

Thailand

Disability-Inclusive Disaster Risk Reduction (DiDRR) Handbook

"Pathumthani"



Inclusive Tools Training



Disaster



Warning Sign



Training



Safe



Quick Exit



Risk Reduction

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Chapter 1: Introduction

In the present era, the situation of various disasters is looming closer to human beings. Everything changes according to the weather and environment in each area, country and globally, leading to ever-increasing losses and damages.

For this reason, UNDP recognizes the importance of disaster risk management. Through ESCAP and ADPC, there is push for work within the SENDAI Framework, specifying that there must be people with disabilities, children, the elderly and vulnerable groups. Take part in disaster preparedness


By leading operations in the city of BEPPU Japan serve as a model city for implementing Disability-Inclusive Disaster Risk Reduction (DiDRR) in line with the 20-year global strategy (2010-2030) that aims to ensure "No one left behind"

Creating a disaster preparedness manual for all types of people with disabilities, this book is made with awareness of the reduction of loss and damage that will occur due to disasters for people with disabilities. Including everyone in the community, society, region in the country less and expecting that there may be no loss and damage at all by the initial management that everyone must cooperate and participate together. where we will not leave anyone behind with the expectation of minimizing, or ideally preventing, any loss or damage through collaborative and inclusive initial management where no one is left behind.



Chapter 2: Objective

To provide people with disabilities with knowledge and understanding in preparation before, during and after disasters. By preparing both physically, mentally and necessary things in daily life. There is constant practice and practice in evacuation preparation. Evacuation drills until you get used to it. so that when disasters actually occur the body acts according to what has been practiced. Makes it more likely to survive.



To empower individual with disabilities with knowledge and understanding in preparation before, during and after disasters, it is crucial to engage in physical, mental and daily life readiness. Consistent practice, including evacuation drills, helps familiarize individuals with the necessary actions increasing the likelihood of survival when disasters actually occur.

Chapter 3. The core of DRR and DiDRR

Disaster Risk Reduction (DRR) is the process of reduction the risks associated with various disaster. It involves 3 main point.

1. Avoiding the risks posed by the disasters that surround us by having already occurred.
2. Avoiding future risks
3. Avoidance of risks arising from recurring and residual disasters

In conclusion, DRR is a critical component of disaster risk management. By reducing The risks associated with disaster, we can minimize the impact and damage caused by such events. This includes not only reducing the likelihood of disaster occurring but also mitigating their consequences.


Disabilities-Inclusive Disaster Risk Reduction (DiDRR) is the integration of people with disabilities in disaster risk management processes. It aims to ensure that individuals with disabilities have equal access to information, resources and support during all stages of disaster management, including preparedness, response and recovery. By including people with disabilities in DRR plans and actions, their specific needs and vulnerabilities. Can be addressed, leading to more effective and inclusive disaster management overall.

Chapter 4. Dealing with Floods

What are the things people with disabilities face when disaster strikes?

1. Reasonable accommodation
2. Preventing disasters from happening again in the future
3. Assistance from the effects of disasters

Emphasizes bringing the Universal Design model into the DiDRR principle. to facilitate everyone in the community and everyone must participate, including people with disabilities. Because everyone has the right to evacuate and survive the disaster as well. Based on information from the treaty on the human rights of persons with disabilities. CRPD and related strategy20 year of the UNDP, emphasizing the awareness that we leave no one behind



