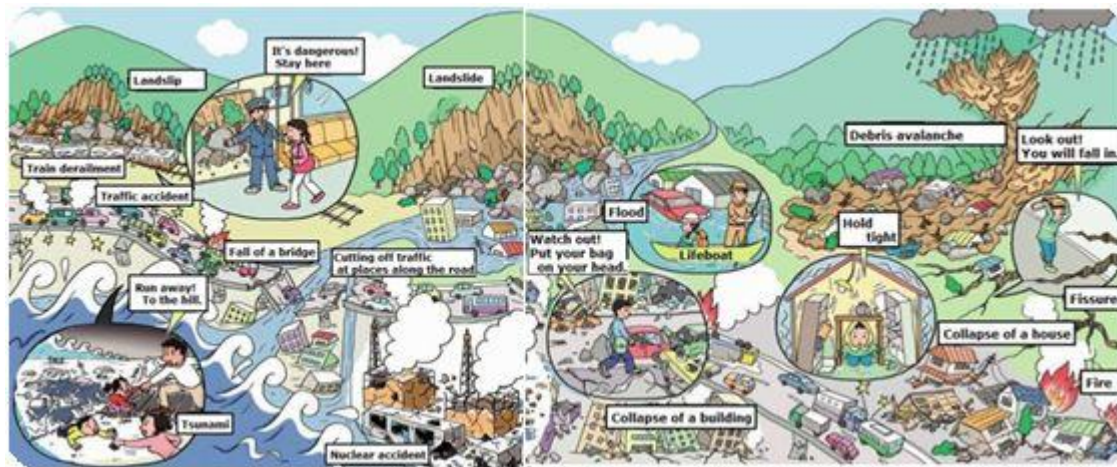


Disaster Prevention and Support Handbook for People with Autism

- For you with autism -

After the experience of the Great East Japan Earthquake 2011.3.11



Autism Society Japan



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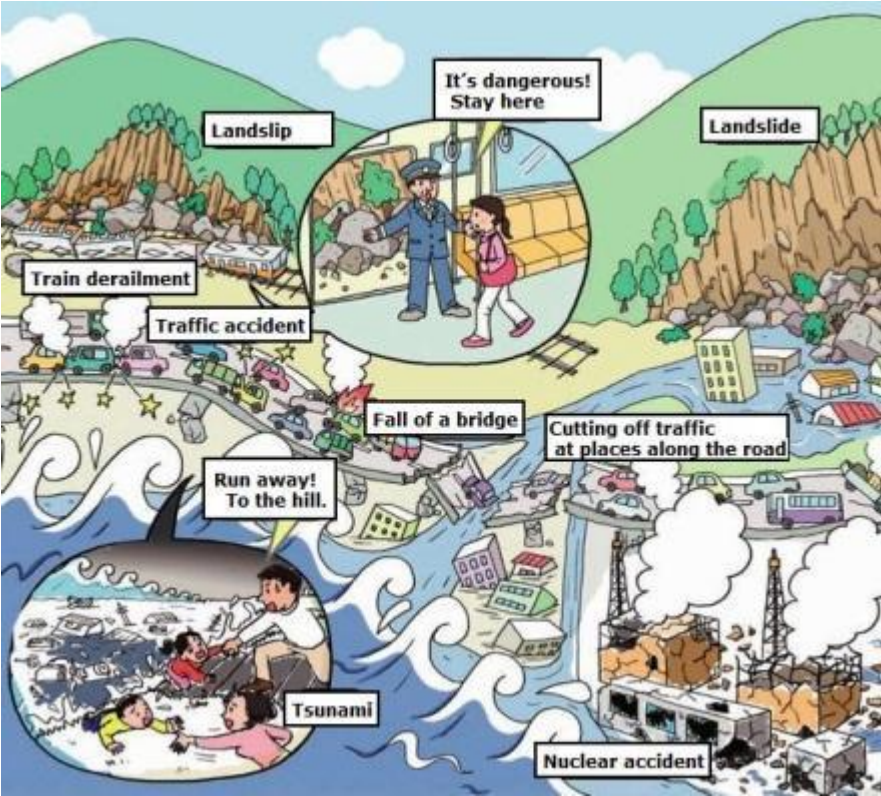
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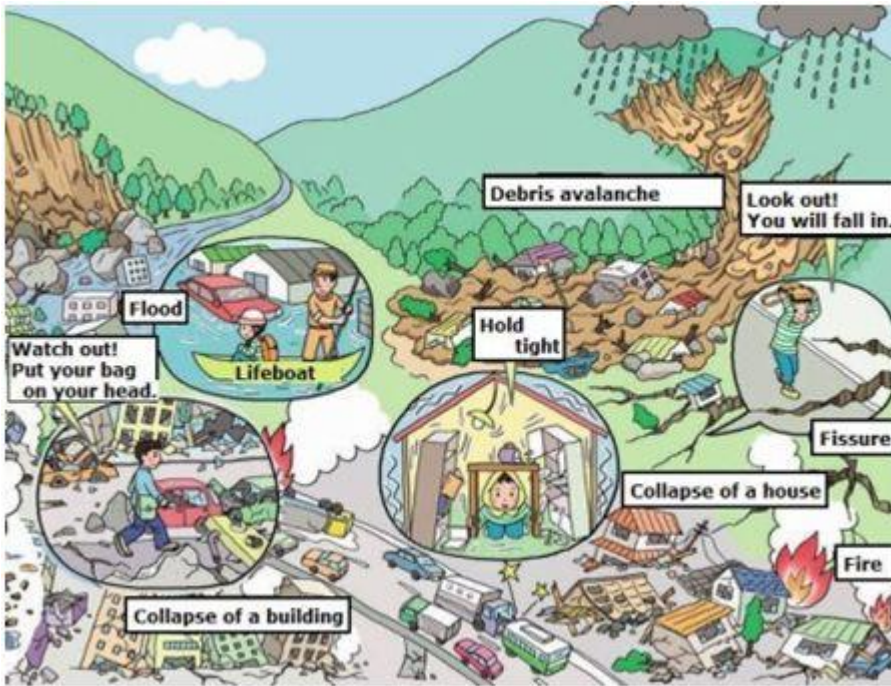
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General Editor, Kosuke Yamazaki (Chairman, Autism Society Japan)

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Various Disasters: earthquake, tsunami, flood, and tornado.





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About disasters

The Great East Japan Earthquake occurred on March 11, 2011 and the earthquake and tsunami caused a tremendous damage. Also, related to the atomic accident, the damage got worse. Let's study various types of disasters and prepare for them.

Earthquakes could occur at any moment!

Everyday preparation is the most important thing.

Fix the furniture to the wall. Do you have your own disaster evacuation bag?





Tsunami: tsunami comes with the earthquake!
Run away to the hill immediately.



Nuclear Accident

It is necessary to decontaminate to avoid outside radiation exposure and be careful about food to reduce internal radiation exposure.



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How to protect your life: Preparation

Let's think together about the things to put in your disaster evacuation rucksack and check them occasionally.

Think by yourself about the things you need to protect yourself or think with the support of your parents and teacher, and then put them into your rucksack. Things you need to protect

yourself will change. Reexamine them sometimes and if you write down the date of when you made the list of them, it will help your memory as well. In that case, be careful of the following points.

Be careful of your rucksack getting too heavy.

