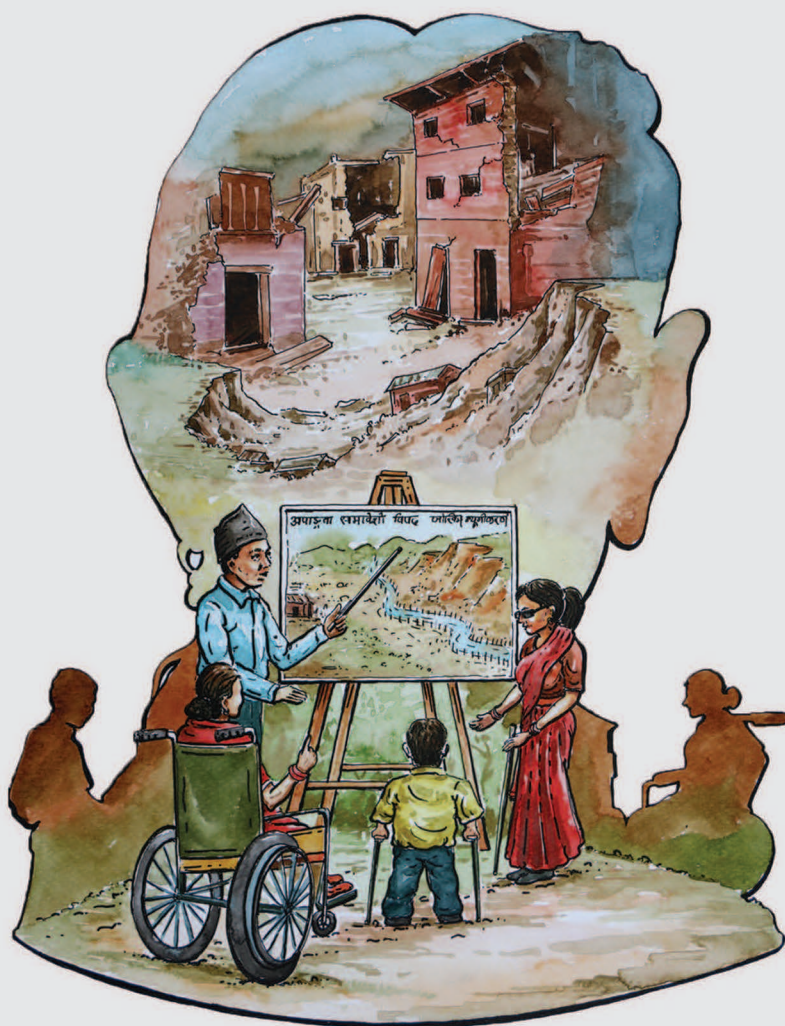




Nepal Government
Ministry of Home Affairs

Disability Inclusive Get Ready Guidebook



2022

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नेपाल एक बहु-विपद् जोखिम भएको मुलुक हो । अपाङ्गता समावेशी विपद् जोखिम न्यूनीकरण तथा व्यवस्थापनका क्षेत्रमा नेपाल सरकार, गैरसरकारी र निजी क्षेत्रको अग्रसरतामा भइरहेका विभिन्न कार्यहरू उदाहरणीय छन् र तिनमा थप सहकार्य गरी अझ प्रभावकारी बनाउँदै लैजानु पर्दछ । सेन्डाई ढाँचा (Sendai Framework) आधारित भएर नेपालमा सरकारी, गैरसरकारी र निजी क्षेत्रको संयुक्त प्रयासमा विपद् जोखिम न्यूनीकरण तथा व्यवस्थापन सम्बन्धी कार्यहरू भइरहेका छन् । नेपाल सरकारले विपद् जोखिम न्यूनीकरण र व्यवस्थापनलाई प्राथमिकतामा राखेको छ ।