Tracking information news of flooding

No.	Application	Information
1	ThaiWeather	There are 3 outstanding points: tracking the amount of rain and the rainy area, the water level from various measuring stations and monitoring the water level in the dam, all of which Maintained by Hydro-Informatics Institute (Public Organization), Ministry of Higher Education, Science, Research and Innovation helps you monitor the flood situation. Or check the flood in a rough way in the desired area completely.
2	DPM Reporter	The app monitors the flood situation through quick alerts of various disasters. There are 4 strengths, which are disaster news, alerts of all types of disasters, news reporting from app users. And early warning notifications across the country, which this app is supervised by the Department of DDPM, Ministry of Interior.
3	WMSC	Flood monitoring app with detailed water data reports, such as the daily water situation, water information in the basin, rainwater data, runoff data, cameras monitoring the water situation, agricultural information, Royal Irrigation Department Social Network, which overviews all this information This allows us to closely monitor the flood situation. Including checking floods in some places more accurately
4	DWR4THAI	A flood monitoring app that offers information, news, electronic services. And there is an interesting notification function, namely, 24-hour flood check information display, flood warning, landslide and project details of each regional water resources office. All are maintained under data. from the information system of the Department of Water Resources
5	RainViewer	Track real-time weather conditions beginning of the report based on data from weather radar and comprehensive forecast able to predict the movement of the storm It can help track the direction of heavy rain. Makes it easier for us to check for flooding in some places.
6	Thai DisAster Alert	General flood monitoring app with weather reports, weather forecasts, water levels in the dam with disaster warning that can select a specific province Therefore, even if not in the Bangkok area can choose the province where you live to monitor the flood situation through various forms of reporting in a comprehensive manner
7	Water4Thai	Follow the flood situation with rain reports in every province. Causing daily water situations, weather conditions, rainfall, water levels in rivers across the country and the water level in Bangkok's canals It helps us to monitor the flood situation more closely than before.

Things to prepare in the event of a disaster

Preparation before the flood

Self-defense and flood damage Should have prepared in advance. because if waiting for Warning time is often insufficient. Know your flood risk Ask the flood management agency with the following questions:

- Within the neighborhood in many years What was the highest flood ever?
- Can we predict water or mud speed?
- How long will we get an early warning before the water arrives?
- How do we get a warning?
- What roads are there? In this neighborhood that will be flooded or there will be an obstacle.

Making a flood response plan

Preparing a flood response plan, it will help you think of things to do after the alarm. home with the above instructions. Also take notes on how to handle the instructions. In a time when everyone is rushing and excited due to the threat. The important thing that should not be forgotten is Important phone numbers are included in the plan.

Food and drinking water

Food menus that are not easily spoiled include boiled eggs, salted eggs, various chilies, fried Chinese sausages, fried pork, crispy pork or simple steamed sticky rice. Khao Lam without coconut milk and crispy bread can be stored for several days. Avoid donating pounds of bread because it has a short lifespan of about 5-7 days and is easily moldy. and handing out UHT milk cartons to children It will help the victims to battle nutrition. full of vitamins Helps boost immunity against disease.

Food warning level

There are four types of alarms:


1. Flood Watch: There is a possibility of flooding and is under observation.
2. Flood Warning: Warning of flooding.
3. Severe Flood Warning: severe flooding
4. Normal situation: the event returns to normal or the area is not affected by flooding.



What you should do: After receiving the warning from the flood warning agency.

1. Follow local radio station alarm announcements. TV or news vehicle
2. If there is a flash flood warning and you are in a valley area, do the following.
 - Climb the heights as fast as you can.
 - Do not try to carry too much luggage. to think that life is the most important
 - Do not attempt to run or drive through flooded areas.
3. If there is a flash flood warning and you are in a valley area, do the following.
4. If there is a flood surveillance warning, there will still be time to prepare a flood response plan.
5. If there is a flood warning and you are in a flooded area You should do the following:
 - Turn off electrical and gas equipment if necessary.
 - Close the drain hole in the sink.
 - Bathroom and sanitary ware areas where water can flow into the house
 - Read how to stay safe from flooding when you're away from home.
 - Lock the door of the house and evacuate to a higher place.
 - If there is no safe place at high places Listen to radio or television information about the agency's hideout.
6. If your portable home is not in a flooded area, but there may be water in the basement.
 - Turn off electrical equipment in the basement.
 - Turn off the gas if water is expected to flood the gas stove.
 - Move valuables upstairs
 - Do not stay in the basement. When there is a flood at home

Cope with flood

1. Always follow the news and warning notices on all channels such as radio, television, signal towers, etc.
 2. Prepare rice, dry food, medicine, flashlight and other necessary equipment to survive in the water.
 3. Prepare sandbags to make waterproof walls. (But don't put it against the wall. Because it will increase the pressure to allow the water to gush in easily)
 4. Always clean the floor Do not have dangerous items in the event of high floods.
- 

