



## Know someone with limited vision? Prepare now for an emergency.

**If you or a loved one have limited vision, an extra level of emergency planning may be useful. Consider adding these items to your emergency plan.**

- Create your plan in large print, Braille, or some other format everyone can access. You may want to keep a copy of your plan on your phone if you have a text to talk app but consider storing it in another place too, just in case the phone service is down.
- Identify your special needs in advance – and figure out what you would do to provide for them. Think of things like:
  - Transportation – how would you evacuate if you had to?
  - Support Assistance – who could help you in an emergency? How would you contact them?
  - Daily living supplies – in addition to your usual emergency preparedness supplies:
    - Medications
    - Daily needs for your guide dog
    - Hearing aids – and extra batteries
    - Vision aids you need - like magnifiers, talking food thermometer, talking watch – and extra batteries
    - A white cane if you use one
    - Extra prescription glasses or sunglasses
    - High powered flashlight – and extra batteries
    - Lapel pin to identify yourself as a person with low vision
- Register with local groups that are set up to help –
  - Thurston County - TCAAlert.org – get free emergency alerts.
  - Special needs shelters – do they accept guide dogs?

- **Consider your surroundings.** Many of the auditory clues you rely on at home or work may suddenly disappear if a disaster strikes. Take a few minutes to consider alternate ways of knowing where you are in your usual surroundings.
  
- **Collect critical emergency supplies** in one easy to grab bag.
  - A tote bag with zipper and handles or a backpack is easier to carry than a box, especially if you are using a cane or walking with a dog.
  - Mark emergency supplies in large print or braille.
  - Fluorescent tape can help to mark your emergency cases.
  
- **Prepare before an emergency by adding security lights in each room.**
  - Plug ins that light up if power goes out can help people with low vision find their way out – or make it safer for a neighbor or family member to walk through your house to find you.
  
- **Know what electric powered devices you rely on – and how you will be able to use them if the power is out.**
  - Battery powered wheelchair.
  - Medications that require refrigeration?
  - Respirator
  - Telephone apps for a cell phone that may require recharging.
  
- **Consider adding emergency alerts or tracking apps on your phone.** Tracking apps can let your family know where you are – some even operate using photos of your surroundings.

### **Need something more to make living with low vision easier?**

Contact the Lions Low Vision Resource Center in Olympia at 360 790-8667  
or visit our website at [OlympiaHostLions.org](http://OlympiaHostLions.org).

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