विपद्को समयमा अपाङ्गता भएका व्यक्ति, रोगी, जेष्ठ नागरिक, गर्भवती र सुत्केरी महिला तथा बालबालिकाहरू बढीनै प्रभावित हुन्छन् । अपाङ्गता भएका व्यक्तिलाई विपद्को जानकारी एवं सम्भावित विपद्का घटनाबाट जोगिन अपनाउनु पर्ने उपायसहितका विषयवस्तु समावेश गरिएको अपाङ्गता समावेशी विपद् जोखिम न्यूनीकरण सम्बन्धी जानकारीमूलक हाते पुस्तिका प्रकाशन हुन लागेको खबर पाउँदा खुसी लागेको छ । गृह मन्त्रालयको विपद् तथा द्वन्द्व व्यवस्थापन महाशाखा, राष्ट्रिय अपाङ्ग महासंघ नेपाललगायत अपाङ्गता क्षेत्रमा क्रियाशील विभिन्न संघसंस्था, युएसएआइडी र अतुल्य फाउण्डेशन परिवारलाई पुस्तिका प्रकाशन गर्न लागेकोमा धन्यवाद ।

पुस्तिकाले विपद् जोखिम न्यूनीकरण गरी विपद्का घटनाबाट अपाङ्गता भएका व्यक्तिलगायत समाजका अन्य क्षेत्र र वर्गमा विपद् जोखिमको सचेतना वृद्धि भई अपाङ्गता भएका व्यक्तिको जीवन रक्षामा उपयोगी हुने अपेक्षा राखेको छुँ । पुस्तिकाले नेपालको विपद् जोखिम न्यूनीकरण र व्यवस्थापनसम्बन्धी कार्यमा उल्लेखनीय सहयोग हुने नै छ ।

आगामी दिनमा सरकारी, गैरसरकारी तथा निजी क्षेत्रसँगको सहकार्य र साझेदारीबाट विपद्का घटनाबाट हुने जनधनको क्षति, सामाजिक, आर्थिक तथा भौतिक क्षति कम गर्न जोखिम न्यूनीकरणका क्रियाकलाप थप प्रभावकारी हुँदै जाने विश्वास लिएको छुँ ।

अन्त्यमा, अपाङ्गता भएका व्यक्तिलाई विपद्को प्रभाव कम गर्दै त्यस्ता व्यक्तिको जीवन रक्षा गर्ने सवालमा हाते पुस्तिका संग्रहनीय र पठनीय होस् भन्ने शुभकामना व्यक्त गर्दछु ।

जयनेपाल !

बालकृष्ण खारण

1. Introduction

Due to Nepal's neo and fragile geographic structure, rapid urbanization, varied groundwater level, and increasing population the country is prone to earthquakes, environmental pollution, floods, landslides, fires, lightning, hailstone, drought, epidemic, and other disasters. These disasters cause a huge loss of life and property every year.

In normal circumstances, persons with disabilities are at a higher risk than others. Hence, they may be more vulnerable and affected in an event of a disaster. Especially those with severe disabilities, women, children, and senior citizens are more at risk during disasters persons with disabilities must be kept at the forefront for disaster mitigation and preparedness to protect them from disaster risk.



During the 2011 tsunami in Japan, the death rate of persons with disabilities was double that of any other persons. It shows that even in developed countries like Japan, persons with disabilities are more affected during the disaster. In Nepal, Approximately 12 per cent have damaged to their spinal cord¹ whereas 11 people died and about 1,100 people lost their limbs as a result of the April 25th Gorkha Earthquake which was measured 7.6 magnitude on Richter scale², Therefore, persons with disabilities need to be more prepared than others to be safe during disasters; this guidebook has been prepared for the protection of persons with disabilities. The guidebook has been prepared to minimize the loss of life and property of persons with disabilities due to disasters. The points mentioned in the guidebook can help minimize the damage and loss for persons with disabilities.

¹ <https://www.who.int/news/item/02-05-2015-who-mobilizes-funds-for-long-term-spinal-cord-treatment-after-nepal-earthquake>

² <http://www.drrportal.gov.np/uploads/document/gorkha%20eq%20layout%20final%20nov%2020%202016.pdf>

1.1 Definition of Disability

Article 2 (b) of the Rights of Persons with Disabilities Act, 2017 has defined disability as a person who has a long-term physical, mental, intellectual, or sensory disability, functional limitation, or existing obstruction. It is said to be a barrier to participation in life. Article 1 of the 2006 United Nations Convention on the Rights of Persons with Disabilities defines “persons with disabilities” as Persons with disabilities include those who have long-term physical, mental, intellectual, or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others.