5. Store valuables and pets including electrical equipment to the upper floor of the house.
6. Prepare a contact number government agency in need of assistance.
7. Mobile phone charger and communication equipment ready.
8. If there is a flood, escape to a higher place. and close the electrical circuit to prevent short circuit.
9. Try to find a dry area to take refuge. and prevent electric shock.
10. Do not eat in flooded water. If there is a shortage of drinking water Let's boil it first every time. to prevent epidemic.
11. If the flood is not very high Be careful using the car, use the road, and take care of young children not to leave the house.
12. Beware of poisonous animals that come with water. If bitten, wash the wound with boiled water and rub alcohol around the wound. Then hurry to find a way to the hospital immediately.

A flash flood is a very rapid flooding in low-lying areas, in rivers, streams or channels caused by continuous heavy rains or by repeated rain storms. man-made, such as a dam or weir

- If a flash flood warning is heard, immediately run to a higher place.
- Leaving the car and address I only thought that I had to escape.
- Do not attempt to drive or run back into the flooded way.

Various agencies that help with flooding

No.	Agency	Tel.
1	Independent living center for people with disabilities Pathum Thani Province	085-112-6234
2	Pathum Thani Hospital	0-2598-8888
3	Khlong Luang Hospital	0-2904-6446
4	Khlong Luang Municipality	0-2901-5077
5	Department of Disaster Prevention and Mitigation, Pathum Thani Province	0-2581-7120
6	Public Health Office, Pathum Thani Province	0-2581-6454
7	Emergency hotline	1669
8	Department of Disaster Prevention and Mitigation hotline	1784

