



Engaging Seniors / People with Disabilities (S/PWD) and Others with Access and Functional Needs (AFN)

The Earthquake Country Alliance has several sector-based committees including one focusing on how we better engage and prepare seniors, people with disabilities, and others with access and functional needs. Below are a few quick tips from resources they have developed to give you a sample of the content that is available in the more detailed guidance documents.

Key Earthquake Safety Tips for S/PWD and with Other AFN

- **If you have difficulty getting safely to the floor on your own:** Get as low as possible, protect your head and neck, and move away from windows or items that can fall on you.
- **In a wheelchair:** Lock your wheels & remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or whatever is available.
- **If you have mobility or balance issues:** the shaking may increase your difficulties. Get to the floor in a seated position (and against an inside wall if possible). Protect your head and neck with your arms.
- **Deaf or hard of hearing:** Be sure to have more than one method to receive warnings and evacuation information.
- **Blind or low vision:** Earthquakes can cause items to fall and furniture to shift. Regular sound clues may not be available afterwards. Move with caution.

Below are links to several resources that you might find helpful - these can be found on the ECA website: <http://earthquakecountry.org/disability/>

Earthquake Preparedness Guide for People with Disabilities and Other Access or Functional Needs (8 pages, PDF) : http://www.earthquakecountry.org/downloads/ShakeOut_Earthquake_Guide_Disabilities_AFN.pdf

For use as an educational and training tool.

Key Earthquake Safety Tips for People with Disabilities and Other Access or Functional Needs (2 pages, PDF): http://www.earthquakecountry.org/downloads/ShakeOut_Earthquake_Tips_Disabilities_AFN.pdf

For use as an outreach and registration tool.

Recommended Earthquake Safety Actions - including situations when you cannot get under a table (2 pages, PDF): http://www.earthquakecountry.org/downloads/ShakeOut_Recommended_Earthquake_Safety_Actions.pdf

ShakeOut PSA Video: Earthquake and Tsunami Preparedness Tips in American Sign Language with Captioning: http://youtu.be/_nx6eINqY8w?list=UUOXWl1wwZ6hu4NkNiIcH-OA

ShakeOut's Disability / AFN Section: <http://www.shakeout.org/california/disability/>