1.2 Classification of Disability

In the Rights of Persons with Disabilities Act, 2017, 10 types of disabilities have been categorized as mentioned below:

1. Physical disability: Problem that arises in the operation of physical parts, use and movement in a person due to problems in nerves, muscles and composition and operation activities of bones and joints (for example, a disability that arises due to polio, lack of a physical organ, the effect of leprosy, muscular dystrophy, permanent problem associated with joints and backbone, reversal of clubfeet, a problem associated with rickets bones), and a person whose height is excessively lower than the average height that a person having attained sixteen years of age has according to the age.
2. Disability-related to vision: the condition where there is no knowledge about an object's figure, shape, form, and color in an individual due to the following problem with vision:
 - (a) Blindness: A person who cannot distinguish fingers of hand by both eyes from ten feet distance or who cannot read the letters on the fourth row of the Snellen chart (3/60), even upon utilization of medicines, operation, lenses or lens.
 - (b) Low vision: A person who cannot distinguish fingers of hand by both eyes from a twenty feet distance or who cannot read the letters on the fourth row of the Snellen chart (6/18), even upon utilization of medicines, operation, lenses or lens.
 - (c) Total absence of sight: A person who cannot differentiate brightness or darkness.
3. Disability-related to hearing: Problems arising in an individual who cannot discriminate composition of the parts of hearing and voice, rise and fall of position, and level and quality of voice.
 - (a) Hearing Impaired: A person who cannot hear a voice above eighty decibels or who needs sign language for communication.
 - (b) Hard of hearing: A person who needs a hearing device to hear or who can hear a voice from sixty-five to eighty decibels.



4. Deaf-Blind: A person who has the problem of hearing and vision or who has joint interaction of disabilities in two organs.
5. Disability-related to voice and speech: Difficulty related to voice and speech and difficulty in rise and fall of voice while speaking, unclear speech, repetition of words and letters.
6. Mental or psycho-social disability: The inability to behave in accordance with age and situation and delay in intellectual learning due to problems in performing intellectual activities like problems arising in the brain and mental parts and awareness, orientation, alertness, memory, language, and calculation.
7. Intellectual disability: A person who is in a condition that results in a problem in doing activity relative to the age or environment due to lack of intellectual development resulting from the lack of development of intellectual awareness along with the increase in age.
8. Disability associated with hemophilia: A person who has such a physical condition that there arises a problem in the clotting of blood due to deflection in factors in blood because of a genetic effect.
9. Disability associated with autism: A person who has a problem in the development of veins or tissues and functionality thereof (for example, a person who has difficulty to communicate, to understand, and apply general social rules, and who does not show normal behavior along with the age, who shows an abnormal reaction, repeats the same activity, does not assimilate with others or makes reaction instantly).
10. Multiple disabilities: A person who has problem of two or more than two types of disability mentioned above (for example, cerebral palsy).

1.3 Classification of Disabilities Based on the Severity of Disabilities

According to the Rights of Persons with Disabilities Act, 2017, there is the provision of four different types of identity cards for the persons with disabilities on the basis of the severity of the disability as explained below:

A. Red identity card

- (1) Profound disability: A person who is in such a condition that he or she has difficulty with performing his or her day-to-day activities even with continuous support of others.

B. Blue identity card

- (2) Severe disability: A person who is in such a condition that he or she needs support of others continuously to perform personal activities and involve in social activities.

C. Yellow identity card

- (3) Moderate (mid-level) disability: A person who is in such a condition that he or she can regularly participate in his or her daily activities and in social activities if physical facility is available, environmental barrier is ended or education or training provided.

D. White identity card

- (4) Mild disability: A person who is in such a condition that he or she can regularly participate in his or her daily activities and social activities if there exists no physical and environmental barrier.¹

2. Four-Step Emergency Plan

Various types of persons with disabilities mentioned above are at risk during a disaster event and may be further affected during disasters. Given this fact, it is necessary to adopt the following four-step plans for persons with disabilities and their caretakers.

2.1 Prepare an Emergency Plan (persons with disabilities and their caretakers)

Persons with Disabilities, their family members, and caretakers should be informed about the potential hazards in the area, conduct your research and see what kind of disasters have affected your area in the past. Others members of the community should be informed about it.