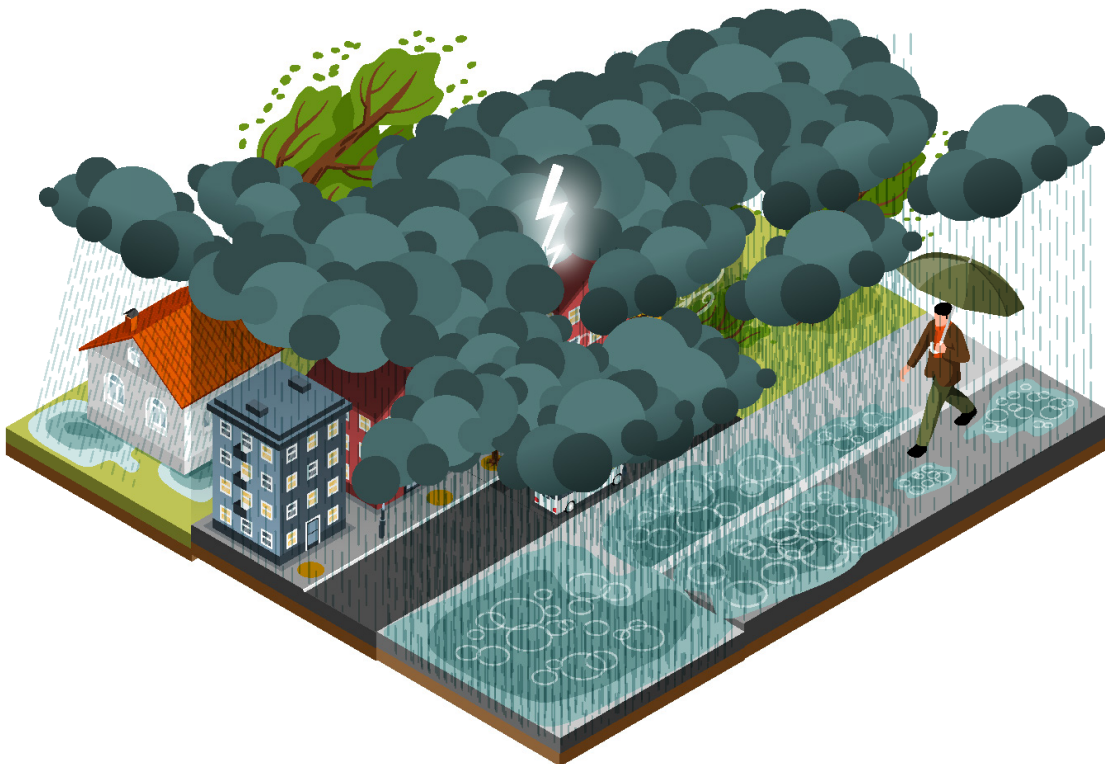
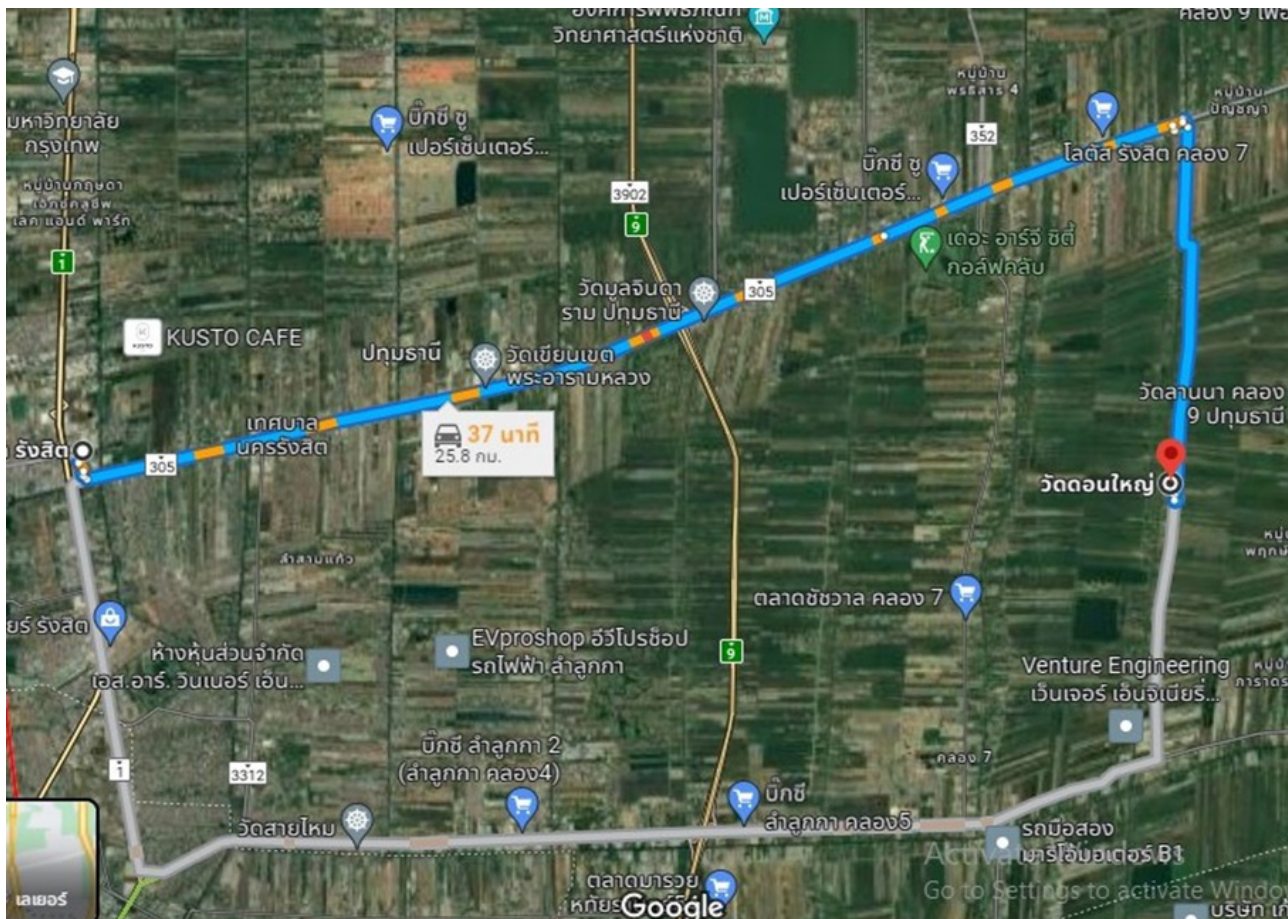
Nearby safety areas/Assembly

