

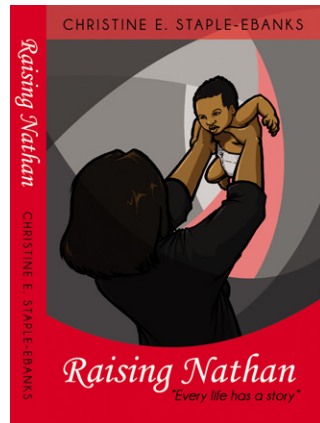
# Children and Special Needs Guide to Resource in Jamaica

Climate Change,  
Disaster Preparedness and  
Emergency Management  
for People with Disabilities

This Edition of the Publication was supported through funding and technical assistance from the Adaptation Programme and Financing Mechanism Project, Ministry of Economic Growth and Job Creation.

2<sup>nd</sup> Edition 2019 / 2021

We believe that giving people the knowledge and tools to support the holistic development of children with disabilities and special needs, has a ripple effect in helping children, families, and communities achieve true disability inclusion! Here are some publications which could help.

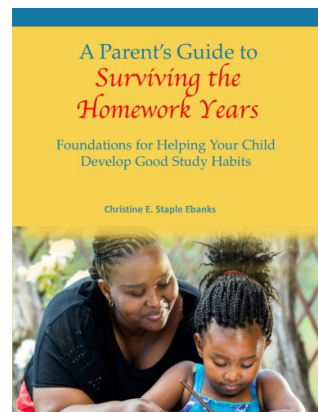


### **RAISING NATHAN: Every Life Has a Story**

**By Christine E. Staple-Ebanks**

Raising Nathan: Every Life Has a Story is an inspirational book is written from a parent's perspective and give the reader insight into the life of the Ebanks' family, as they navigate the journey of raising a child with disabilities in Jamaica. The author helps her reader to see beyond the disability, and to see the gift that is the child.

Available in Kindle and print from amazon.com



### **A Parent's Guide to Surviving the Homework Years: Foundations for Helping Your Child Develop Good Study Habits**

**by Christine Staple-Ebanks**

This book is a homework help manual which will support and guide parents in how to build healthy parent/child relationships through homework partnership. Whether your child is in a general education or special education classroom, this manual presents a carefully culled list of strategies, activities and resources which are tested and proven to be effective in laying the foundation necessary to cultivate effective study skills and form good study habits in your child's life.

Available in print format only at this time from amazon.com



### **How to Cope with Being a New Parent of a Child with Special Needs** **By Christine E. Staple-Ebanks**

You are not alone. If you have recently learned that your child has a developmental delay or a disability (which may or may not be completely defined), this book may be for you. It is written from my personal perspective of parenting a child with a disability in Jamaica and provides insights, tips and information that will support you in the new journey.

Available November 2019 on Amazon.com. You can preorder your copy today. Go to <http://christinestapleebanks.com/> for more details.

To book a workshop or speaking engagement, please send us an email to [info@nefjamaica.org](mailto:info@nefjamaica.org) or visit our website <https://www.nefjamaica.org>

## **ACKNOWLEDGEMENTS**

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### **Our partners and contributors**

Child Protection and Family Services Agency; Adaptation Programme and Financing Mechanism for the PPCR, a project under the Ministry of Economic Growth and Job Creation; The Office of Disaster Preparedness and Emergency Management (ODPEM); The Jamaica Fire Brigade; Combined Disabilities Association; and Chief John Alston, Connecticut, USA.

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JPEC2018

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## Introduction

**Christine Ebanks**  
Founder and President, Nathan Ebanks Foundation



Before 2018, the idea of Climate Change, Disaster Preparedness and Emergency Management for persons with disabilities was not something that I had ever thought of as childhood disabilities advocate or as a mother of a child with a Cerebral Palsy disability.

Contact with the Adaptation Programme and Financing Mechanism for the Pilot Programme for Climate Resilience (PPCR) Jamaica Project completely banished my ignorance. I was not aware that as a mother of a child with a disability, I needed to have a response plan in place for my son and my family. While disasters and emergencies affect everyone, their impact on people with disabilities/special needs is often compounded by factors such as reliance on wheelchair, accessible transportation and accessible communication – all of which can be compromised in emergency situations. Generally speaking, evidence shows that persons with disabilities are often among the first victims of natural disasters as early warning systems may fail to reach them in time, or those with physical disabilities such as blindness, hearing impaired or deaf, or wheelchair users might not be able to act on the warnings quickly enough.

Emergency preparedness is a shared responsibility. As climate change threats continue to be on the rise, weather conditions are expected to worsen in the coming years. Countries like Jamaica, which is known to experience extreme weathers such as storms, hurricanes, flooding, and earthquakes, must be adequately prepared.

Raising awareness about climate change and its effect should be ongoing for the population at large. Equally, there should be informed disaster preparedness and emergency management plans for persons with disabilities in place in various settings: homes, schools, businesses, communities, and of course our first responder systems across the country.

This is the context for this special edition of the Children and Special Needs Guide to Resource Handbook. Under the theme “Disaster Preparedness and Emergency Management for Persons with Disabilities”, the guide provides information on preparing an emergency plan and kit for people with disabilities/special needs and for caregivers.

This issue has been brought to the fore through funding and support from the Adaptation Programme and Financing Mechanism for the PPCR, a project under the Ministry of Economic Growth and Job Creation. The publication is a collaborative effort between six public and private organizations who were consulted for their subject matter expertise and special insights. Special thanks to the Jamaica Fire Brigade, the Office of Disaster Preparedness and Emergency Management (ODPEM), Jamaica Association for the Deaf, and Combined Disabilities Association. Thank you also John Alston, a 34 year veteran of Fire and Emergency Services who currently holds the title of Fire Chief, where he commands over 360 strong women and men of the New Haven Fire Department in Connecticut, USA.

*Christine Ebanks*

## Increased vulnerabilities – climate change and the challenges for persons with disabilities

**Indi Mclymont - Lafayette**  
Development Communications  
Specialist - AP&FM\*



Thirty-two year old deaf instructor Rohan will tell you that he has never received a hurricane warning. In fact for the two hurricanes he has experienced he only found out that they were coming when torrential rains started tearing and he got soaked.

For him, and many other deaf persons in Jamaica, there is no formal early warning system for them. Unless a friend or relative deliberately tells them that a hurricane is coming then they are left unprepared and vulnerable to the hurricane impacts.

Many times persons with disabilities tend to be forgotten in a disaster – maybe not necessarily out of ill-intent but more due to cases of self-preservation or lack of knowledge on how to work with them in those situations.

At a workshop on climate change and disaster response a few years ago one parent recounted a story of flooding in her community. As she saw the waters rising she said she ran out of the house in terror and only when she had gotten to higher ground did she remember her disabled child inside. She ran back to get her and was able to do so before the waters flooded the house. But looking back she could not

believe that she had run out without her child.

At the same workshop several response agencies said that they did not have any proper plans in place to assist persons with disabilities.