1. Learn about how the early warning system's information is disseminated in your area. See if the information is disability-friendly, if not inform the concerned stakeholders. Gather as much information as possible about the risks.
2. Help stakeholders by sharing information you know or have about disability-friendly

disaster management.

3. Consider your strengths and make a list of what you can do and where you may need assistance.
4. The help of a sign language interpreter should be sought in case of emergency.
5. You should be able to stay in touch with the sign language interpreters.
6. It is also important to be accustomed to accessing sign language interpreters using various mobile applications.
7. If you don't know formal sign language, you should be able to communicate in traditional sign language.
8. Try to stay calm during an emergency.

2.2 Prepare Your Emergency and Evacuation Kits

Assess what you will need in case of a disaster. Include things you may need to prepare food without electricity or gas. The emergency kit should be kept in a safe area where it is accessible by you and safe from the impact of weather. Emergency equipment such as whistles or bells should always be kept with you. Blowing a whistle with your fingers can also be useful. Check your kit every six months to ensure that all the supplies are safe to be consumed. Replace any items that have expired. Emergency kits should have the following items.

Checklist (according to the disability status)

1. Drinking water for three days
2. Non-perishable food
3. First aid kits
4. Small battery-operated radio
5. Safety gloves
6. Soft fabrics
7. Torchlight
8. Blanket
9. Medicines to be taken daily
10. Electrolytes/ORS
11. Mobile phone, charger, and battery
12. Multiplug

13. Bowl, glasses, plates, and cutleries
14. Knife
15. Whistle
16. Batteries and spare hearing aids for persons with hearing disabilities.
17. Copies of required documents (property-related), bank documents, disability identity card, passport, citizenship, medical details, other required documents)
18. For persons with autism or intellectual disabilities, a photograph and contact number of them and their Cash
19. Sanitary items (soap, sanitizer, toilet paper, towel, etc.)
20. Persons with spinal paralysis may need catheters, silicone, CIC pipes, diapers, gloves, urinal bags as well as sanitary pads for women and girls with disabilities.

The emergency kit should be placed near the exits or in an easily accessible area. Children should be briefed on the evacuation kit ahead of time.

2.3. Prepare your Home

1. If the house structure was weakened by the earthquake or other reasons, consult an engineer and get the house retrofitted.
2. Things that obstruct evacuation routes and make it difficult to escape during the disaster need to be removed. Do not leave sharp objects such as sickles, knives, or scissors on the floor of the house which may put the visually impaired at further risk. These items should be stored safely.
3. Stabilize heavy furniture by fixing them to the wall so that it doesn't fall.
4. Do not place any furniture in areas that may make it difficult to move a wheelchair.
5. Store clean drinking water if it has been predicted that the water sources may be blocked or contaminated.
6. Apply anti-shatter film on the windows.
7. The exit doors should open outwards.
8. Check if the electrical wiring of the house is safe and secure all loose wires. Do not plug-in electrical appliances when not in use.

2.4. Choose Reliable and Accessible News for Emergency Information

With the unprecedented development of technology in weather forecasting, the predictions of rains, floods, storms, snowfall, drought, cold wave, loo, etc. have become more accurate. Frequently update yourself with the weather forecasts from time to time through radio, television, and the internet.

1. After getting alerts from radio, TV, online apps, or other reliable sources, necessary measures must be taken for your safety and security.
2. Ensure that your support group is aware of your condition.
3. Caregivers of persons with disabilities should check with them in case they need any assistance.
4. Make sure your emergency kit is ready.
5. Coordinate with members of your community and local governments about evacuation.

3. Preparation for the Five Major Hazards in Nepal

The Nepal Disaster Report 2017, published by the Ministry of Home Affairs has identified the five main disasters that could occur in Nepal such as earthquakes, epidemics, fires, floods, and landslides on the basis of the disasters that have occurred in the past 46-year period from 1971 to 2017. Therefore, persons with disabilities and caretakers need to understand the five major hazards and make necessary preparations.

3.1. Earthquake

An earthquake is a natural phenomenon caused by the force created when the tectonic plates colliding with each other in the earth's core. Nepal is located in an earthquake-prone area. Therefore, mitigation and preparedness are necessary to minimize the loss of life and property.

