HEAT TOOL KIT FOR

Individuals with Disabilities

Extreme heat is a period of unusually high heat and humidity that can be dangerous to health. In New Jersey, extreme heat events are expected to become more frequent and last longer. This guide will help you learn about how heat impacts individuals with disabilities, along with tips and resources to stay safe during hot weather.

Individuals with disabilities may be disproportionately impacted by extreme heat. The following factors may increase the risk of harmful health impacts in an extreme heat emergency:



Mobility challenges:

Leaving the home to find cooling centers can be difficult for those with certain disabilities



Health impacts:

Heat can worsen certain conditions, including visual impairment, cerebral respiratory and cardiovascular diseases.



Medical Equipment:

Electrically powered medical equipment may be compromised in the event of a power outage



Overheating:

Disabilities such as spinal cord injuries may make temperature regulation difficult. Overheating is also a concern for those who rely on services and supports which may be disrupted during extreme weather events.



Accessible and timely information:

Public messaging around extreme weather may be harder to access and/or act on for those with low vision, hearing loss, cognitive disabilities, or mobility issues.

***NOTE: ALWAYS CHECK WITH A HEALTH CARE PROVIDER FOR ADVICE SPECIFIC TO YOUR SITUATION.**

NEW JERSEY **HUMAN SERVICES**

DDHH
DIVISION OF THE DEAF AND HARD OF HEARING

For individuals who are deaf or hard of hearing, DDHH Deaf and Hard of Hearing Specialists can share additional information about heat-related resources in sign language. Calls may be directed to the DDHH videophone at (609) 503-4862, Monday - Friday, 8:30 AM - 4:30 PM.

NEW JERSEY **HUMAN SERVICES**

CBVI
COMMISSION FOR THE BLIND AND VISUALLY IMPAIRED

Caseworkers and staff from the Commission for the Blind and Visually Impaired (CBVI) can help provide heat emergency related information and resources. This can be done verbally or in formats such as electronic, large print and Braille. They can also connect individuals to local agencies to provide assistance. Call the CBVI toll free hotline at (877) 685-8878 or email **AskCBVI@dhs.nj.gov** for more information

Register READY
www.registerready.nj.gov

NJ Register Ready is New Jersey's special needs registry for disasters. This resource can help you be better served in a weather emergency. More information can be found in the Tools and Resources section of this guide.