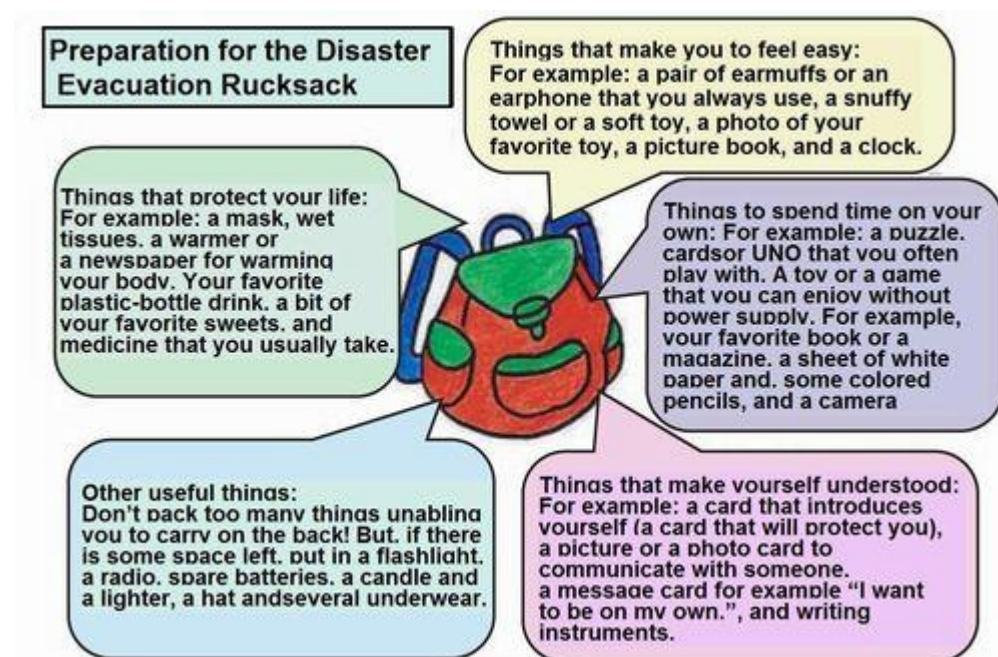
Think about things necessary to spend about 3 days.(actually, the period may become longer)

Think by yourself as much as possible.

In the rucksack, put

- (1) Things that make you to feel easy,
- (2) Things to spend time on your own,
- (3) Things that make yourself understood,
- (4) Things that protect your life, and
- (5) Other useful things.

The experience to prepare things that will protect you, together with your important people, will enable you to pack not only security but also relief into your rucksack.



Preparation for the Disaster Evacuation Rucksack

- (1) Things that make you to feel easy:

For example: a pair of earmuffs or an earphone that you always use, a snuffy towel or a soft toy, a photo of your favorite toy, a picture book, and a clock.

- (2) Things to spend time on your own:

For example: a puzzle, cards or UNO that you often play with. A toy or a game that you can

enjoy without power supply. For example, your favorite book or a magazine, a sheet of white paper and, some colored pencils, and a camera.

(3) Things that make yourself understood:

For example: a card that introduces yourself (a card that will protect you), a picture or a photo card to communicate with someone, a message card for example “I want to be on my own.”, and writing instruments.

(4) Things that protect your life:

For example: a mask, wet tissues, a warmer or a newspaper for warming your body. Your favorite plastic-bottle drink, a bit of your favorite sweets, and medicine that you usually take..

(5) Other useful things:

Don't pack too many things unabling you to carry on the back! But, if there is some space left, put in a flashlight, a radio, spare batteries, a candle and a lighter, a hat and several underwear.

(<http://homepage3.nifty.com/mayekawa/asami/>)

(AsamiMaekawa, Professor, Tokyo Woman's Christian University)



How to act when a disaster occurs :

At home, schools and facilities

When a disaster occurs, first let's calm down. Then, protect yourself from danger. Since each facility has a disaster prevention manual, follow the direction of your school teacher or the staff of your workplace and evacuate.

- ① First, calm down.
- ② Protect yourself from danger.
- ③ Call someone.
- ④ Ask someone to take you to a safe place.



How to act when a disaster occurs

When you are near the sea or a river

When you are near the seashore or a riverbank and get attacked by a strong shake, the most

frightening thing is the tsunami. Don't wait for the evacuation order or advisory, go straight to a safe hill or a shelter.