3.1.1. Adverse effects that earthquakes can have on persons with disabilities

Persons with disabilities are not only physically and mentally limited but also vulnerable due to social, cultural, and economic barriers. In addition, the lack of a disability-friendly structure can hinder access to a safe space. Persons with disabilities may find it difficult to get accurate information about the hazards. For example, information on earthquakes broadcasted on national television without the use of sign language or text captions may be inappropriate for persons with hearing impairments. The information should be disseminated to the persons with disability based on the nature of the disability they have.



3.1.2. Earthquake preparedness for persons with disabilities and their caretakers

1. Map the exit route in the house and carry out evacuation practice.
2. Identify open and safe areas around the neighborhood.
3. Emergency supplies such as wheelchairs, white canes, hearing aids, catheters, urinal bags, etc., as well as medicines, water, disability inclusive go bag and health-related documents you are using, should be ready and accessible.

3.1.3. Actions to be taken by the persons with disabilities during an earthquake

1. Keep a whistle, flashlight, to inform you are in danger, and identification card with you at all times if possible.
2. Caretakers and guardians of persons with disabilities should obtain basic knowledge, skill, and training on search and rescue and rehabilitation.
3. Do not use the staircase, elevators, and escalators during the earthquake. Do not try to jump out of the upper floors of high-rise buildings.
4. If you are unable to escape cover your head with something and protect your head with the available materials, and practice duck, cover, hold.
5. Wheelchair users should lock the wheelchair and always keep a good quality thermocol sheet to be used in disaster events such as earthquakes to protect your head.



6. Persons with intellectual disabilities may not understand what is happening as they are unable to engage in activities relating to their age and may refuse to go outside, in such an event crouch with them on the ground.
7. Use the staircase after the tremors have subsided.
8. Move to a safe place as aftershocks can occur after a big earthquake.
9. Do not try to rescue anyone when you are alone and in danger, as you may risk injuring yourself.

3.2. Epidemic

Contact with infected individuals can spread the disease. An outbreak of a disease over a large area leads to an epidemic. It is considered an epidemic when there is a swift increase in the number of infections than the normal in a particular region of a given population. Epidemics cause major public health problems and can be difficult to control. In an underdeveloped country in terms of infrastructure, due to the lack of adequate work force, equipment, and public awareness, the epidemic can wreak havoc in the country.

3.2.1. Adverse effects of the epidemic on persons with disabilities

The ten types of disabilities defined by the Government of Nepal are different in nature. Hence, the needs of individuals with such disabilities are diverse. Accessing the proper healthcare service is difficult for persons with disabilities, as studies on the effects of



COVID-19 have shown that persons with disabilities are four times more likely to face discrimination by the healthcare givers. The problem that persons with disabilities face is to be able to practice social distancing measures and basic safety measures, as they may need to touch surfaces to obtain information from their surroundings. Epidemics can be even riskier for persons with psychosocial and intellectual disabilities.

3.2.2. Preparedness for persons with disabilities and their caretakers to be safe from the epidemic

1. Do not go to crowded places.
2. Refrain from interacting with other individuals unless it is important.
3. Try to work virtually as much as possible.
4. Work from home instead of working in crowded places.
5. Stockpile and keep essential items.
6. If you need assistance follow appropriate safety measures.
7. Any assistive devices that you may use please disinfect them regularly.

3.2.3. Actions to be taken by persons with disabilities and their caretakers during an epidemic

1. Caregivers for persons with disabilities should always be close to them.
2. Give your health information to those close to you.
3. Do not take medicines without the advice of a health worker.
4. Eat nutritious food and drink clean water.
5. Maintain hygiene by bathing daily and washing hands regularly.
6. Any assistive devices that you may use please disinfect them regularly.

3.3. Fire

Fire has been causing extensive loss of life and property every year. 24% of the country



is at high risk of fires³. Anthropogenic activities are the main causes of fires. Due to the geography and low public awareness, persons with disabilities are at greater risk of fires.

3.3.1. Adverse effects of fire on persons with disabilities

Persons with hearing impairments may find it difficult to report fires in their homes. If there is a sudden fire, it can be difficult to rescue persons who are physically and visually impaired. Infections could be more likely for persons with multiple disabilities as a result of the fire injuries.

