

Mobility Limitations

BEFORE A DISASTER HAPPENS...

- Keep a personal emergency kit attached to your walker, wheelchair, or scooter.
- Store any assistive technologies (canes, crutches, walkers, wheelchairs, etc.) you use close by in a consistent and secure place.
- If you use a motorized wheelchair, keep extra batteries with your emergency kits. Ask your vendor if you can recharge batteries by connecting jumper cables to a vehicle battery, and if there are any special converters available that would allow you to recharge with a vehicle cigarette lighter.
- Keep a patch kit or a can of “seal in air” in your emergency kits if you do not have puncture proof tires on your wheelchair.
- If you can obtain one, keep a lightweight manual wheelchair with your emergency kits (at least your larger home kit).
- Prepare for the possibility that you will have to leave your chair behind in an evacuation.
- Practice lifting and carrying techniques with members of your Personal Support Network, and be prepared to let emergency personnel know how they can help you move best.
- If you regularly spend time in places where you use elevators, practice evacuating from those areas without using the elevator.
- Secure furniture in your home, office, or anyplace you spend a lot of time to prevent possible barriers.
- Keep a pair of heavy gloves with you at all times, just in case you have to wheel over glass or debris.

ITEMS TO ADD TO EMERGENCY KITS

- Heavy gloves for wheeling over glass or debris.
- Bottle openers
- Cooling aids Dressing aids
- Drink holders
- Drinking aids – long straw, uDrink
- Eating aids Reachers Writing aids