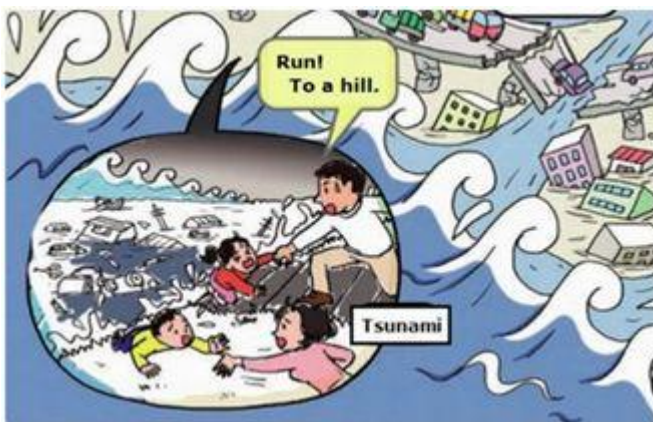
At the beach, speakers will be used to inform the hit of tsunami and also red flags will be used to inform the danger of tsunami. If you notice the danger, evacuate as soon as possible.

In the Great East Japan Earthquake, which is said to occur once in thousand years, an unpredictable huge tsunami attacked and many lives were lost.

Tsunami had attacked many times so far, and a huge seawall was built to prevent the tsunami. Even though, tsunami this time was far beyond expectation. The tsunami went far up the river and hit places even schools that were supposed to be safe.

There is a phrase in Japanese "Tsunami tendenko". This means "Protect you own life at the time of tsunami". Toshitaka Katada, professor of Gunma University Graduate School says "Tsunami disaster can be avoided if people evacuate to a safe place. The attitude towards disaster prevention education is important". So we made three points in tsunami education. "Don't get seized with assumption", "Take your possible best action", and "Evacuate first."

Up until now, there were people who ignored the tsunami alert or people who didn't think much of it. But, even tsunami occurs a hundred times, each tsunami is different. Do not follow the past estimation. Take the lead in evacuating.



Be careful at the following disasters occurring quite often recently

Be careful at local heavy rain, thunderstorm, typhoon, tornado

- ◎ River water will rise suddenly, so run away from the riverside as soon as possible.
- ◎ If you are in town and the water comes, evacuate to a hill and be careful not to fall into the gutter while confirming your feet security with an umbrella. Follow your way watching the telephone polls as a guide.
- ◎ If you are in a car, doors will not open when water depth becomes 60cm. Evacuate

beforehand.

© Thunderstorm. If there's a lightning, run indoor. If you are outdoors, stay away from dangerous things and lower your body.



Warning at these moments



When the sky is like:

“deep-black clouds have approached suddenly”

“the sound of thunder”

“the lightning of thunder”

When the river is like:

“the water level is rising”

“the color is getting dark”

“driftwood and fallen leaves are flowing “

Be careful if you are in these places:

if you are fishing or playing in the river, camping or a doing a barbeque on the riverbank

or a sandbank, if you are under a two-level crossing which passes through underground, if you are at a building site at a river or a sewerage construction site.

(referring Weather Forecast Institution “Be careful at the sudden change of the weather if you are in these places!”)

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Daily life will change by disasters

When a disaster such as an earthquake or tsunami occurs, lifeline such as electricity, gas and water will stop and people have to live in anxiety and inconvenience. People will be unable to get drinks, food and daily necessities and also public transport such as trains and buses will stop.

Information on telephones or TV will not be available and of course people are unable to enjoy games or CDs. Nobody can do the “ordinary things” that they’ve been doing. Schools will be closed, and you cannot go to facilities for a couple of days. There are cases like you cannot live in your own house and have to live in a shelter like a school gymnasium or to live in a car.



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About shelters

There will be a case like getting unable to live in your own house because the earthquake or tsunami destroyed your house. Different from your daily life, you have to live together with

the regional people. Life will be unfamiliar, so consult with the supporting people or helpers.

- Shelters are places to evacuate when you cannot stay at home in times of big disasters. Places are like school gymnasium or public hall in the region.
- When your house is collapsed and you cannot live in, you go to a shelter. Even your house is not collapsed but dangerous to live in, you go to a shelter.



