

Post Disaster tips for People with Physical Disabilities

- Do a personal assessment of what you need assistance with now. Don't be afraid to ask for help.
- Do not be alarmed if you experience the following common psychological and emotional reactions, but seek medical attention if they persist for more than a few weeks following a disaster. These experiences may include:
 - Anxiety
 - Irritability
 - Depression
 - Moodiness
 - Feeling isolated
 - Unwelcome memories of the disaster
 - Nightmares about the disaster or other traumatic events
 - Inability to fall or stay asleep or sleeping excessively
- It is not unusual for stress to make medical conditions worse.
- Not all reactions will occur directly after the disaster. Strong emotions may surface days, weeks, or months after the disaster.
- Talk to someone about how you are feeling.
- After a disaster the independence that you experienced before may be limited. You may not be able to deal with your environment as you did before. Needing help with simple tasks such as straightening your house may make you feel vulnerable. After a disaster many people need support or help.

Adapted from: *"Disaster Preparedness for People with Disabilities."* American Red Cross.
<http://www.redcross.org/services/disaster/beprepared/under.html>.