No.	1
Name	Donyai Temple
Address	58 Lamlukka 9, Lam Luk Ka Road, Lam Luk Ka Subdistrict, Lam Luk Ka District, Pathum Thani 12150
Coordinator	Mr. Wanlop
Tel.	085-112-6234
Picture	 

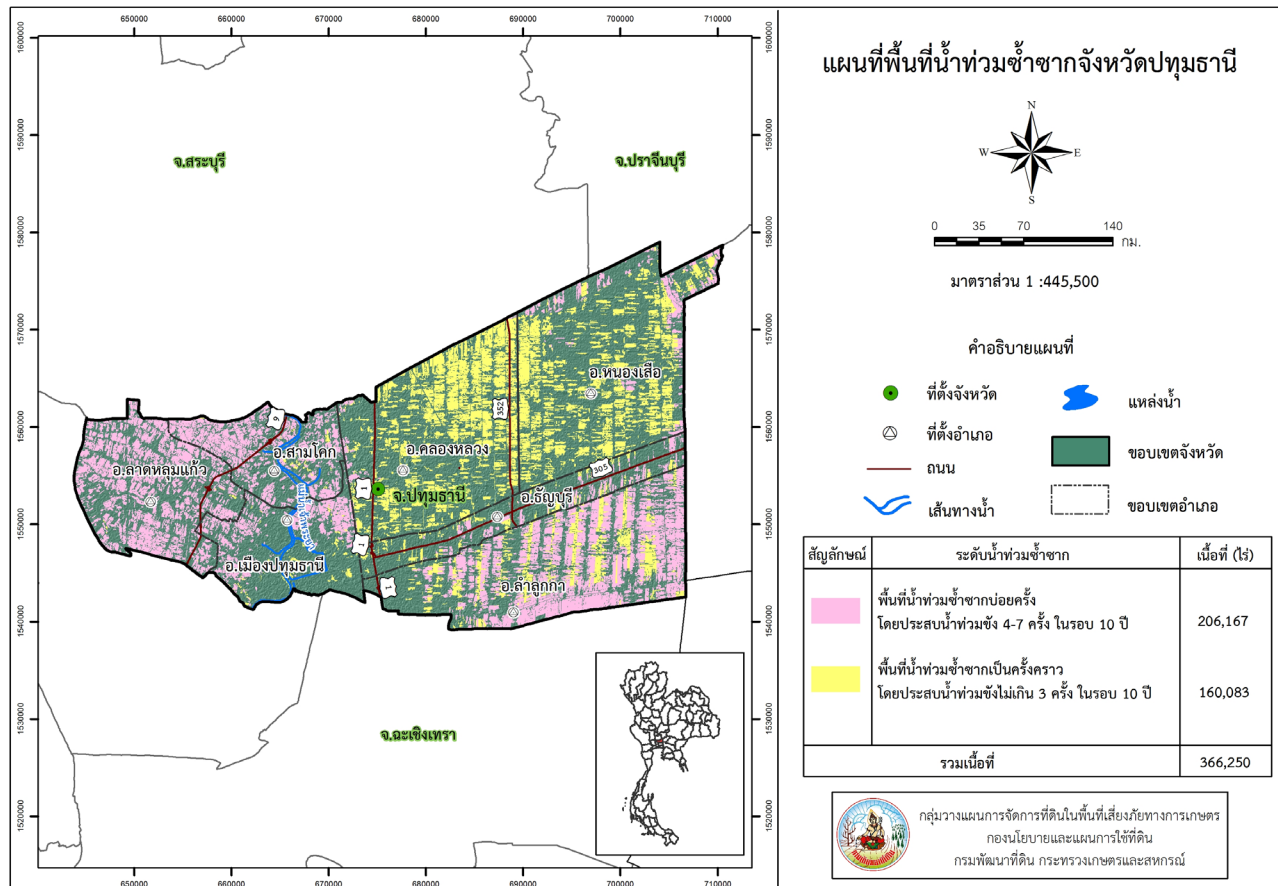
Picture



Points/Evacuation Centers



Hazardous areas/Recurring disasters



Chapter 5. Training Program

Date/ Time	Day 1	Day 2	Day 3
8:30 – 9:00	Registration and opening ceremony	Review what you learned on day 1	Review what you learned on day 2
9:00 – 12:00	Lectures to educate about flooding preparation to cope with flooding - following news and information about flooding	Lectures on preparation for evacuation when flooding - How to take care of people with disabilities - How to use checklists, what to prepare for evacuation - Flood assistance agencies - Evacuation centers/ safe area in the neighborhood	Simulate the actual flood situation and the movement of the disabled to the evacuation center.
12:00 – 13:00	lunch break	lunch break	
13:00 – 16:00	Practice - Basic survival - Tying knots - Using news tracking applications	Practice - Using checklists - Training in taking care of and moving different types of disabled people	
16:00 – 16:30	Summary of activities and answering questions	Summary of activities and answering questions	Summary of activities, Q&A and Closing Ceremony
Agency	DDPM	MSDHS, MSDHS, DLA , Community volunteers	All departments

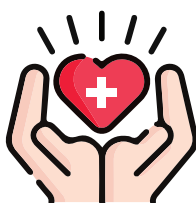
Chapter 6. Appendix

Check list of necessary items to prepare before evacuating

No.	List	Preparation	
		Prepared	Not prepared
1	Necessary appliances		
	- Personal medication/medical prescription		
	- First aid kit and home remedies		
	- Necessary clothes		
	- Dry food		
	- Water bottle		
	- Water bowl		
	- Flashlight		
	- Rope		
	- Whistle		
	- Small mirror		
	- Telephone		
	- Radio		
2	Facilities for people with disabilities		
	- Glasses		
	- Hearing aids		
	- Crutches		
	- White cane		
	- Wheelchair		



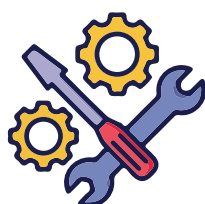
Collect Data



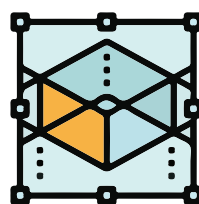
Give Opportunity



Adjustment
for Accesible



Maintenance



Universal Design

Preparedness for dealing with people with mental disabilities

Observing the behavior of people with mental or behavioral disabilities. when disaster strikes in order to understand this disability and be able to provide assistance properly as follows:

