enjoyable. This includes preparing in advance, an emergency plan and “ready-to-go-bag” with emergency survival items.

Your Emergency Plan

- Before traveling, get tips from the Foreign Affairs and International Trade website at www.voyage.gc.ca where you can register and order a free copy of the booklet “Bon Voyage But...” containing contact information for your destination's Canadian Office and Emergency Operations Centre
- Discuss your particular accommodation needs with your travel agent
- Discuss your trip with your doctor to prepare contingency plans in case of illness
- Obtain necessary travel medical insurance



Tip: expand your network by getting to know your neighbours

- Divide your medications and medical supplies between your carry-on and check-in baggage, keeping them in their original labeled containers, and bring copies of your prescriptions with you
- Always wear your MedicAlert bracelet
- Inform your travel companions on how to assist you in an emergency
- If traveling alone, establish a network (e.g. hotel staff) that can assist you during an emergency
- If you have difficulty using stairs, request a room on a lower floor
- Review the hotel emergency exit plan
- If needed to evacuate, bring your emergency “ready-to-go-bag” and any assistive devices you may need

*** Your network is a list of the people that can be called upon to provide assistance**

