

Disaster Tips for People With Mobility Disabilities

The following information will assist people with mobility disabilities and will help make them more confident when disaster strikes.

STORAGE

- ❖ Store emergency supplies in a pack or backpack attached to a walker, wheelchair or scooter.
- ❖ Store needed mobility aids (canes, crutches, walkers, wheelchairs) close to you in a consistent, convenient and secured location. Keep extra aids in several locations, if possible.
- ❖ Store a lightweight manual wheelchair, if available.
- ❖ Make sure furniture is secured so that it doesn't block the pathways you normally travel.
- ❖ If you spend time above the first floor of a building with an elevator, plan and practice using alternative methods of evacuation. If needed, enlist the help of your personal support network.

EMERGENCY SUPPLY KIT

- ❖ Keep a pair of heavy gloves in your supply kit to use while wheeling or making your way over glass or debris.
- ❖ If you use a motorized wheelchair or scooter, consider having an extra battery available. A car battery can be substituted for a wheelchair battery, but this type of battery will not last as long as a wheelchair's deep-cycle battery. Check with your vendor to see if you will be able to charge batteries by either connecting jumper cables to a vehicle battery or by connecting batteries to a specific type of converter that plugs into your vehicle's cigarette lighter in the event of loss of electricity.
- ❖ If your chair does not have puncture-proof tires, keep a patch kit or can of "seal-in" air product to repair flat tires, or keep an extra supply of inner tubes.
- ❖ If you cannot use stairs, discuss lifting and carrying techniques that will work for you. There will be times when wheelchair users will have to leave their chairs behind in order to safely evacuate a structure.
- ❖ Sometimes transporting someone down stairs is not a practical solution unless there are at least two or more strong people to control the chair. It is very important to discuss the safest way to transport you if you need to be carried, and alert helpers to any areas of vulnerability. For example, the traditional "firefighter's carry" may be hazardous for some people with respiratory weakness.
- ❖ Be prepared to give helpers brief instructions on the best way to move you.

(Developed by the Independent Living Resource Center
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