

A Moment of Self-Reliant Wisdom

Topic: Neighbors with Special Needs

Learning objective: Family shall identify those in their neighborhood who have special needs, recognize what those needs are and discover ways to be of assistance should a major disaster disrupt their ability to maintain their self reliance.

People with disabilities should take extra precautions when preparing for a disaster. One of the most important things you can do is have a buddy, someone who can help you evacuate and take care of you in especially difficult circumstances. During an emergency your usual caregiver may not be able to help you. Make sure your buddy knows how to operate any medical equipment you use and understand any special language that is spoken.

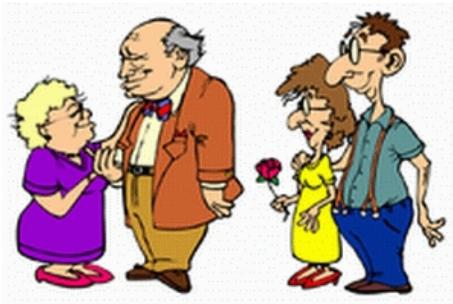
When planning for the care of the elderly and/or those with special needs, please consider the following recommendations:

- Establish a close network of relatives and friends who can assist your family in an emergency.
- Make sure helpers know where to find the disaster-supply kit which includes emergency supplies, medicines, and other essential equipment.
- Remind family members to always wear a medical alert tag or bracelet if they have threatening health conditions.
- Compose a list of special items, equipment and supplies family members or trusted friends will need during a disaster. Extra supplies people with disabilities and special needs may require.



- Prescriptions medications, a record of when and how much of the medicine you should receive.
- Prosthetic devices
- List of style and serial numbers of medical devices.
- Extra eye glasses and a record of the prescription.
- Emergency medical certification.
- Extra oxygen
- Extra pillows, bedding
- Medical insurance and Medicare cards
- Back-up power supplies or generators for heat or air conditioning.
- Extra wheelchair batteries
- Hearing aids, batteries.

- Have a language dictionary or idiom book available to help converse with those who speak foreign languages.



Neighbors Helping Neighbors - Know Your Neighborhood