



CITY OF CAPE TOWN | ISIXEKO SASEKAPA | STAD KAAPSTAD

THIS CITY WORKS FOR YOU

DISASTER PREPAREDNESS GUIDELINES FOR PEOPLE WITH DISABILITIES AND SPECIAL NEEDS

The likelihood that you and your family will recover from an emergency or disaster tomorrow often depends on the planning and preparation done today. This is even more applicable for people with disabilities and special needs who are more vulnerable in such situations

The City of Cape Town has developed this brochure to help people with disabilities and special needs to plan and increase their disaster preparedness today. This involves four basic steps:

Step 1. Establish a personal support network (PSN)

A personal support network (PSN) is a group of trusted individuals, such as family, friends, personal caregivers, etc., who can help you during an emergency or disaster.

- Ask people you trust if they are willing to be part of your PSN.
- Identify contacts for important locations such as home, work or school.
- Tell these people where your disaster supply kit is stored. Give one person a key to your home.
- Include someone who is far enough away so that he or she is unlikely to be affected by the same disaster as you.

Step 2. Drafting a plan (knowing the risks)

- Draft a plan and put copies in several places so you can find it easily.
- Plan in advance how you will contact one another; how you will get together; and what you will do in different situations.
- Work with your PSN to develop a plan that meets your needs.
- Practise your emergency plan with your PSN.

Step 3. Create a disaster supply kit

A disaster supply kit is simply a collection of basic items you or your household may need in the event of a disaster.

- Assemble your kit as soon as possible. Include items relevant to your special needs.
- Be prepared to be self-sufficient for at least 72 hours.
- Check your kit twice a year and restock as necessary.

When preparing your kit, please refer to the attached brochure which provides you with key information about what to put into such a kit.

- Label all of your special needs equipment, including instructions on how to use the equipment, for use in an emergency.

- Complete a personal assessment and checklist sheet and provide a copy to your PSN. Keep a copy in your disaster supply kit.
- If you have food or drug allergies, wear a MedicAlert bracelet.
- List all your food or drug allergies and current medications (for each medication you have to specify the medical condition being treated, the generic name, dosage, frequency, and the name and contact information of the prescribing physician). Provide this to your PSN.
- If you rely on life-sustaining equipment or require regular attendant care, ask your PSN to check on you immediately if an emergency or disaster occurs and have a back-up plan in the event of a power outage.
- If your PSN is unable to help, ask others for help and inform them of your special needs and explain to them how they can assist you.
- Carry a whistle or personal alarm that emits a loud noise to draw attention.

Step 4. Be aware and prepared

You are in the best position to know your needs in the event of an emergency or disaster. Plan for your own unique circumstances.

- Be aware of the potential hazards or disasters that could happen where you live and work and the best way to respond to them.
- Apply your day-to-day coping skills to deal with emergencies.
- Ensure that you and your PSN can contact each other – even if the teleTelephones do not work.
- Identify a primary and secondary way to evacuate your home or building.
- Plan for different ways of sheltering (e.g. in a safe place or with family or friends).
- If you receive specialist services (home care, transportation, dialysis, etc.), learn about their suppliers' disaster plans and how to contact them during a disaster or emergency. Identify back-up service providers.

Emergency contact details for all life- and property-threatening emergencies

107 from a Telkom landline or **021 480 7700** from a cellphone

080 911 HELP (4357) www.capetown.gov.za/disaster

Checklist and personal assessment

During an emergency, this checklist will enable emergency responders to assist you better.

I am able to: (mark whichever is applicable)

- | | | |
|--|---|---|
| <input type="checkbox"/> Hear | <input type="checkbox"/> Feed myself | <input type="checkbox"/> Wash or bathe with help |
| <input type="checkbox"/> See | <input type="checkbox"/> Dress myself | <input type="checkbox"/> Attend to my sanitary needs without help |
| <input type="checkbox"/> Walk without help | <input type="checkbox"/> Sit without help | <input type="checkbox"/> Attend to my sanitary needs with help |
| <input type="checkbox"/> Walk with help | <input type="checkbox"/> Sit with help | |
| <input type="checkbox"/> Prepare my meals | <input type="checkbox"/> Wash or bathe without help | |

I WILL NEED SPECIFIC HELP WITH (EXPLAIN):

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IMPORTANT PERSONAL INFORMATION

List prescription number, name and purpose of each medication (e.g. number 34567; insulin for diabetes)

Prescription number:	Prescription number:
Name of medication:	Name of medication:
Purpose:	Purpose:
Prescription number:	Prescription number:
Name of medication:	Name of medication:
Purpose:	Purpose:
Doctor(s):	Private medical aid:
Telephone(s):	Medical aid number:
Special equipment I use:	Neighbourhood contact person:
Special sanitary aids:	Out-of-town emergency contact person:
Allergies:	School contact person:
Other special needs:	Household pet care:
Special diet:	Veterinarian Telephone:

Local disaster management contact (for your area):

NAME	Telephone

Personal support network contact list (family members, attendants, neighbours, etc.)

NAME	
RELATION	
ADDRESS	
Telephone (home)	
Telephone (business)	

NAME	
RELATION	
ADDRESS	
Telephone (home)	
Telephone (business)	