³<http://drrportal.gov.np/uploads/document/1321.pdf>

3.3.2. Preparedness for persons with disabilities and their caretakers to be safe from fire

1. Install a fire alarm in the house if possible.
2. Check the device once a month.
3. Understand your risk of fire and plan your escape route.
4. Keep fire extinguishers, water, and fire blankets where they are accessible so that they can be found immediately when needed.
5. Make arrangements for the things you may need during a fire to extinguish it so that it is readily available when necessary.
6. Inform your neighbors about your condition.

3.3.3. Immediate actions to be taken by persons with disabilities and their caretakers during a fire

1. If you are unable to escape in case of fire crouch down low or lay down as there is less smoke near the floor and it is easier to breathe. As soon as you feel it is safe exit from the area.
2. Learn how to use household items to control the fire. Attend fire safety training as far as possible.
3. Use fire extinguishers and fire extinguishing blankets to put out fires.
4. Use water and other materials suited to the fire to control it.

3.4. Flood

Every year floods occur in different parts of Nepal. Generally, flood related risks are quite high during the monsoon. Some of the glacial lakes in Nepal are likely to burst and may cause major floods.

3.4.1. Adverse effects of floods on persons with disabilities

Persons with disabilities can drown or be swept away by floods. Those affected by the floods are forced to relocate. Persons with disabilities have difficulty in doing day-to-day activities hence, it is difficult to move them to a safer space. Persons with wheelchairs may be at greater risk as they are unable to get to higher grounds. Persons with disabilities may not have the necessary facilities in temporary camps. Due to the contamination of drinking water sources from floods, they may have to travel long distances for safe drinking water. It also results in persons with disabilities being forced to drink contaminated water leading to an increase in water-borne diseases.

3.4.2. Preparedness for persons with disabilities and their caretakers to be safe from floods

1. Before the onset of monsoon, persons with disabilities should be provided with the necessary assistance and warned of the dangers that may occur to them and move them to safer areas if needed.
2. Establish a personal community support group of family and friends.
3. Carry your health and contact information with you at all times.
4. Identify safe spaces around the house.
5. Stay away from the flood water to avoid diseases transmitted by contaminated water.
6. Use the water after having purified with chlorine, aqua tab, Piyush etc.

3.4.3. Immediate actions to be taken by persons with disabilities and their caretakers during floods

1. Be prepared to help persons with disabilities who need to be relocated.
2. If you can not evacuate to a safe space, move to the upper floors of the house that are not submerged.
3. Ensure availability of essential items (medicine, water, food, etc.).
4. Ensure that flood warning apps are available in an accessible format and inform about it to others.
5. Make sure your family or volunteers have minimal knowledge of sign language.
6. People with intellectual disabilities and autism may not be safe. Therefore, family members or volunteers should show them interesting information materials to encourage them to go to a safe space and get entertained.

3.5. Landslide

Landslides are a major recurring hazard in Nepal's hilly regions. Due to the steep topography of the hills, there is the possibility of landslides in Shivalik, Mahabharat, mid-hills, and high mountainous parts of Nepal.

3.5.1. Adverse effects that landslides can have on persons with disabilities

During landslides, persons with disabilities are at risk of losing their lives. Landslides can cause death, serious injuries, and other health problems. People with disabilities may be the most affected by this hazard. Even people without disabilities may lose their limbs in a landslide.

3.5.2. Preparedness for persons with disabilities and their caretaker to be safe from landslides

1. Efforts should be made to move to a safer space where landslides are not that common.
2. If you are near a river or stream, be on alert for any sudden increase in water level and mudflow.
3. If you can't escape safely, use a hard object or cloth to protect your head.
4. Persons with visual impairment and senior citizens should be escorted by ropes to ensure their safety.

3.5.3. Immediate actions to be taken by persons with disabilities and their caretakers during the landslide

1. Go to an identified safe space as soon as possible.
2. Go to an open safe space.
3. Ensure availability of essential items (medicine, water, food, etc.).