1. People with disabilities will experience shock with events, fear, anxiety, anxiety, and unable to control their own fear. may need help such as taking their own psychiatric medication regularly and to always carry psychiatric medication with him to be ready for disaster situations which cannot be predicted when it will happen In areas that are prone to frequent disasters May receive medication continuously and receive medication within the period prescribed by the doctor in a 3-month cycle so that psychiatric drugs are always available and not missed.

2. Prepare necessary items for living and use in case of emergency such as flashlight, lighter, candle, radio, cutter knife, rope, household medicine, battery, mobile phone for communication. Phone chargers, cloth gloves, small notebooks, pens, whistles, etc.

3. Must have a caregiver for people with disabilities. or people close to people with disabilities People with disabilities have trust, trust, reassurance because they understand and recognize the needs of people with disabilities more than others.

4. People with mental disabilities are often susceptible to stressful situations, loss, depression, and depression, which can lead to relapses. Therefore, a psychiatrist is needed. Or psychiatric nurses, psychologists, give advice to reduce stress, anxiety. depression which must provide symptomatic treatment as well Recreational activities may be organized. Recreation for people with mental disabilities and psychiatric patients to dissolve the same behavior and change the same posture as well as relieve stress.

5. People with mental disabilities have aggravated symptoms, for example, when in a noisy place. Sleep that is not on time, sleep deprivation, accumulated stress A serious quarrel with someone close or someone he trusts a lot. Loss of a loved one. The occurrence of disappointment, despair, which symptoms may take 5-7 days to observe symptoms or as advised by a psychiatrist.

6. People with mental disabilities when properly treated and has been medically rehabilitated They tend to have better symptoms and are able to take care of themselves. which he has the ability to take care of others as well There is an opportunity to be able to save the lives of other people with disabilities as well.



