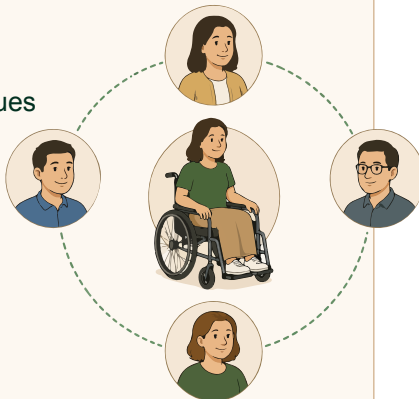


MY SUPPORT NETWORK

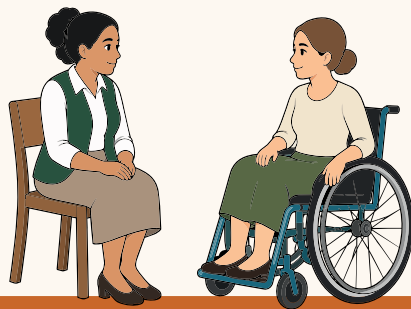
Planning must be inclusive.

Identify several trusted people —family members, neighbors, coworkers or members of the institution— who know:

- the person’s needs
- their home or usual location
- accessible routes
- assistive devices
- essential medications
- the appropriate techniques for helping them.



When it is appropriate and there is consent, copies of keys may be distributed among selected members of the network.



Avoid having the plan depend on a single person.

MY CARD AND MY BACKPACK

Information card. It may include:

- name
- emergency contacts
- type of assistance needed
- allergies
- medications
- essential medical information
- preferred method of communication
- assistive devices used.



Specialized backpack. In addition to the general items, it may be necessary to include:

- Essential medications in a reasonable quantity according to the medical instructions and storage possibilities
- copies of prescriptions
- list of medications and dosage
- relevant medical information
- batteries for hearing aids
- batteries or power systems for assistive devices
- chargers
- communication items
- essential spare parts
- tools specific to certain devices.



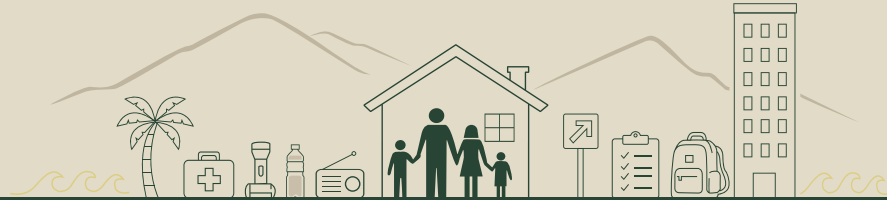
KINGDOM OF PEACE AND JUSTICE CENTER

Civil Training Program: Risk Management and Emergency Preparedness

TSUNAMIS

Module 2

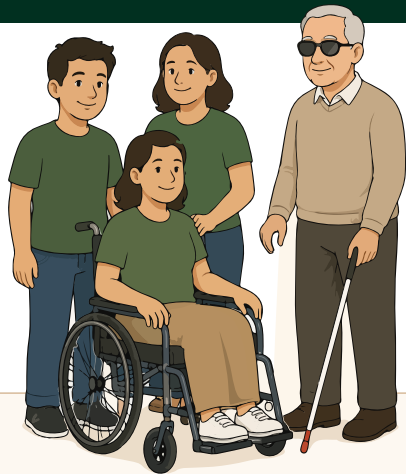
People with Disabilities and People Who Need Support



Educational document for the general public in Latin America and the United State

Edition 1 - 2026

Phase 1:
BEFORE
People with disabilities, reduced mobility, medical needs, or cognitive or sensory difficulties should take part, to the extent they are able, in developing their own plan.



- ✓ **Create a personal support network.**
Avoid having the plan depend on a single person.
- ⚠ **Specialized backpack.**
Medications must not be stored for prolonged periods without respecting their storage conditions and expiration dates.
- ✓ **Accesible routes.**
Practice the transfer using the actual mobility devices.
- ✗ **Do not improvise lifting or carrying techniques during an emergency.**
Family members, caregivers or network members who must provide assistance need to know safe, appropriate methods for the person in advance.
- ✓ **People with visual impairments.**
Practice the routes repeatedly and keep exits clear.



Do not wait until the emergency to decide how they will be evacuated.

Phase 2:
DURING
An inclusive evacuation must recognize that people have different abilities and needs.

- ✓ **Whenever possible, ask directly: “How can I help you?”**
Respect what the person says about the safest way to assist them.
- ✓ **Whenever possible, keep the person together with their mobility device.**
Do not remove a wheelchair, cane, prosthetic or other assistive item unless it is essential in order to get past an obstacle or avoid an immediate hazard.
- ✗ **Do not take hold of or pull a person with a visual disability without warning them.**
Identify yourself and offer help.
- ⚠ **Do not assume that a siren or a message broadcast over loudspeakers was perceived.**
A written emergency message can be as simple as: “TSUNAMI — EVACUATE NOW — FOLLOW ME.”
- ✗ **Wrapping a person tightly in a blanket must not be used as a general recommendation.**
Physical immobilization or restraint can increase distress, make breathing difficult, cause a fall, or interfere with the evacuation.



Do not automatically assume that every person with a disability needs to be carried, guided or assisted in the same way.

Phase 3:
AFTER
After a tsunami, normal accessibility conditions may have changed considerably.



- ✓ **Stay in the safe zone.**
People with disabilities, and those assisting them, must stay outside the threatened areas until the authorities authorize the return.
- ✓ **Keep the support network active when necessary.**
If a personal, family, community, or institutional support network was established before the emergency, keep it active for as long as it remains necessary.
- ✗ **Mobility devices are part of a person’s autonomy.**
Do not remove, move, or handle them unnecessarily without authorization.
- ✓ **Accesibility in shelters and meeting points.**
When entering a shelter, communicate any relevant functional needs.
- ⚠ **People with disabilities and contaminated water.**
Unnecessary contact with floodwater and mud should be avoided for all people.

Keep accessible routes clear.