

Be Prepared and Safe When Attending Events

Music / Beach / Ball Game/
Indoor and Outdoor Events

There is a lot of walking

- Bring a scooter, wheelchair, or walker

What Do You Need?

- Emergency contact person information
- Daily Medications
 - List of all medications
 - List of emergency medications
- List of health conditions
- Batteries charged for assistive devices
- Phone and phone charger
- Personal cleansing wipes
- Disinfectant wipes
- Water
- Snack
- Prepare for the weather
 - Sun
 - Extreme heat
 - Extreme cold



**Delaware Division of Public Health
Emergency Medical Services and
Preparedness Section 302-223-2999**

Delaware Hospital for the Chronically Ill
100 Sunnyside Road
Smyrna, DE 19977

Be Prepared and Safe When Visiting Family and Friends

Enjoy your visit

Use your cane, wheelchair, scooter, or
walker

Don't forget your

- Hearing aid
- Glasses
- Personal care items
- Special food
- Phone and charger

- Daily medications
 - Medication delivery device
- Phone number for your emergency
contact friend or family member

- Your list of
 - All medications
 - Daily medications
 - Emergency medications
 - List of Health Conditions



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Travel Buddy for People with Disabilities Away From Home



**Be Prepared and Safe
Anytime and Anywhere**
Vacations
Daily Travel
Attending Events
Visiting Family and Friends

Making Your Vacation and Hotel Reservations

When you call the hotel or make your reservation online

Ask for things you need

- An accessible room
- Extra space in the room for your wheelchair or scooter
- An extra bed for your personal support person
- A larger bathroom
- A low entry shower with seat
- A room close to the elevator
- Accessible parking
- Drop off and valet parking
- Smoke alarm for hearing impaired



When You Check in to the Hotel or Condo

Tell the Person at the Desk

- You need help in a fire
- Most hotels and condos keep a list of guests who need assistance
- Talk about the evacuation plan

Medical Equipment

Do this when you check in

- Ask for assistance if you need to move furniture to plug in medical equipment.
- Be sure outlets cannot be turned off by a wall switch
- Make sure the refrigerator works if medications need to be kept cool

Accessible Room

When you check in:

- Make sure the room is right for you
- Can you use your wheelchair, walker or scooter
- Make sure the bathroom meets your needs



Camping RV - Tent - Cabin

When you check in

- Tell them you need help evacuating
- Get their emergency phone number
- Give them:
 - Your name and phone number
 - Your lot location

Plan for dangerous weather

- Flooding
- Fire
- Ice and snow

Using scooters and wheelchairs

- Use a head lamp, flashlight or strobe light at night
- Bring a small portable ramp

Pack your

- Phone and charger
- Emergency Contact information
- Mobility device
- Back up batteries
- Medications
- Water proof pouch for medications