In the past 20 years Jamaica has had over 10 hurricanes and tropical storms which has significantly impacted the islands Gross Domestic Product. In 2017. The ongoing drought conditions in 2014/2015 cost the Jamaican government \$1 billion to help farmers who were being impacted. The 2017 flooding in Clarendon also cost the government millions to help persons recover.

As Jamaica moves towards building climate resilience and ensuring that the country can adapt to climate impacts such as stronger hurricanes, increased flash floods, longer droughts, sea level rise, hotter temperatures and more vector-borne diseases it raises the question of how prepared is the disabled community?

For example, very few shelters in Jamaica can accommodate physically challenged persons. Access is usually problematic and requires that persons be lifted from their wheelchairs and carried into the shelter. It is a similar situation

for using the bathrooms as usually they are not constructed to ensure that persons with physical challenges are able to go by themselves. So many have to undergo the indignity of being assisted to the bathroom.

Another issue that also has to be considered is the awareness of the disabled community and their support networks about the impact of climate change and what is needed to ensure that the roughly 270,000 persons that make up the sector are able to adequately respond to climate impacts.

The Adaptation Programme and Financing Mechanism (AP&FM) of the Pilot Programme for Climate Resilience (PPCR) was very happy to work with the Nathan Ebanks Foundation in 2018 to share climate information at the Expo and Information Fair. A key part of its knowledge management component has been to raise awareness about climate change and its impacts so that the sector can start taking adaptive action.

It would be good for example for the sector to look at issues such as:

- 1) The building of more accessible shelters for Persons with Disabilities.
- 2) Having shelters managers who are trained to deal with persons with disabilities and to ensure that disabled women especially are not faced with increased risk of violence and abuse at the shelters.
- 3) Doing training with response entities re reaching and evacuating persons with disabilities in the event of a disaster.
- 4) Having a database of persons with disabilities living in flood prone or vulnerable communities.

5) Ensuring that persons with disabilities are represented at the Parish or national levels on entities dealing with disaster management and climate change.

6) Sensitisation for the disabled sector on the impacts of climate change.

7) Research on the Knowledge, Attitude and Practice of Persons with disabilities towards climate change.

It is critical that strong partnerships be established to ensure that the needs of PwD's are adequately reflected in Jamaica's planning and resilience framework for climate change. While there is increasing awareness about the need for inclusive response to climate change and emergency management, much more needs to be done to boost capacity (knowledge, financial, human and physical) among key services delivery institutions/stakeholders, improve infrastructure and increase the visibility and participation of PwD in climate response and disaster planning and decision-making at all levels. The AP&FM and the Nathan Ebanks Foundation have started the process – Join us on the journey of reducing risk and protecting the lives of the most vulnerable.

*Indi Mclymont - Lafayette*



\* The Adaptation Programme and Financing Mechanism (AP&FM) of the Pilot Programme for Climate Resilience (PPCR), a project under the Ministry of Economic Growth and Job Creation

## Message from the Office of Disaster Preparedness and Emergency Management - ODPEM



**Richard Thompson, Mr.**  
Director General, Acting - ODPEM

The Office of Disaster Preparedness and Emergency Management (ODPEM) is pleased to partner with the Nathan Ebanks Foundation on the 2019 staging of its Family Expo and Special Needs Recourse Fair. While disasters threaten the well-being of people from all walks of life, few are as disproportionately affected as the more than one billion people around the world who live with disabilities (Arnold, 2018). According to the United Nations (UN), only 1 in 5 person with disabilities around the world is a in capacity to evacuate without difficulty in the event of a disaster (Handicap International, 2017).

As the national disaster management agency our vision is to become a proactive world-class agency, building a disaster resilient nation and it is through partnerships like these, we can advance disaster preparedness and emergency management measures in Jamaica. By being more inclusive with regards to persons living with disabilities it is our hope to reduce the levels of disaster related injury and death, through integrated disaster management systems island wide.

Emergencies and Disasters can occur without notice; however with more inclusive planning

we can reduce the impact of emergencies and disasters on persons living with disabilities, by creating need specific responses all the while considering challenges that include mobility, hearing, learning or seeing disabilities. This should allow them in an emergency to evacuate immediately without difficulty

The ODPEM and the Nathan Ebanks Foundation's partnership will ensure that people with disabilities, their caregivers, families, friends and the wider community can access the relevant information from public and private bodies to be ready for any urgent situation, which means assembling a survival kit, making an emergency plan and being better informed. It is our hope that this partnership will also provide peace of mind for persons living with disabilities when it comes to disaster preparedness and emergencies.

*Richard Thompson*



## Message from the Child Protection and Family Services Agency - CPFSA



**Mrs. Rosalee Gage-Grey**  
CEO, CPFSA

*"If every child matters, every child has the right to a good start in life and to be included. And this is equally important for children with special needs."*

This profound statement continues to be echoed at the Child Protection and Family Services Agency (CPFSA) as we continue of our mission of safeguarding children with the support our key partner; the Nathan Ebanks Foundation (NEF).

We are absolutely delighted to be associated with NEF yet another year for the 3rd staging of the annual Family Expo and Special Needs Resource Fair under the theme Encourage, Enable, Include Me.

The shared theme which also is for this year's Child Month initiates the need for us to safeguard and enhance the welfare of persons with disabilities across Jamaica.

It is due passion and commitment to the needs of children and families with special needs that the Foundation is to be commended for its intervention with schools to improve access to, and evidence-based practices for effectively reaching and teaching children and adolescents with disabilities.

The initiative taken to represent the interest of children and families to policy-makers and at every level of society to promote social inclusion must not be taken lightly. It is through this level of interest that we are now making strides in persons in the disability community.

Undoubtedly, the CPFSA and Nathan Ebanks Foundation are family, as our mission to focus on the holistic development of the Nation's children is on par. The CPFSA will continue to support the efforts of equality for all as we emphasize the message of child protection across our island.

We hope this year's event will impact more families and spark an islandwide dialogue as to the way forward.

Thank you.

*Rosalee Gage-Gray*



# FOSTER A CHILD



BECOME A FOSTER PARENT TODAY

## CHANGE A LIFE... CHANGE JAMAICA... CHANGE THE WORLD...

Application forms can be collected at any **Child Protection and Family Services Agency (CPFSA)** offices located islandwide. For more information you may contact us by email at [info@childprotection.gov.jm](mailto:info@childprotection.gov.jm).

### CORPORATE OFFICE

48 Duke Street, Kingston  
Email: [info@cda.gov.jm](mailto:info@cda.gov.jm)  
Tel: 948-6678/ 948-2841-2



### WESTERN REGIONAL OFFICE

4 Kerr Crescent,  
Montego Bay, St. James  
Tel: 979-3446/ 979-1024

### SOUTH EAST REGIONAL OFFICE

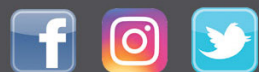
Kingston & St. Andrew  
40 Duke Street, Kingston  
Tel: 948-1145/ 948-0243

### SOUTHERN REGIONAL OFFICE

Lot 19 Caledonia Mall,  
Mandeville, Manchester  
Tel: 962-2558

### NORTH EAST REGIONAL OFFICE

Lee-Sin Tyre Centre, Windsor  
Road, St. Ann's Bay, St. Ann  
Tel: 972-2686



## Jamaica Fire Brigade: Strengthening capacities to serve persons with disabilities



**Stewart L. Beckford**  
Commissioner, Jamaica Fire Brigade

The Jamaica Fire Brigade (JFB) is committed to providing an economical and highly efficient Fire and Rescue Service that is inclusive of all citizens. Over the past decade, the JFB has been working steadily and consistently to improve its services to be more responsive to our most vulnerable citizens - children, and children and adults with disabilities and the elderly.

