

Minimize the Damage in Your Community by Helping Each Other

Think about Those Who Need Extra Care

The kinds of support that the elderly and people with disabilities need range from mobility assistance to the providing of information and care at shelters. At the same time, those who need help may be able to help others by tapping into their areas of expertise. It is important to understand what each person can do and to create relationships to help each other in an emergency. Check with your neighbors regularly about evacuation in case of an emergency.

Those Who Need Extra Care

- ◆ Make it a habit to think about what dangers you may face in an emergency and how to respond.
- ◆ Add an evacuation assistance plan to your emergency kit (see p19) in addition to medicine and household supplies.
- ◆ Create relationships with your neighbors based on trust established through frequent communication.
- ◆ If you are caught in a fire or other emergency situation, alert those around you by yelling or making loud sounds.

Making Customized Maps

Year 2007 Monzen-cho, Wajima-shi, Ishikawa-ken after the Noto Peninsula Earthquake

An earthquake of seismic intensity upper 6 resulted in 44 completely destroyed houses and 96 partially destroyed houses. However, by using maps created in multiple colors by residents that indicated the homes of those living alone and the elderly in poor health, it was possible to confirm the safety of almost everyone in the area four hours after the earthquake.



Making the Maps

- Be sure to get the consent of residents when listing them on the map.
- Each map should cover an area of 10 – 20 households.
- The maps should be kept by those who will actually provide the support.

Evacuating Those Who Need Help

In order to help evacuate as quickly and easily as possible those who have difficulty evacuating on their own or who need special assistance, it is important to always be aware of their whereabouts and circumstances. To get their personal information, ask for their consent by explaining the reason for wanting it and how it will be handled.

Create an Evacuation Support Plan

Talk to each person who needs help and tell them who will be helping them and how. A summary of the plan should be kept by both parties. It is also recommended that several helpers be assigned. (See p30)



Daily Assistance for Disaster Preparedness

Those who need extra care and live alone may not be able to secure their furniture firmly or be able to do other similar things. Work with your neighbors to help them.