4. Plan for Emergency Shelter

Additional time, resources, knowledge, and skills is required to arrange disability-friendly and inclusive camps or settlements. Doing so will help the vulnerable and other people at risk along with persons with disabilities. Persons with disabilities, organizations of persons with disabilities, and their parents or guardians or caring family members or other persons and volunteers working in this field may have more information on how to arrange disability-friendly and inclusive shelter. Therefore, if they are included in the disaster preparedness phase, they can be consulted during the disaster, and in some cases, they can be involved in the construction of an emergency shelter. The emergency shelter must be easy to contact, they should be safe and easily accessible and the distribution of services and goods should be equitable. The camp should have a sufficient number of toilets. It is important to pay special attention to vulnerable groups such as women, girls, and intersex minorities with disabilities. During the earthquake of 2015, there have been incidents of the disappearance of persons with mental and intellectual disabilities from the camps. In order to make it safe, it is necessary to build a shelter that can be monitored accordingly. The possible risks, problems, obstacles, and solutions related to services, means, and communication are mentioned below.



4.1. Barriers to the accessibility of services and resources for persons with disabilities and their possible solutions

Potential barriers	Solutions
<p>1. Persons with physical disabilities (for example, wheelchair users) are unable to use staircases or climb to higher areas. If the width of the door is not wide enough, it will not be possible for persons with disabilities who use wheelchairs to enter. If the latch of the door is high up on the door, it would difficult to reach it.</p>	<p>1. When constructing physical infrastructures, emergency shelters toilets, taps, etc. should be placed in an area which is accessible (eg: making ramps, hand-held bars or poles, the latches should be placed within reach to all, the toilets should have a commode, the toilets should be easily accessible by wheelchair users). The doors in the emergency shelter should open outward. Necessary aid for persons with disabilities such as a wheelchair, crutches, white cane, caliper, prosthetic arms and legs, etc should be distributed. Caretakers for persons with disabilities should be available. The shelters should have sign language interpreters and captioners for persons with hearing impairments.</p>
<p>2. It can be difficult for a blind or visually impaired person to get used to a new place or environment.</p>	<p>2. Important places should be marked with bright colors or they should be made a little differently than the rest of the structure to be easily identifiable.</p>
<p>3. Women, girls, and intersex minorities with disabilities may face problems such as not having pads for their menstruation, lack of proper toilets, sexual violence, problems in sexual and reproductive health. Also, there may not be proper sanitization in the emergency shelter.</p>	<p>3. Pads, diapers, sanitation items, clean water, gender-friendly toilets, proper security, disability-friendly shelter, and a psychosocial counselor should be available.</p>

4.2. Barriers to the accessibility of information and means of communication for persons with disabilities and their possible solutions

Potential Barriers	Solution
1. Due to physical disability, blindness, low vision, mental or intellectual disabilities, they may not be able to provide or receive information promptly.	1. Identify a convenient place where persons with disabilities can go themselves to receive information. The parents, guardians, or other family members of persons with disabilities and volunteers should also be able to obtain the necessary information or services so that they will be able to help persons with disabilities. Items such as food, clothes, tents, cooking utensils, crutches, white cane, cooking stove, bells, announcements, sign language interpreter, posters, pamphlets, booklets, calendars, and other necessary items should be provided.
2. Persons with hearing impairments, blindness, or low vision may be deprived of information due to their inability to read or see easily.	2. Make arrangements to indicate danger with a flashlight for persons with hearing impairments. In an event where the rescuer needs to wear a mask, use a transparent mask when possible. There should also be a psychological counselor available.
3. Persons with disabilities may have experienced physical, mental, sexual, and other traumatic incidents.	3. Make arrangements for female volunteers to provide assistance and counseling to persons with disabilities. Arrange security personnel for the safety and security of all. Set up a desk to handle complaints and grievances.
4. There may be discrimination in the distribution of services.	4. Ensure equitable distribution of services without any discrimination.

5. Awareness, Capacity Building, and Training

Disaster risk reduction and management is everyone's responsibility. Therefore, it is important to raise awareness and direct attention towards disaster management, including inclusive disaster management. To reduce the risk of disasters, it is necessary to increase the capacity of persons with disabilities and their caretakers. There are many examples of persons with disabilities being rescued in the wrong way in the event of a disaster including the Gorkha Nepal Earthquake of 2015. On the other hand, persons with intellectual disabilities are unable to participate in activities related to their age or environment; they may not understand the risk and may not want to go to a safe space even in times of calamity. This can put both the person with a disability and the rescue workers at risk. It is important to provide training to the security agencies and organizations involved in disaster response to the type, severity, and nature of the disability. Persons with disabilities and their caretakers themselves should be aware of this and all concerned should be alerted in this regard.