Through its Fire Prevention and Public Relations unit, the JFB has been building strategic partnerships with organizations such as the Nathan Ebanks Foundation, the various public agencies and non-profit organizations which support, educate and provide services for persons with disabilities.

The Jamaica Fire Brigade has confirmed that at least two children with disabilities have died as a result of unsafe Fire and Life Safety practices since the start of 2019. In an effort to encourage a "Fire safe Jamaica" that is accessible to all its citizens regardless of their abilities or disabilities, the Jamaica Fire Brigade has launched several campaigns and programmes aimed at unveiling the need for persons with disabilities to be included throughout the programmes and planning of the JFB and, as a priority in disaster preparedness and emergency plans and systems across the country.

The job of awareness and fire prevention is never ending. As such, we provide daily, monthly, quarterly and yearly campaigns that are used to actively increase awareness in the event of fire and, to promote Life Safety practices. These include:

### Campaigns and Lectures

- Fire and Life Safety lectures are conducted daily and may also be executed upon request.
- Social Media Awareness Campaigns
- Traditional Media Campaigns (Television, Radio and Newspapers)
- Fire and Life Safety Awareness Campaigns
- Children Fire and Life Safety Awareness Campaigns
- Publications of Kindergarten Books
- Production of Fire and Life Safety Manuals

In addition, the Fire Prevention Division of the Jamaica Fire Brigade ensures that existing and proposed buildings conforms with the National Building Code of Jamaica and the Disability Act of 2014. These documents along with the National Fire Protection Association Codes (NFPA) assist with the processing of building applications and site inspection of properties.

Buildings within Jamaica should be in accordance with the laws of Jamaica with regards to physically challenged persons.

We are all guided by Section 37(a, b, c) of the Disability Act of 2014 which states that:

In constructing any public or commercial premises, the construction of which began on or after the appointed day, the owner agent shall ensure that the premises being constructed are:

- a) Readily accessible to and usable by a person with disability;
- b) Built in accordance with the National Building Code; and
- c) Designed in such a way as to make the common areas accessible to and usable by a person with disability

Together as a Nation, one of our top priorities should be to safe guard, uphold and guarantee equality of opportunity, for the civil liberties, attentiveness, benefits and treatment for our fellow citizens especially for those with special needs.

*Stewart L. Beckford*



### Key Tips to aid Persons with Disabilities, within the Home

- Every home should have an emergency exit plan, drawn and mounted
- Place signs in braille (and other types of notifications based on specified disabilities) within your household
- Practice escape drills based on the identified disabilities of your relatives
- Separate keys and, keep a copy at a visible and accessible point near each exit
- If you have grilles at your home, ensure that at least one (1) of the windows is hinged and the key kept close by, in case of an emergency
- Purchase portable fire extinguishers and smoke detectors for your home
- Ensure ramps are installed where necessary, according to building code specifications

## GET SMOKE DETECTORS AND FIRE EXTINGUISHERS IN YOUR HOME TODAY!

### Protect your families and your assets!

Supreme Fire Serv Ltd  
Ph: 876-928-5944

Jamaica Fire Equip Ltd  
Ph: 876-926-6121  
Sales Dept 876-926-0536

Safety & Fire Systems Ltd  
Ph: 876-758-6831

National Safety Ltd  
Ph: 876-926-4478

D & L Safety Ltd  
Ph: 876-968-1302

C B Safety Enterprises Ltd  
Ph: 876-906-1308

A R Services Safety & Equipment  
Ph: 876-757-9058

Notmar Trading Co Ltd  
Ph: 876-920-0324

Crowne Fire Extinguisher Servs Ltd  
Ph: 876-923-4168

Fire Equipment Sales & Servs Ltd  
Ph: 876-920-0087  
Cel: 876-486-6587

Flash Fire Safety  
Ph: 876-746-8308

Vision Safety Corporation Limited  
Ph: 876-960-4470  
Cel: 876-348-0933

AcVark Fire and Security Equipment Co.  
Ph: 876-979-7300  
Cel: 876-829-6607

Please also refer to "Fire" (Pages 441 - 449) in the 2019 Edition of the Jamaica Yellow Pages {Yellow} for additional Fire Safety Companies.

This list was submitted by the Research, Development and Public Education Unit of Fire Prevention Headquarters, Jamaica Fire Brigade for the SOLE purpose of providing information and does not represent an affiliation of the Jamaica Fire Brigade with these listed companies.



Have a question regarding the prescribed Smoke Detector and Fire Extinguisher for your home?

*Have a talk with us:*

FIRE PREVENTION AND PUBLIC RELATIONS DIVISION  
(876) 619-2933-4

## Profile of the Green Island Climate Adaptation Project Balfour Bowen – building climate resilience through oyster farming



**Indi Mclymont - Lafayette**  
Development Communications  
Specialist - AP&FM\*

Balfour Bowen is the President of the Green Island Friendly Fisherfolks Cooperative. He leads his team in several initiatives including the implementation of a project entitled Climate Resilience Improvement in Local Fisheries in Green Island, Hanover.

The project focuses on boosting the income of the fisherfolk that are members of the Cooperative through the introduction of commercial oyster farming. The project has been collaborating with the Fisheries Division of the Ministry of Industry, Agriculture and Fisheries and other partners to boost oyster production and get it available in underserved markets such as hotels and surrounding communities.

Bowen and his team have recognised that fishing in Green Island has been impacted by declining fish stock – both in numbers and size – partly due to overfishing as well as climate change. In an attempt to find alternate livelihoods for fisherfolk, Bowen and his team had partnered with the Fisheries Division to do a pilot venture in commercial oyster farming based on the favourable environment in the Green Island Bay for it. When that pilot reaped results, the Cooperative applied to the Environmental Foundation of Jamaica (EFJ) through

its Special Climate Change Adaptation Fund (SCCAF) for funding to continue the work. EFJ administers the funding for grants through the SCCAF with funds provided by the Adaptation Programme and Financing Mechanism of the Pilot Programme for Climate Resilience. The request was favourably received, and Bowen and his team are fully underway with implementing the project.

The Green Island Bay has some important ecological characteristics such as two fresh water sources entering the sea as well as suitability salinity and temperature. There are imports physical features that are important to oyster production. The results of the pilot study have been used as a guide for the development of commercial production.

Bowen, who is physically challenged, is a stalwart who sets an example for persons with disabilities and those without that persons with disabilities can lead the charge for climate adaptation. The project provides an example of job creation and income generation through innovation. It opens options for replication and scaling up and displays the mind set needed get persons with disabilities more involved in climate adaptation.