- You will have to live with many people in the shelter until you are able to go home. You will have to sleep together with them.
- Schools and facilities will also be closed, so you cannot see your teacher and friends for a while. When schools and facilities start, there will certainly be a notice.

If you get unrelieved or worried:

- Consult with the supporting staff before you get into panic.
- Ask them to write down the future schedules and places you are supposed to go.



Life at shelters

Life at shelters will be different from life at home.

There are rules at shelters.

- You have to stand in lines to get food and water in turn.
- Try to eat the delivered food even if it is not your usual food.
But if you cannot eat them, consult the supporting staff.



- Toilets will be like public laboratories. Most of them are Japanese style toilets. Try to get used to them daily.
- You cannot take a bath for a while.
- You might hear a crying of a baby or a noise that you don't like. In those cases, try to get outside or listen to your favorite music using headphones.
- There will be no TV. You cannot watch your favorite programs. Spend time with music, games or reading books.



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Mental care: To small children and school age children

We will pick up mental care based on the actual condition of medical support to the affected areas of the Great East Japan Earthquake. This is about mental care and support to small children and school age children with autism.

How lucky you are to be safe, you are all right now.

I'm sure you had a hard frightening experience, but you are all right now. When you are tired,

anxious or unable to sleep, try to rest beside your father, mother, grandpa or grandma. Then, you will gradually get well.

How about reading a book, playing with a toy or listening to music? Try to find something you like with an adult.



Mental care: To the youth and adults

We will pick up mental care based on the actual condition of medical support to the affected areas of the Great East Japan Earthquake. This is about mental care and support to the youth and adults with autism.

You had a bitter experience, but you will get well.

You must be surprised and experienced a hard time in this earthquake. Aren't you sleepless or getting irritated? It is natural to get unrelieved or restless after disasters. You will gradually get well when time passes by.

Shall we seek something we can do? Support? Hobby? Work?

Let's consult with your family or the people around you and make decisions.



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Let's discuss about disaster prevention at home.

A theme of a disaster prevention discussion

- How to protect yourself
- Checking safe places
- Things to carry out, medicine and things that make you relieved in case of emergencies
- Method of contacting each other when the family member is out

Itinerary of each family member

Method of contacting

Evacuation place

Voice mail service (DENGON Dial)

- Making of "HELP ME CARD"
- Walking around and watching the town
- Register to the list of people who need support



Making of “HELP ME CARD”

(A sample of the card is shown on the page 32)

Try to make the card beforehand and let them always carry with them.

“Show” it when in trouble.



“HELP ME Autism SOS”

Show this “HELP ME CARD” when in trouble

Name

Affiliation

Contact number

Making of "HELP ME CARD".

●On the front

- 1) Check the evacuation route, and write it down.
- 2) Walk around the town, and check out toilets, convenience stores, and petrol stations (return home support stations), then write them down together on the disaster evacuation map.
- 3) Check out the commuting or school route together, and say hello to the necessary places and persons, such as police station, train station, shops that you often go, and also children shelters.
- 4) Check out the disaster prevention and evacuation plan at work.
- 5) Imagine the situation of getting difficult to see signs at night.

●On the other side

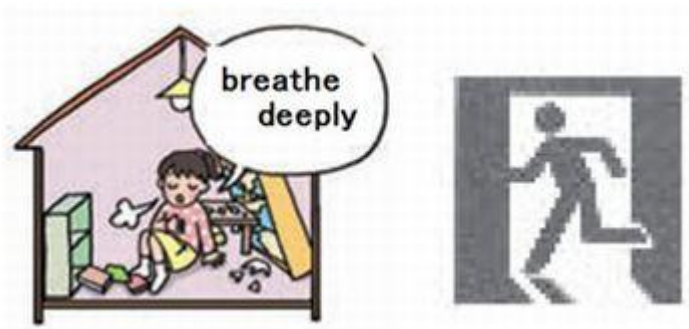
Fill in the characteristics of your child.

Teach and practice fundamental disaster prevention words and actions.

- (1) Go under a desk.
- (2) Put something on your head.