Media



Accessible Service



Plan



Connection Network



Earthquake Richter



Breaking Barrier



Disaster Preparedness Plan in Pathum Thani QR-Code

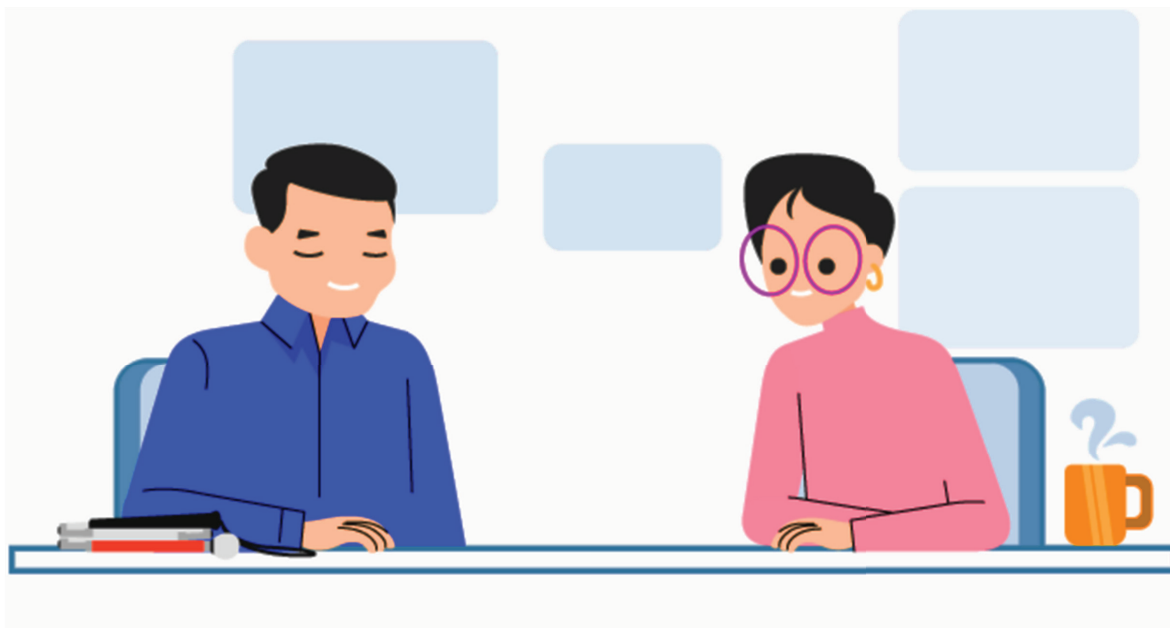


"Disaster Preparedness Plan for Natural Disasters in Pathum Thani Province, B.E. 2565." Full details in PDF

The UN ESCAP's E-Learning Tool, "It is Our Responsibility," focuses on incorporating disability perspectives to all phases of Disaster Risk Reduction (DRR). It promotes awareness of Disability-Inclusive Disaster Risk Reduction (DiDRR) and urges the involvement of the whole society for the benefit of all. Over the 7 modules, the course offers fresh insights on disability and provides actionable recommendations for inclusive DRR practices. The tool targets DRR policy makers and professionals at all levels to develop and implement disability-inclusive policies with the meaningful participation of organizations of persons with disabilities. Course takers will receive an ESCAP certificate.



Thumbnail of DiDRR E-Learning Tool



Characters Monthian (left) and Keiko (right) from the DiDRR E-Learning Tool

MODULE 2: THE SOCIAL MODEL AND BARRIERS



Keiko

Monthian, in the previous module, you mentioned that DiDRR helps a lot more people than we would think.

Monthian

As DRR policy makers, we have to plan for everybody in society, but we have very limited budget. Persons with disabilities are just one slice of the pie. If we give more pie to persons with disabilities, that is less pie for children, women, indigenous groups, older persons, and all the other social groups.

Voice Over

Screenshot of Module 2 of the DiDRR E-Learning Tool showing characters Monthian (left) and Keiko (right), as well as accessibility features of the tool, which includes voice over functionality.

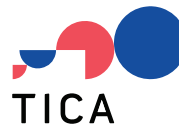
Note



Note



Thailand



Disability-Inclusive Disaster Risk Reduction (DiDRR) Handbook

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Website: www.apcdfoundation.org



Inclusive Tools Training



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