## Child Protection and Family Services Agency (CPFSA) Making Strides

Formed from a merge between the Child Development Agency (CDA) and Office of the Registry (OCR), the Child Protection and Family Services Agency (CPFSA) is an executive agency of the Ministry of Education, Youth and Information, mandated to provide quality services to children in need of care & protection, in particular, those abused, abandoned, neglected or at risk.

Over the years, the CPFSA places emphasis on developing programmes catering to the holistic wellbeing of children in State care, and the wider society through the Living and Family Environment (LIFE) Programme. LIFE is a more desirable alternative care option comprising of adoption, family reintegration, supervision order and foster care. The latter is the flagship programme of the CPFSA and is geared at placing children in State care in temporary and nurturing familial settings.

The Agency monitors all children in the protective sector in keeping with the 29 Standards of Care and the Child Care and Protection Act (CCPA). Every child has a tailored care plan that focuses on his/her safety, health and overall development.

Of the 29 standards an even greater focus is placed on safety and security, in particular disaster preparedness. The Agency continues to make strides in implementing measures to ensure that children and staff are equipped to

respond in the event of an emergency. There are 54 Children's homes which are regularly assessed and through a partnership with the Jamaica Fire Brigade, day and night drills are conducted. There is also a disaster management and contingency planning policy, which is activated during impending threats; as part of the Agency's response mechanism to safeguard children in State care.

Agreeably, disasters can happen at any time, householders/parents/guardians are encouraged to put mechanisms in place to prevent loss of lives and property such as:

1. Evacuation Plan and Escape routes- this should be taught to children, individuals with disability and the elderly.
2. Installation of trap doors
3. Converting grilled windows with hinges
4. Installation of smoke detectors and alarms

The Agency continues to ensure that children understand how to protect themselves; feel protected and are protected from significant harm.

The achievements of the Agency should also be credited to the many dedicated partners who have openly gave of time and financial support, the most recent; a Memorandum of Understanding signed between the Supreme Ventures Foundation and the Ministry of Education, Youth and Information through the CPFSA. This timely partnership will greatly assist with the provision of fire safety equipment and training for 30 institutions, islandwide, within the next two years.

The CPFSA through its programmes and initiatives continues to promote the wellbeing of children in State care, ensuring that their rights are fully protected.





Protecting Children  
Empowering Families  
Securing the Future

# 12 TIPS TO POSITIVELY DISCIPLINE A CHILD



- 1 Show **respect**, and focus on the behaviour, not the child.
- 2 **Be firm, fair and consistent.** Discipline with love.
- 3 **Never use physical punishment.** It teaches children that violence is OK.
- 4 **Fit the consequences to the behaviour.** For eg. If your child marks the wall, the punishment should be to clean it off.



- 5 **Act as soon as possible** so your child associates misbehaviours with their consequences.
- 6 **If you are upset**, cool down before you use discipline.
- 7 **Try timeouts.** This allows younger children to think about their actions. The best place for a time out is an area that isn't pleasurable for a child.
- 8 **Keep in mind that no one is perfect.** We all make mistakes



- 9 **Decide what behaviours** you must take a stand on and which you can be more flexible about.
- 10 **Give praise often for your child's positive actions and qualities.** This will encourage your child to continue the behaviour you want.
- 11 **Be observant of routine changes.** Has your child had an abrupt change in environment, school etc.? This can cause your child to be inattentive to instructions, less focused or restless. Be understanding during these periods and focus more on positive reinforcement rather than penalties.
- 12 **Determine if your child is seeking attention.** Some children will attempt to seek attention in any way they can – even if it is through improper behavior. Try to spend more time with your child by simply listening more and giving him/her your full attention.

#PositiveDisciplining #NoSpanking

## Directory of Support Services

### AT RISK CHILDREN AND YOUTHS

Hear The Children Cry  
26 Haining Road, New Kingston, Kingston 5  
876-929-0431  
hearthechildrencry@yahoo.com

LEAP Centre (Heart Trust)  
115 Duke Street, Kingston  
876-922-5795/876-967-2939

Youth Reacing Youth  
55 Swallowfield Road, Kingston 5  
876-920-6317  
yry.swallow@gmail.com

### AUTISM SUPPORT

Autism Centre  
300 Lorraine Drive Mango Walk, Montego Bay  
St. James  
876-940-6275  
montegobayautismcentre@gmail.com

Jamaica Autism Support (JASA)  
21 Hope Road, Kingston 10  
876-926-8081  
jasa@cwjamaica.com

### BLIND/VISUALLY IMPAIRED

Jamaica Society For The Blind  
111 1/2 Old Hope Road, Kingston 6  
876-927-6757/876-927-6759  
kelite@gmail.com

Salvation Army School for the Blind & Visually Impaired  
57 Mannings Hill Road, P.O Box 562, Kingston 8  
876-925-1362  
officeofthepincipal@yahoo.com

### CHILD CARE AND PROTECTION

Child Development Agency Corporate Office  
48 Duke Street Kingston  
876-948-6678/876-948-2841-2  
info@cds.gov.jm

> St. Thomas Office  
Morant Bay Shop 6 & 7, 52 Queen Street  
876-734-0373

> Clarendon Office  
Shop #7 16a Manchester Avenue, May Pen  
876-986-6934

> St. Elizabeth Office  
Skyview Mall 80 Main Street, Santa Cruz  
876-966-3246

> St. Ann Office  
Lee-Sin Tyre Centre Winsor Road, St Ann's Bay  
876-972-2686

> St. Mary Office  
Credit Union Building Main Street, Highgate P.O  
876-992-2212

> Portland Office  
Shop 45 West Palm Court 17 West Avenue, Port Antonio  
876-993-9289

> St. James Office  
4 Kerr Crescent, Montego Bay  
876-979-3446/876-979-1024  
> Trelawny

8 Duke Street, Falmouth  
876-954-4344

> Hanover Office  
United Church Building, Church Street, Lucea  
876-956-2047

> Westmoreland  
Shop 10 Hendon Mall, Beckford Street,  
Savanna-la-mar  
876-918-1642

Caribbean Child Development Centre (CCDC)  
UWI, Open Campus 1 Port of Spain Way, 7 Mona  
Road, Kingston  
876-927-1618  
cecileminott@open.uwi.edu

Office of The Children Advocate  
11th Floor Air Jamaica Building, 72 Harbour  
Street Kingston  
876-967-3225  
info@oca.gov.jm

Office Children Registry  
12 Carlton Crescent Kingston 10  
876-924-1322  
info@ocr.gov.jm

Wortley Home For Girls  
193 Constant Spring Road, Kingston 10

## CHRISTIAN CHURCH

Church Teachers College- Student Educational  
Assessment Centre  
40 Manchester Road, Mandeville Manchester  
876-962-2662/876-962-0701/876-962-2864  
ctcadmissions@ctc.edu.jm or info@ctc.edu.jm

## COUNSELING AND PSYCHOLOGICAL SERVICES

Dr. Orlean Brown-Earle  
Mandeville P.O Manchester  
876-878-0212  
abrown@hotmail.com

Spanish Town Peace Centre  
10 Hanover Street, Spanish Town, St. Catherine  
876-749-0245/876-749-5228/876-749-6959/876-  
518-8754  
spanishtownpjc@yahoo.com

