

KNOW YOUR RIGHTS: EMERGENCIES AND YOU!

Your safety, wants, and needs matter.

You Have Rights During an Emergency

Even when things are moving fast, you have the right to:

- Be treated with respect
- Be safe
- Get help
- Ask questions

You Have the Right to Communication Support

You can ask for help so you understand what is happening.

You can:

- Ask responders to speak slowly.
- Ask them to repeat information.
- Ask for things to be explained step by step.
- Use your communication device, pictures, or written notes.
- Take extra time to answer.

You can say:

“I have a disability.” “I need help communicating.” “Please slow down.”

You Have the Right to Use Support Tools

Emergency responders should let you use the tools that help you. This includes:

- Your communication device or tablet.
- Your phone or text-to-speech apps.
- A medical alert card or emergency ID.
- Your glasses, hearing aids, or wheelchair.

Important Reminders

- You are not in trouble: Having a disability does NOT mean you did anything wrong.
- Responders are there for you: Their job is to keep you safe.
- Speak up: You are allowed to ask for exactly what you need.
- It is okay to feel scared: Emergencies are hard. It is okay to feel confused.

If Something Feels Wrong

If you feel you were not treated fairly or felt unsafe:

- Tell someone you trust as soon as you can.
- Write down what happened or record a voice note.
- Ask for help from an advocate or a support person.

We are here to assist with your emergency preparedness. Call 800-681-6805.

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