



# WEATHER SAFETY

## PEOPLE WITH DISABILITIES

**You may have specific needs after a disaster.  
Take time now to get prepared.**

### FOR YOUR MEDICATIONS

- Keep a list of all your medications, including information about your diagnosis, the exact name of your medication, the dosage, your pharmacy's contact information, and the name of your doctor.
- If your medication needs to be kept cold, have a cooler, ice packs, and/or a portable generator in your emergency kit.
- Keep an extra supply of non-prescription medications, such as pain and fever relievers.

### FOR PEOPLE WITH A MOBILITY DISABILITY

- If you use an power wheelchair, have a lightweight, manual chair available as a backup if possible. Have an extra battery available for your power wheelchair.
- Show others how to handle your wheelchair.
- Keep an extra mobility device, such as a cane or walker, if you use one.
- Communicate with neighbors who can help you get to your shelter if needed.

### FOR PEOPLE WHO ARE DEAF OR HARD OF HEARING

- Keep extra batteries for your hearing aid or cochlear implants.
- Keep pen and paper in case you have to communicate with someone who doesn't know ASL.
- Keep a lantern or flashlight to help read ASL or read lips if it is dark out.



## FOR PEOPLE WHO ARE BLIND OR HAVE LOW VISION

- Use Braille or large print to label the supplies in your emergency kit.
- Keep communication devices, such as Braille or deaf-blind communication devices, as part of your emergency kit.

## FOR PEOPLE WITH A SPEECH DISABILITY

- If you use a communications device or other assistive technology, keep information about the model number and where the equipment came from. How will you replace the equipment if it is lost or broken?
- Keep laminated cards with words and phrases and/or a pictogram to help communicate with others if your communications device is lost or destroyed.

## FOR PEOPLE WITH AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY

- Consider a pair of noise-canceling headphones to decrease auditory stimuli.
- Keep handheld electronic devices charged and loaded with videos and other activities. Have spare chargers available.
- Have comfort snacks available.
- Include sheets, blankets, or a small pop-up tent in your emergency kit to help decrease visual stimulation in a busy room or to provide privacy.

## FOR PEOPLE WITH ALZHEIMER'S OR DEMENTIA

- Do NOT leave the person alone. A person with Alzheimer's or dementia may wander, especially in an unfamiliar environment or situation.
- Include comforting items in your emergency kit to help manage the change in environment if leaving your home.
- If at a community shelter, stay away from exits and choose a quiet corner.