Rehabilitation Institute of the Caribbean  
Suite 2 B-C, Liguanea Post Office Mall 115 Hope  
Road, Kingston 6  
876-631-4000  
appointments@rehabcaribbean.com

Revamp Comprehensive Rehabilitaton Centre  
17 Latham Avenue (6)  
876-946-1172  
revampjamaica@gmail.com  
www.revamprehabjamaica.com

One Stop Physical Therapy Services  
On the St. James Family Court building, 4 Kerr  
Cr, Montego Bay  
876-776-4133

Webster Memorial Clinic & Counselling  
53 Half Way Tree Road, Kingston 10  
876-926-6127  
webstermemorial@cwjamaica.com

## DEAF AND HARD OF HEARING

Caribbean Christian Centre for the Deaf  
4 Cassia Park Road, Kingston 10  
876-923-6103  
deaflink\_cccd2@hotmail.com

Jamaica Association for the Deaf (JAD)  
C. B. Facey Building, Hope Estate, Papine, King-  
ston 7  
876-970-1778-9/876-927-1098  
admin@jamdeaf.org.jm  
www.jamdeaf.org

Jamaica Christian School for the Deaf  
White Sand P. O., St. James  
876-912-0119/876-921-0121  
jcsd\_1@yahoo.com

Lister Mair Gilby High School for The Deaf  
Hope Estate, Papine, Kingston 6  
876-927-2862/876-927-1261  
listermairgilby@jamdeaf.org.jm/listermair@ya-  
hoo.com

Maranatha School for the Deaf  
Ridge District, Top Hill P. O., St. Elizabeth  
876-965-1738  
maranathasfd@yahoo.com

Port Antonio Learning Centre  
Williamsfield, Clear Spring, Port Antonio  
876-993-7359  
bgayle@jamdeaf.org.jm

St. Christopher School for the Deaf  
St. Christopher's Crescent, Browns Town, P. O.,  
St. Ann  
876-975-2226  
stchristophersschool@jamdeaf.org

Widsor Unit For the Deaf  
Windsor Road, Spanish Town, St. Catherine  
876-771-2382  
windsorspecialschool@yahoo.com

Woodside Unit for the Deaf  
Woodside District, Denbigh  
876-786-0906  
deafunitmaypen@yahoo.com

## DEVELOPMENTAL SCREENING AND ASSESSMENT SERVICES

McCam Child Developmental Centre  
231 Old Hope Road, Kingston 6  
876-977-0189/876-977-6496  
mccamresourcecentre@gmail.com

MICO CARE Centre (Kingston)  
5 Manhattan Rd, Kingston 5  
876-929-7720  
care\_cenre@cwjamaica.com

MICO CARE Centre (St. Ann)  
2 Royes Street, St Ann's Bay  
876-929-7722  
micocare\_stann@cwjamaica.com

Jamaica Association for the Deaf (JAD)  
Hope Estate, Papine, Kingston 6  
876-970-1778-9/876-927-1098  
admin@jamdeaf.org.jm

Community Based Rehabilitation Jamaica  
94J Old Hope Road, Kingston 6  
876-978-2092/876-909-5859  
threedprojects@hotmail.com  
communitybasedrehabilitationjamaica.com

> Spanish Town Office  
14 Monk Street, Spanish Town, St. Catherine  
Flow: 876-984-2840/876-837-5717,  
Digicel: 876-665-3342

> St. James Office  
72 West Green Meadows, Catherine Hall, Mon-  
tego Bay  
876-971-3415

> St. Elizabeth Office  
40 Institution Drive, Santa Cruz  
876-966-3237/876-356-9995

> Manchester Office  
Albion  
876-476-6447

Early Stimulation Programme  
95 Hanover Street, Kingston 2  
876-922-5585  
mlss\_earlystim@cwjamaica.com

Dr. Roxanne Melbourne: Pediatric Neurologist  
Unit 1 11 Latham Avenue Kingston 6  
876-978-6681  
kiddiecarepaediatricians@gmail.com

Dr. Maureen Samms-Vaughn: Pediatric Neurologist  
University of the West Indies, Kingston 6  
876-927-1446  
msamms@cwjamaica.com

Dr. Gerogia Beavers: Caribbean Hearing Centre  
18 Lindsay Crescent, Kingston 10  
876-755-3848/876-755-1507  
caribbeanhearingcentre@gmail.com

## DISABILITIES AGENCIES AND NON PROFIT ORGANIZATIONS

Abilities Foundation  
191 Constant Spring Road, Kingston 8  
876-924-6619  
abilitiesfoundation@yahoo.com

Accessible Services Caribbean  
13 Dawkins Drive, Portmore Town Center, St. Catherine  
876-337-2531

Centre For Disability Studies  
UWI Mona, Kingston 7  
876-977-9423  
uwicds@gmail.com

Community Based Rehabilitation Jamaica  
94J Old Hope Road, Kingston 6  
876-978-2092/876-909-5859  
threedprojects@hotmail.com  
communitybasedrehabilitationjamaica.com

> Spanish Town Office  
14 Monk Street, Spanish Town, St. Catherine  
Flow: 876-984-2840/876-837-5717,  
Digicel: 876-665-3342

> St. James Office  
72 West Green Meadows, Catherine Hall, Montego Bay  
876-971-3415

> St. Elizabeth Office  
40 Institution Drive, Santa Cruz  
876-966-3237/876-356-9995

> Manchester Office  
Albion  
876-476-6447

Combined Disabilities Association (CDA)  
18 Ripon Road, Kingston 5  
876-929-1177  
advocacy1981@yahoo.com

Clarendon group for the Disabled (CGD)  
2a Palm Avenue, May Pen Clarendon  
876-986-4202  
discovercgd@cwjamaica.com

Early Stimulation Programme  
95 Hanover Street, Kingston 2  
876-922-5585  
antonica.gunter@mlss.gov.jm

Jamaica Council for Persons With Disabilities (JCPD)  
18 Ripon Road, Kingston 5  
876-968-0623/876-968-8378  
jcpd@mlss.gov.jm

> Clarendon Office  
6 Manchester Avenue, May Pen  
876-986-2472/876-902-6418-9

> St. Ann Office  
4 Windsor Road, St. Ann's Bay  
876-972-0472/876-2470

> St. Catherine Office  
10 Hanover Street, Spanish Town  
876-891-4020

> St. Elizabeth Office  
43 Main Street Santa Cruz  
876-966-2232

> Hanover Office  
Shop 4 Uptown Shopping Centre, Mosley Drive, Lucea  
876-956-2255/876-956-3218/876-956-3447

> St. James Office  
4 Sam Sharpe Square, Montego Bay  
876-971-4193

> St. Mary  
2 Main Street, Port Maria  
876-994-2437

> Manchester  
Lot 24 Mandeville Plaza, Manchester  
876-966-2573/876-625-8592

> Portland Office  
28 Harbour Street, Port Antonio  
876-715-4939

> St. Thomas Office  
4-6 Wharf Road, Morant Bay  
876-734-0373/876-734-3320

> Westmoreland  
876-918-2246

Nathan Ebanks Foundation  
P.O. Box 2334, Kingston 8  
876-94220675  
info@nefjamaica.org  
www.nefjamaica.org  
www.facebook.com/NEFJamaica