6. Important contacts:

- ▶ Police control room100
- ▶ In case of emergency (Police) 014228435
- ▶ Fire101
- ▶ Ambulance102
- ▶ Traffic Police.....103
- ▶ Blood Bank015186390
- ▶ Funeral service014492999 (Pashupatinath)
014478111 (Baneshwar)
014255541 Fasikeb, New Road
(free)
- ▶ Bir Hospital 014221988, 4221119
- ▶ Teaching Hospital014412707, 4412303, 4412505
- ▶ Patan Hospital015522566, 5521048, 5522266
- ▶ Teku Hospital..... 014253395, 4253396
- ▶ Maternity Hospital.....014253277, 4253278, 4260231

In case of violence

National Women's Commission,
local
Judicial Committee, District and
Area,
Police Office

- ▶ Nepal Red Cross.....
Society's Ambulance 014228094 (Kathmandu)
015545666 (Lalitpur)
016612266 (Bhaktapur)

Provincial hospitals

PROVINCE NO. 1

- ▶ B.P. Koirala Institute of Health Sciences, Dharan,025-525555
- ▶ Koshi Zonal Hospital, Biratnagar,..... 021-530103
- ▶ Mechi Zonal Hospital, Bhadrapur,023-520172

MADESH PROVINCE

Janakpur Zonal Hospital, Janakpur,041-520133

- ▶ Gajendra Narayan Singh Sagarmatha 031-520155

Zonal Hospital, Rajbiraj

- ▶ Narayani Sub-Regional Hospital, Virganj,051-533533
- ▶ Bagmati Province
- ▶ Dhulikhel Hospital, Kavrepalanchowk, 011-490497
- ▶ Patan Institute of Health Sciences, Patan,01-5522295
- ▶ Tribhuvan University Teaching01-4412303
Hospital, Maharajgunj,
- ▶ Bir Hospital, Kathmandu,01-4221119
- ▶ Shree Birendra Hospital, Cantonment, 023-541235
- ▶ Civil Servants Hospital01-4107000
(Civil Service Hospital), Min Bhavan,
- ▶ Bhaktapur Hospital, Bhaktapur.....01-6610798
- ▶ Bharatpur Hospital, Bharatpur,056-527959

Gandaki Province:

- ▶ Pokhara Institute of Health Sciences, Ramghat.....061-522674
- ▶ Dhaulagiri Zonal Hospital, Baglung068-420188

LUMBINI PROVINCE

- Bheri Zonal Hospital, Bake081-520120
- ▶ Lumbini Zonal Hospital, Butwal071-540200
 - ▶ Rapti Institute of Health Sciences, Ghorahi, Dang..... 082-5544253
 - ▶ Rapti Zonal Hospital, Tulsipur, Dang.....082-521624

Karnali Province:

- ▶ Karnali Institute of Health Sciences, Jumla01-5525322
- ▶ Midwestern Regional Hospital, Surkhet.....083-520200

Far Western Province:

- ▶ Dadeldhura Sub-Regional Hospital, Amargadhi 091-251271
- ▶ Seti Zonal Hospital, Kailali 091-52481
- ▶ Mahakali Zonal Hospital, Kanchanpur099-521111



Dignified and Correct Terminologies to address Persons with Disabilities

Incorrect (Indignified) ❌	Correct (Dignified) ✅
Handicapped, Disabled, Abnormal, Differently Abled	Persons with Disabilities, People with Disability
Normal Person, Healthy Person	Person without Disability
Crippled, Lame	Person with Physical Disability
Blind	Person who is blind, Visually Impaired Person
Deaf, Mute	Person who is deaf, Person with Hearing Impairments
Dumb, Mute, Tongue tied	Person who is unable to speak
Wheelchair bound	Person using a wheelchair
Mentally Retarded, Retarded, Slow, Idiot	Person with Intellectual Disabilities
Crazy, Insane, Psycho, Mentally ill	Person with Psychosocial Disabilities

Source: <https://nfdn.org.np/ne/dignified-terminologies-pwds/>

Disclaimer

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