

Things That Trouble in Need of Special Assistance During Disasters

Helping
Others
①



It is difficult to understand information from the TV and radio



They cannot seek help on their own



They cannot understand what is going on around them



They cannot get out their houses or other buildings by themselves



They cannot cope with staying in evacuation shelters and being stuck inside

In addition

- It will be difficult for others to tell from outward appearances whether or not there is a problem.
- There is no privacy at evacuation shelters.
- They may not be good at conversing with others, and such, will not get used to the environment.
- They cannot live in a place where there is no medical care.

Persons Requiring Special Assistance in Times of Disaster

In order to protect themselves in times of disasters, there are people who need special consideration and help in evacuating to safe places and following evacuation procedures. More specifically, elderly persons, those with disabilities, infants, and so on must be shown special consideration. For those in need of support on a day-to-day basis, evacuation in times of disaster is expected to be difficult. It is essential that we help and support these people when disasters happen.

Protecting Ourselves in Difficult Times with Warm Hearts

A mother and child's first course of action for protection and survival

Actor/United Nations, Japan for UNHCR, Refugee Supporter /Representative for NPO Corporation self

Yoko Matsuda

The Mother's book for Disaster Prevention is based on the experiences of mothers caught in the Great East Japan Earthquake. It is full of information that can help mothers in these types of situations.



Training how to protect yourself from an earthquake.

When a large-scaled disaster occurs, if a child's father is stranded away from home, the mother must live on and protect her child. Therefore, it is important to

first take action to protect her. It is important to "protect your head, get down, and grab onto something," when earthquakes happen, and it is my wish that parents and children can practice doing so, and even make a game of it, in their everyday lives. Because relief supplies for infants can be hard to come by at shelters, we should be sure to prepare emergency diapers and baby food. If we can also prepare snacks that our children eat on a regular basis, it will be easier to calm them down in times of trouble. Disasters cause anxiety and trouble for everyone. In such times, if you happen to see mothers with children and elderly persons in need of assistance, call out to them with a warm heart, and please reach out your hand to help.



The first step in helping others is having a "barrier-free" heart

Director of the Non-Profit Dream Wind Foundation,

Takashi Yahata



During the time of the Great East Japan Earthquake, the Center for Disabled Persons in Disaster Areas was established. He is currently continuing to support those disabled persons in the affected areas.

In areas affected by the earthquake, I ran across some disabled people who unfortunately tried to return home because shelter facilities were not well-equipped with necessary supplies. If we do not immediately take action to understand how to help those with disabilities, support for them will be delayed more and more. It is important to think of them not as "someone else," but as you would yourself. Since those with disabilities may feel as though they do not want to trouble others, in the event of disasters, they make think, "Even if I ask for help one day, I cannot ask for help for a whole week." As such, I saw some disabled people who would even refuse needed assistance in using the bathroom. Let's make a point to exercise disaster prevention measures on a regular basis, for if we become with acquainted with one another, even those with disabilities will be able to ask for assistance with confidence. First of all, we must communicate with each other. Let's build warm relationships, not only during times of disaster, but through our daily activities and exchanges with one another.



Those with disabilities gather for a disaster training exercise in Nagoya



Junior high school students training for helping those with disabilities

Those in need of assistance in times of disaster may have a variety of disabilities, and because methods of support may depend upon the type and timing of the disaster, politeness and attention to detail are required.

Please see pages 8-9 for information on specific considerations.