Paraplegic Development and Outreach Foundation  
92 Hanover Street, Kingston  
876-578-0450/876-948-2706  
paraplegicdevelopment@gmail.com

Portmore Self-Help Disability Organization  
267 Borealis Blv, Watson Grove, Gregory Part P.O, St. Catherine  
876 939-1837, 876 746-9832, whats app: 876 437-1837  
psdohelp@gmail.com

West Haven Children's Home  
Copse P.A. Hanover  
876-956-4912/876-468-1133  
westhaven2012@hotmail.com

## EARLY CHILDHOOD RESOURCE CENTRES

> Kingston & St. Andrew  
Caenwood Complex  
37 Arnold Road Kingston 4  
876-754-6168

Dudley Grant (DBG) Early Childhood Resource Centre  
1 Gibraltar Camp Road, Mona Campus, St. Andrew  
876-970-4604

> St. Thomas & Portland  
St. Thomas Resource Centre  
Baptist Yallahs P. O. St. Thomas  
876-706-3205

Portland Resource Centre  
1 Smatt Road, Port Antonio  
876-993-3883

> St. Mary & St. Ann  
St. Mary Resource Centre  
Main Street Highgate P. O. St. Mary  
876-793-8812

St. Ann Resource Centre  
Buckfield Housing Scheme, Ocho Rios  
876-797-6865

> Trelawny & St. James  
Trelawny Resource Centre  
Duncans Trelawny

DRB Grant Resource Centre (Accredited Parents' Place)  
Catherine Hall, Montego Bay, St. James  
876-940-5512

> Westmoreland & Hanover  
Westmoreland Resource Centre  
Torrington Strathbogie, Savanna la Mar  
876-286-008

Hanover Resource Centre  
Violet Drive, Lucea Hanover

## INTELLECTUAL/LEARNING/ DEVELOPMENTAL DISABILITIES

Jamaica Association for Children With Learning Disabilities (JACLD)  
7 Leinster Road, Kingston 5  
876-929-4348  
jaclld7leinster@yahoo.com

Jamaican Association on Intellectual Disabilities (JAID)  
Unit # 10, 7 Golding Avenue, P. O. Box 224 Kingston 7  
876-977-1118/876-977-0134/876-970-3182  
jaid@cwjamaica.com

Jamaica's Down's Syndrome Foundation  
Unit # 10, 1 Stanton Terrace Kingston 4  
876-978-0829  
jamaicadownssyndrome@cwjamaica.com

May Pen Learning Centre (Windsor, JAID)  
Denbigh Show Ground, May Pen, Clarendon  
876-902-2112  
windsormaypen@yahoo.com

## MINISTRY OF HEALTH- MENTAL HEALTH SERVICES

Child and Adolescent Guidance Clinic:  
Glen Vincent Memorial Clinic/Health Centre  
3 Travennion Pk Road, Kingston 5  
876-929-6511-3 ext. 235/876-405-4561

Comprehensive Health Centre  
55 Slipe Pen Road, Kingston  
Tel: 876-922-3042/Mobile: 335-3591

University Hospital of the West Indies  
Mona, Kingston 7  
Tel: 876-927-1620-9 ext. 2535

St. Jago Park Health Centre (SERA)  
Burke Road, Spanish Town, St. Catherine  
876-984-3318

Mental Health Unit Emergency Services:  
Southeast Regional Health Authority (SERHA):  
Regional Office  
The Tower, 25 Dominica Drive, Kingston 5  
876-754-3441-2  
patientcare@serha.gov.jm

Southern Regional Health Authority (SRHA)  
3 Brumalia Road, Mandeville, Manchester  
876-779-0424/876-779-7654  
pr@srha.gov.jm

North East Regional Health Authority (NERHA)  
Seville Road, St. Ann's Bay  
876-972-2272  
webmaster@nerha.gov.jm

Western Regional Health Authority (WRHA)  
Fairview Shopping Centre, Montego Bay  
876-979-7820  
info@wrha.gov.jm

## PARENTING PLACE LOCATIONS (NATIONAL PARENTING SUPPORT COMMISSION)

Kingston Headquarters  
37, Arnold Rd, Kingston  
876-967-7977  
nationalparentingsupport@moey.gov.jm

Western Region  
876-967-7966

## PSYCHOLOGICAL ASSESSMENTS AND SERVICES

Dr. Cheryl Thompson/ Southcentral Psychosocial & Wellness Services Centre  
14 Caledonia Road, Mandeville  
Tel: 876-963-7498/ Mobile: 876-396-0561

Dr. Kai A. D. Morgan/ Jamaica Psychological Society  
68 Lady Musgrave Road, Kingston 10  
Tel: 876-869-7657  
kadmorganpractice@gmail.com

Ms. Ava-Gay Maria Smith  
876-854-1835  
avagaysmith@yahoo.com

Dr. Orlean Brown-Earle/ Vista Counselling and Assessment Services  
Ridgemount United Church, Main Street Mandeville  
876-382-7034  
obrownie@hotmail.com

Dr. Coretta Brown-Johnson/Clinical and Behavioural Psychologist  
876-348-8728  
dr.c.brown.johnson@gmail.com

Community Based Rehabilitation Jamaica  
94J Old Hope Road, Kingston 6  
876-978-2092/876-909-5859  
threedprojects@hotmail.com  
communitybasedrehabilitationjamaica.com

> Spanish Town Office  
14 Monk Street, Spanish Town, St. Catherine  
Flow: 876-984-2840/876-837-5717, Digicel:  
876-665-3342

> St. James Office  
72 West Green Meadows, Catherine Hall, Montego Bay  
876-971-3415

> St. Elizabeth Office  
40 Institution Drive, Santa Cruz  
876-966-3237/876-356-9995

> Manchester Office  
Albion  
876-476-6447

## RECREATION

Ashe Performing Arts Company  
88 Cargill Avenue, Kingston 10  
876-960-2985/ 876-353-2287  
ashe@theashecompany.org

Girls Brigade  
2e Camp Road, Kingston 5  
876-926-6427  
girlsbrigadeja@yahoo.com

Girls Guide Association of Jamaica  
2 Waterloo Road, Kingston 10  
876-926-6277/ 876-926-6507  
girlguides@cwjamaica.com

Scouts Association of Jamaica  
2d Camp Road, Kingston 5  
876-926-7209  
office@scoutsamaica.org

Sports Development Foundation  
31 Phoenix Avenue, Kingston 10  
876-926-6734  
sdf@cwjamaica.com

## SOCIAL SUPPORT SERVICES AND NON-PROFIT ORGANISATIONS

Centre for Investigation of Sexual Offences & Child Abuse (CISOCA)  
3 Ruthven Road, Kingston 10  
876-906-4283/ 876-926-4579

cisoca@jcf.gov.jm  
Council of Voluntary Social Services (CVSS)  
122-126 Tower Street, Kingston 1, Jamaica  
876-922-9365  
cvsja@hotmail.com  
www.cvsjamaica.com

