

How families prepare at home

◆ Preparation

- We keep diapers, feeding supplies, and other non-food items in the car, and we always have extra quantities of Racol (enteral feeding products), water, etc., prepared.
- We bought a manual aspirator, and we made a safety notebook.
- We keep a spare ventilator battery.
- We always keep the aspirator charged.



◆ Experience from the Great East Japan Earthquake

- We were on a short trip, but we could not use the phone or confirm anyone's safety.
- Our child's body temperature dropped due to a power outage, and we were unable to raise it even with an aluminum thermal sheet and a blanket.
- We were using an aspirator, so the planned power outages were considerably problematic.
- During this time, we were heavily praised by our family since we regularly stockpiled goods.
- We were happy because our neighbor asked about whether our child was okay.

❏ Sites for reference

★ [Kanagawa prefecture disaster-preparedness / information](#)



★ [Disaster preparedness sites for all districts on Yokohama City \(designated evacuation shelters\)](#)

<http://www.city.yokohama.lg.jp/somu/org/kikikanri/shelter/>

★ [Liaison Committee of the Yokohama Group for Parents of Severely Disabled Children ~ Pazapa Net ~](#)

<http://pazapanet.web.fc2.com/ansin.pdf>



We recommend creating a safety notebook to keep those who will support you if an emergency occurs aware of how you usually are.
(Can be downloaded for free)

(Illustrations by Rie Kijima)

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Regional Cooperation and Family Support Center

For inquiries related to this pamphlet, contact a health-and-welfare consultation counter.

Are you prepared? What to do in case of disaster!



◆ My information

Put this on a fridge or in another easy-to-see location, and take it with you when evacuating.
Fill out this form to provide information to others.

Name of child Date of birth, sex, blood type	Born on: (YYYY) (MM) (DD) Sex () Blood type ()
Address and name of guardian Cell phone number	Tel:
Contact information of helper	(1) Tel: (2) Tel:
Name of illness Primary physician and contact information	(1) Tel: (2) Tel:
Allergies	
Office (visiting nurse, etc.) Contact information	(1) Tel: (2) Tel:
Educational institution	Tel:
Family pharmacist	Tel:
Devices used Name of dealer and contact information	Artificial respirator Oxygen delivery device Aspirator Inhaler Feeding tube Other () Tel:
Movement	Independent With partial assistance Wheelchair () With full assistance Buggy Other ()
Local evacuation center	
Notes	

Emergency preparation checklist

- Prepare at least 1 week's worth of supplies. Inspect your supplies every 6 months.

Item	Inspection date	Item	Inspection date
<input type="checkbox"/> Food, formula, formula milk, etc.		<input type="checkbox"/> Thermal sheets, blankets, etc.	
<input type="checkbox"/> Medication, Prescription Record		<input type="checkbox"/> Flashlight (with batteries)	
<input type="checkbox"/> Medical supplies (syringes, aspiration tubes, water for respiratory humidifier, nasal cannulas, etc.)		<input type="checkbox"/> Plastic bags Plastic wrap	
<input type="checkbox"/> Hygienic supplies (masks, disinfectant, gauze, etc.)		<input type="checkbox"/> Cell phone charger Radio	
<input type="checkbox"/> Resuscitation devices (manual resuscitator, etc.)		<input type="checkbox"/> Tissues, wet wipes	
<input type="checkbox"/> Emergency generator		<input type="checkbox"/> Water	
<input type="checkbox"/> Diapers, wipes		<input type="checkbox"/> Change of clothes clothes	



Food

Make preparations at each home for children that have dietary restrictions or require specific feeding methods (baby foods, tube, etc.). We recommend using the **rolling stock method** where you buy a small surplus of food, etc., and replenish the amount used. Also, we recommend stockpiling items that the child is accustomed to and that are easy to store. Prepare spoons, cups, etc., that are appropriate for the child's development stage.

- Feeding method: Normal Soft food Paste (mixer)
- Formula through tube ()
() cc / time
- Nasogastric feeding:
Size () Fr
- Gastrostoma: Type ()
Size () Fr



Excretion

- Excretion frequency Urination: () / day Bowel movements: () / day
- Method Toilet Diaper Other Intermittent catheterization Catheter () Fr
Artificial sphincter (pouch)

Medication



The Prescription Record is important, but you can take a picture of prescription stickers and send them to faraway relatives in preparation for a large-scale disaster. It is also a good idea to store medication at a location in your home so that it can be quickly carried out. Also, put droppers or other items necessary for taking the medication into your disaster prevention bag.

Simulation of evacuation methods

If there is a danger of your house collapsing, you must go to an evacuation shelter. Talk to your family about how, with whom, and where you will evacuate.

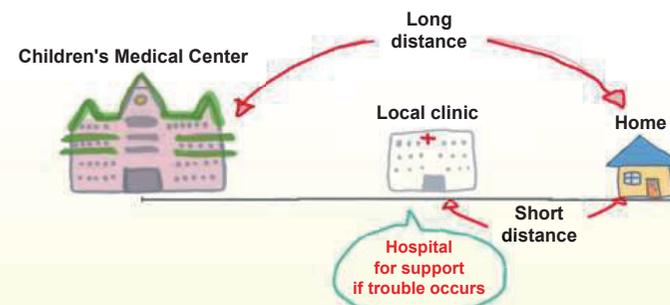
It will be difficult to evacuate with your medical devices, etc. Maintain a good relationship with your neighbors to **increase the number of people** who could help in times of trouble.



Preparing for power outages

If you use an artificial respirator, prepare **an HME for the circuit** that can be used without power or water. For home oxygen therapy, the internal battery of the oxygen concentrator can run for about 1 to 2 hours. Replace it with an oxygen tank during that time. **Confirm how long it can operate on the internal battery.** If you are using an artificial respirator, home oxygen therapy, etc., contact the electric company. Also, consider preparing a generator. **Consider a manual or foot-operated aspirator.**

There is a high probability of traffic disruptions and extended power outages during a disaster. **Have your child regularly examined by local hospitals and make it so that you can get support in case of emergency.**



Getting registered where you live

If the disability makes it difficult for you to evacuate on your own, there is a **registration system for individuals who require help**. Individuals who agree to share their information can apply to have their name added to the list that will be provided by your district, etc., to governmental support organizations. However, this does not mean they can come to help immediately. For details, talk to your local government office.

