



PERSONAL PREPAREDNESS TIPS FOR PEOPLE WITH VISUAL DISABILITIES

This fact sheet is designed to provide a checklist of activities for people with visual disabilities to improve emergency preparedness in the event of a disaster. Preparing does take time and effort. So do a little at a time, as your energy and budget permit. The important thing is to start preparing now. The more you do, the more confident you will be that you can protect yourself and your family.

DATE COMPLETED / ACTIVITIES

- _____ **Store extras canes**
- _____ **Alternate mobility cues in each room**
- _____ **Label emergency supplies with Braille, large print, or fluorescent tape**
- _____ **Secure computers and important information**

Canes

- **If you use a cane, keep extras in well known and secure locations at job, home, school or volunteer site to help you maneuver around obstacles and hazards.**
- **Keep a spare cane in your emergency kit.**

Alternate Mobility Cues

- **If you have some vision, place security lights in each room, to light paths of travel. These lights plug into electrical wall outlets and light**

up automatically if there is a loss of power. They will, depending on type, continue to operate automatically for 1 to 6 hours and can be turned off manually and used as a short-lasting flashlight.

- **Store high-powered flashlights with wide beams and extra batteries.**
- **If you wear contact lenses or glasses, make sure to have an extra pair in your kit, as well as cleaning solutions.**
- **Service animals may become confused, panicked, frightened or disoriented in and after a disaster. It may be advised to keep them confined or securely leashed or harnessed. A leash! harness is an important item for managing a nervous or upset animal. Be prepared to use alternative ways to negotiate your environment.**
- **Store extra pet food and supplies for your service animal.**
- **Plan for losing the auditory clues you usually rely on after a major disaster.**

Label Supplies

- **If helpful, mark emergency supplies with large print, fluorescent tape or Braille.**

Secure Computers

- **Anchor special equipment such as computers. Create a back-up system for important data and store it off site.**

Advocacy Issues

- **Advocate that TV and radio news broadcasts not only post important phone numbers, but also announce them slowly and repeat them frequently for people who cannot read the screen.**

Created in partnership with the BC Coalition of People with Disabilities

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