Fathers and Families Coalition  
Aloe Avenue, Kingston 11  
876-340-3021  
fathersandfamiliescoalitiona@gmail.com

University of the West Indies  
Mona, Kingston 7  
876-970-6325, /876-379-0459  
herbert.gayle@gmail.com  
Jamaica Foundation for Life Long Learning (JFLL)  
47 B South Camp Road, Kingston 4  
876-922-3969/ 876-928-5181  
whibbert@jfill.gov.jm

MENSANA  
46 Lady Musgrave Road, Kingston 10  
Tel: 876-340-8837/ 876-553-9113  
mensanajamaica@gmail.com/dawnmroper@gmail.com

REHAB PLUS  
12 Tangerine Place, Kingston  
Tel: 876-926-6365  
info@rehabplusja.com

Rural Services for Children with Disabilities (RSCD)  
40 Constitution, Santa Cruz  
Tel: 876-966-3237/876-356-909  
madgesanderson@yahoo.com

St. Ann Disability Association  
Community Steer Town, St. Ann's Bay  
Tel: 876-310-6775/848-0853  
psankeypech@gmail.com

Teamwork Associate  
Flower Hill Avenue, Toradi Heights Montego Bay, St. James  
Tel: 876-953-3123/876-953-2707/876-953-3818/876-955-9451  
teamwork@cwjamaica.com

Women's Media Watch  
16 Queens Avenue Kingston 10  
Tel: 876-881-5177  
hello@wmwja.org  
www.wmwja.org

## SPECIAL EDUCATION

Ministry of Education- Special Education Unit  
Caenwood Centre, 37 Arnold Road  
876-967-1312

Adonijah Group of Schools  
20 Elspeth Avenue, Kingston 20  
876-770-1223/876-378-8805/876-857-5914  
adonijahgroup@yahoo.com

Carberry Court Special School  
Hope Estate, Papine, Kingston 6  
876-977-3176  
carberrycourt@gmail.com

Edgehill School of Special Education  
Edgehill Road, St. Ann's Bay  
876-972-9761  
edgehillspecialedu@yahoo.com

Genesis Academy  
38 South Camp Road, Kingston 4  
876-928-5051/876-930-2662  
genesisacademyjamaica@gmail.com

Hope Valley Experimental Unit  
2 University Road, P. O. Kingston 7  
876-927-2473  
hovalex72@gmail.com

Llandilo Special School of Education  
P. O. Box 238, Savanna la Mar, Westmoreland  
876-955-4849  
llandilo10@gmail.com/yordier@yahoo.com

Liberty Academy at the Priory  
32 Hope Road, Kingston 10  
876-960-5059/876-920-2469  
libertyprep@yahoo.com

Lyssons Primary Special Education Unit  
Lyssons P. O. St. Thomas  
876-982-2536  
lyssons.primary.sts@moey.gov.jm

Ocho Rios Primary School Special Education Unit  
Milford Road, Ocho Rios  
876-974-2432  
ochoriosprim@yahoo.com

Port Maria Learning Centre  
Trinity Port Maria, St. Mary  
876-994-9373  
edgehillportmaria1@yahoo.com

Randolph Lopez School of Hope (JAID)  
7 Golding Avenue P. O. Box 224 Kingston 7  
876-977-7480/876-977-0134/876-927-1088/876-927-2054/876-970-3182  
rlsoh@cwjamaica.com

St. Hugh's Resource Department  
1 Tom Redcam Drive, Kingston 5  
876-754-2518-9/fax:754-2520  
sthughsprep@gmail.com

SURE, Foundation  
15a Shortwood Road Kingston 8  
876-924-4495/876-839-3181  
cmaudrick@yahoo.com

Queens Preparatory Special Education Unit  
121 Constant Spring Road, Kingston 8  
876-924-1441/876-924-2046  
queenspreparatory@gmail.com

**Think about your needs.**

Be sure to keep your glasses, hearing aid, cane or wheel chair close to your bed at night. If there is an emergency, you will be able to grab them quickly as you leave.

U.S. Fire Administration | FEMA | U.S. Department of Homeland Security

Vouch Limited  
1 National Heroes Circle Kingston 4  
876-922-5717  
vouch\_ltd@yahoo.com

Windsor School of Special Education  
Windsor Road, Spanish Town, St. Catherine  
876-771-2382/876-984-7115  
windsorspecialschool@yahoo.com

Woodlawn School of Special Education  
19 Woodlawn Road, Mandeville, Manchester  
876-962-6679  
woodlawnschoolspededu79@yahoo.com

### VIOLENCE PREVENTION

Violence Prevention Alliance  
13 Gibraltar Camp Way, The University of The West Indies  
876-702-2079  
vpajamaica@gmail.com  
www.vpajamaica.org

Godfrey Stewart High School  
4 Lewis Street, Savanna-la-mar, Westmoreland  
876-955-2574/876-955-2759  
gdfirstewart@yahoo.com

Green Pond High School  
Cornwall Courts, Montego Bay  
Front desk: 876-680-8914/principal's office:  
876-680-8916/guidance office: 876-680-9389  
greenpondhighschool@yahoo.com

Hannah Town Community Centre  
16-24 Hannah Street, Kingston  
President: 876-894-9592

The H. O. L. Y Network  
68 & 68 Barry Street Kingston  
876-922-3262  
theholynetwork@gmail.com

Women's Research and Outreach Center (WORC)  
47 Beechwood Avenue, Kingston 5  
876-929-8873  
info.wrocjamaica@gmail.com  
www.wrocjamaica.org

### WHEELCHAIRS, USED AND REPAIRED

Portmore Self-Help Disability Organization  
3 Baptist Road, Christian Pen, Gregory Park P.O., St. Catherine  
876-939-1636/876-437-1837  
psdohelp@yahoo.com

Salvation Army  
3 Waterloo Road, Kingston 10  
876-929-6190-2

Morgan's Motorsied Wheelchair Repair Service Ltd.  
Sir John Golding Rehab Centre, 7 Golding Ave. Kgn 7  
876-318-2364

## First responders first aid



**John Alston**  
Chief, New Haven Fire Department, USA

I have been involved in Emergency Response for over 34 years, as a Firefighter, Emergency Management Specialist and Hazardous Materials Technician. I travel frequently for business and pleasure. I always check the area that I will be in before travel. By obtaining local news publications, I look at the local climate and weather patterns. In addition to my regular list of travel items, I bring a compact emergency kit. I have them in my home and automobiles. I even have emergency back up items in my



briefcase and back pack. Having survived and responded to Hurricanes Floyd, Irene and Superstorm Sandy, I picked up a few items that are universal.

You must have a source of fresh water to drink, non-perishable food items, a first-aid kit and batteries to power small electronic devices.

There are a few basic and sophisticated battery back-up packs available everywhere. When it comes to lighting and a charger for your small USB devices, there is a solar powered device call a "LuminAID". It is a portable, waterproof, rechargeable lantern, as well.