- (3) Take a deep breath.
- (4) Emergency exit (sign).
- (5) Show the "HELP ME CARD".
- (6) Hold onto a post.
- (7) Blow a whistle.



Report your safety to your family members: how to use the voice mail service (DENGON Dial)

The case of NTT voice mail service (DENGON Dial) 171 for disasters (in Japan)

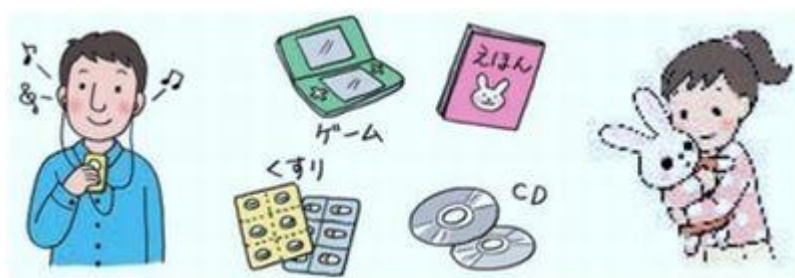
Trial period: 1st and 15th of each month, 1st-3rd January, Disaster Prevention Week, and Disaster Prevention and Volunteer Week

In the case of message board service for disasters

At the time of disaster outbreak, anybody can register his safety information by using a cell phone. Anybody can confirm the safety information of their family or friends from a cell phone or PC.

- Be cautious of urgent earthquake information (also from cell phones).
- The victim side should leave a message reporting the situation on the voice mail service (DENGON Dial).
- Cell phone is necessary (prepare for a spare battery).

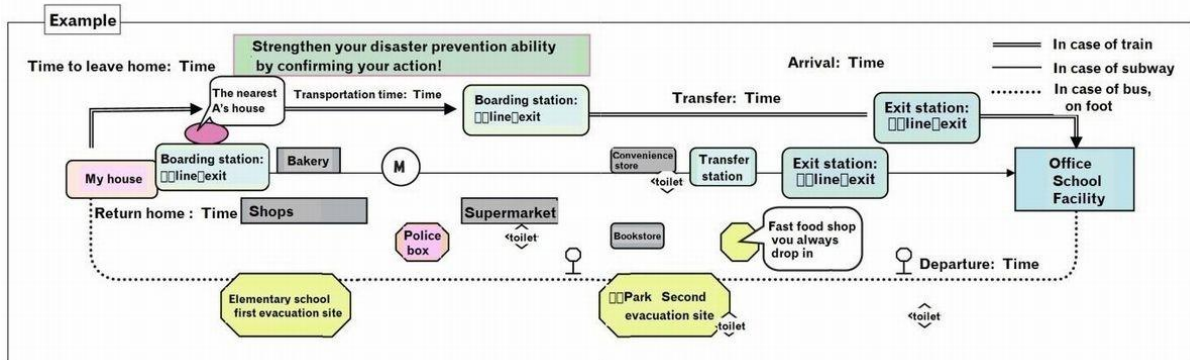
Taking out goods for emergency.: Let's put medicines and safe goods.



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Making of "HELP ME CARD"

Copy the "HELP ME CARD" and use it while updating.



It is important to communicate daily.

Say hello to the places you have written down on the “HELP ME CARD”.



front side

Time for departure, process, arrival, return home

Via place, such as train station

Toilets, places where water is available

Shops to drop in

Acquaintances of neighborhood

Evacuation sites

back side

Characteristics of the child

On multimedia DAISY version

The multimedia DAISY version of “Disaster Prevention and Support Handbook for People with Autism” was edited with the grant of Japanese Government, Ministry of Health, Labor and Welfare for “The study on the disaster prevention for people with disabilities and the community planning” under the permission of Autism Society Japan. The text for people with autism among the handbook was shown with Bold-faced style. We also edited a separate content of text for people with autism.

Please feel free to make contact to the following address, if you have any questions and ideas on the multimedia DAISY version of the handbook. We are developing educational programs to use this multimedia DAISY handbook for persons with disabilities and international visitors.

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End Title

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