

WHAT IS A CRISIS?

Any event or situation that causes you to feel stressed and stretched beyond your ability to cope may be considered a crisis.

A terror attack which aims to create fear amongst the public could be perceived to be a crisis. Examples of such acts include the 9/11 attacks in New York City and the 2018 Surabaya attacks in Indonesia. Other examples of crisis situations that are related to terror attacks may include injuries, death of loved ones and disruptions to daily routines, etc.

PREPARING FOR A CRISIS

It is crucial to know what to do during a terror attack. For people with disabilities and their caregivers, there are specific things to take note of.

Go through the brochure to learn more about the practical tips that people with different disabilities can take note of in the event of a terror attack.

USEFUL RESOURCES

HOTLINES

Institute of Mental Health
6389 2222 (24 hrs)

Disabled People's Association (DPA)
6791 1134

Handicaps Welfare Association (HWA)
6254 3006

Singapore Association for the Visually Handicapped (SAVH)
6251 4331

Singapore Association for the Deaf (SADeaf)
6344 8274

Movement for the Intellectually Disabled of Singapore
6479 5655

RESOURCES

SGSecure Website
<http://www.SGSecure.sg>



COPING WITH CRISES

**Practical tips for
preparing people
with disabilities and
their caregivers in
the event of a terror
attack**

GENERAL THINGS TO NOTE FOR PEOPLE WITH DISABILITIES & THEIR CAREGIVERS



Prepare an emergency card describing your disability and how people can help (e.g. mobility, communication).



Meet with the management or support office (e.g. workplace, disability organisations, caregiving facilities) to know the escape routes in case of a crisis.



Familiarise yourself with the emergency routes of the place you are in.



Download the local radio application on your handphone to listen to emergency alerts.



Keep your handphones charged (and have spare portable chargers) to ensure that you can communicate with others during a crisis.



Remember to...

1. Download the SGSecure app.
2. Familiarise yourself with Run, Hide, Tell* and Improvised First Aid Skills*.
3. Apply Run, Hide, Tell and Improvised First Aid Skills when required.
4. After a terror attack, apply Psychological First Aid* when needed.

* For more information, please refer to the SGSecure Website.

SOME¹ DISABILITIES

PHYSICAL DISABILITIES



Consider investing in a specialised wheelchair for evacuation purposes. If you are using a motorised wheelchair, shift to a manual wheelchair during evacuation (if possible).



Have easy access to your prosthetics so that you are able to use them in an emergency.



When evacuating, keep to one side to prevent blocking emergency routes.

HEARING DISABILITIES



Look around for signs and emergency alerts displayed on boards and follow the instructions.



Prepare spare hearing aids or batteries for your hearing aids.



Have a close friend or family member who can help you interpret your surroundings during a crisis.

VISUAL DISABILITIES



Keep a high-powered flashlight at hand to enhance your visibility when required.



Keep your white canes at hand for usage during a crisis.

¹ There are other types of disabilities. For more information, please contact Disabled People's Association.