There are commercially available first-aid and survival kits that are preset. They can be expensive; however, you can build your own now. By buying the contents and components before the storm. Go on amazon.com and search first-aid or survival kits. It will show them and list their contents. Build your "go bag", before the storm.

In these disaster events be prepared for loss of power and loss of fresh water. Some people are lucky enough to have small portable electric generators but when they run out of fuel what do you do? You must have alternatives. There are also water purification systems that are small, personal and portable. There are also cartridge systems that can remove most contaminants and allow for the safe consumption of outdoor water sources.

Our most vulnerable members of society are our elderly, the very young, the informed and



those who are mentally and physically challenged. We must preplan for their care and transport now, before the storm. Be sure to maintain a supply of sanitary wipes, medications, pain relief and diapers.

We must look to provide temporary shelter systems, should evacuation become a required action. Portable radios both the personal variety and the larger HAM radio systems should be acquired, tested and used, before and during the storm.

#### **Basic electronics**

Pack an extra phone charger in case you're fortunate enough to have electricity, and a portable battery pack in case you're not. Also stash a long-lasting LED flashlight. Pack a small hand-cranked or battery-operated AM/FM radio (with extra batteries).

#### **Personal needs**

While getting ready for a typical day, list every toiletry you use, then buy a travel-size version of each. Pack backup eyeglasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener.

#### **Clothing**

Pack a few days' worth. Include layers you can add or remove, plus lightweight rain gear and waterproof boots.

#### **Your meds**

Pack about three days' worth of each of your prescriptions, which should last until you can get to a pharmacy that's open. If you need larger items, such as an oxygen tank, make sure you have a portable version.

#### **The perfect bag**

Think small and portable. A backpack is ideal, but a lightweight suitcase with wheels will also do. Just remember, you may literally be running with it.

#### **Paperwork**

Fill a zip-top waterproof bag with photocopies of your birth certificate; driver's license; Tax Payer Registration (TRN) number; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.

#### **Food and drink**

Bottled water is essential. Granola or energy bars are great because they are small and filling, and they come in a variety of flavors.

#### **Cash**

In addition to enough money for a few days, include small bills and a roll of quarters. If you need to buy something you don't want to start asking equally desperate strangers for change.

*John Alston is a 34 year veteran of Fire and Emergency Services. He currently holds the title of Fire Chief where he commands the over 360 proud professional women and men of the New Haven Fire Department in Connecticut. He is a published author, blogger and trainer.*

## **Protocol for emergency, fire, flood, hurricane as it relates to Jamaica Fire Brigade**

For the thousands of Jamaicans and the millions of people around the world that have a physical, medical, sensory or cognitive disability; emergencies such as fires, hurricanes or even acts of terrorism can present a real challenge. This same challenge applies to the elderly and the wider community of persons with special needs.

While a disaster may strike anywhere and at any time, being prepared or knowing what to do, may be the deciding factor as to whether or not you and your loved ones survive. The Jamaica Fire Brigade does not yet have in place a set protocol for disaster preparedness and emergency management for persons with disabilities however, the following are some guidelines for persons with disabilities and, for their families and caregivers to follow which is applicable to any disaster:

Contact the nearest fire / police station and ensure that they know where you live and exactly what disability(ies) you or your family member have.

Have the fire department's phone number on speed dial.

Post a list of emergency number(s) in a visible place in your home or business; somewhere which gets a lot of traffic (notice board, refrigerator, etc.)

Ensure that your home is equipped with smoke alarms, and at least one working fire extinguisher.

Have a family meeting periodically, to review the escape plan in case of fire.

Display the plan in a visible place. Ensure that all members of the household understand what they should do in the event of a fire or medical emergency.

If you are blind or have a visual impairment, a high-pitched whistle will alert others, if you lose your way while leaving the building.

Once or twice per year, visit the nearest police station and fire station assigned to your community to let them know where you live and, the type of disability that you or your family member have. If you or a family member has a disability, build a support team of people who will help you in an emergency. These can include family members, neighbours, the nearest police station or fire department.

Develop an emergency plan for your specific situation. This should be done well ahead of any disaster and should be reinforced by way of personal drills, periodically.

Create a personal disaster plan - one specific to the particular need of the person (for example, if you are hearing impaired - devise a signalling system with family members and immediate neighbours to communicate during an emergency).

Keep a basic emergency kit close at hand with medication, flashlight, batteries, special instructions, etc. See the Basic Emergency Kit Checklist in this publication

In case of fire, whether at home, work or in the community:

Contact the nearest fire / police station and ensure that they know where you live and exactly what disability(ies) you or your family member have.

Have the fire department's phone number on speed dial.

Post a list of emergency number(s) in a visible place in your home or business; somewhere which gets a lot of traffic (notice board, refrigerator, etc.)

Ensure that your home is equipped with smoke alarms, and at least one working fire extinguisher.

Have a family meeting periodically, to review the escape plan in case of fire.

Display the plan in a visible place. Ensure that all members of the household understand what they should do in the event of a fire or medical emergency.

If you are blind or have a visual impairment, a high-pitched whistle will alert others, if you lose your way while leaving the building.

To learn more, contact:

BRIGADE HEADQUARTERS,  
85 Hagley Park Road, Kingston 10; Jamaica W.I.  
Tel:(876)922-0007, (876)922-0027, (876)967-0550  
Email:hr.jfb@cwjamaica.com

## Home Safety for People with Disabilities

There's no place like home. It is a place to relax, share laughs with family, and enjoy home cooked meals. But did you know that the majority of fire deaths occur in the home? Help everyone in the home stay safe from fire.

### Home Fire Sprinklers

Home fire sprinklers protect lives by keeping fires small. Sprinklers allows people more time to escape in a fire. When choosing an apartment or home, look for one that has home fire sprinklers.

### Smoke Alarms

- Install smoke alarms in every sleeping room. They should also be outside each sleeping area and on every level of the home.
- Test your smoke alarm at least once a month by pushing the test button. If you can't reach the alarm, ask for help.
- For added safety, interconnect the smoke alarms. If one sounds, they all sound. This gives more time to escape.
- Smoke alarms with sealed (long-life) batteries work for up to 10 years. They can be helpful for people who find it hard to change batteries.
- Smoke alarms expire. Replace them every 10 years.

## People who are Deaf or Hard of Hearing

- Smoke alarms and alert devices are available for people who are deaf or hard of hearing.
- Strobe lights flash when the smoke alarm sounds. The lights warn people of a possible fire.
- When people who are deaf are asleep, a pillow or bed shaker can wake them so they can escape.
- When people who are hard of hearing are asleep, a loud, mixed, low-pitched sound alert device can wake them. A pillow or bed shaker may be helpful. These devices are triggered by the sound of the smoke alarm.

### Escape Planning

Include everyone in home escape planning. Each person should have input about the best ways to escape. Home fire drills are important. Everyone in the home must participate in them. Keep a phone by your bed in case you can't escape and need to call for help.

### Talk with someone from the fire department about your escape plan

Ask them review your plan. Ask if your fire department keeps a directory of people who may need extra help. If you have a service animal, agree on a plan to keep the animal with you during an emergency.

[www.nfpa.org/disabilities](http://www.nfpa.org/disabilities)

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