

certificates. They won't be in time. 42 other welfare shelters are decided. All of them are nursing homes and welfare centers for the elderly. In the guide, it is written that people who need support are "those who are unable to evacuate on their own." The disability planning division of the city says that "autistic people are also those who need support". But the local general people regard them as "people who are always moving around" and won't regard them as those who are unable to evacuate on their own. This means that it is good exactly to think "things prepared by the administration are not reliable". It is more important to make a promise beforehand about how to act in times of disasters with the supporters of the daily places, such as support schools, classes, after school care, and belonging facilities. It is more certain to ask the administration to get hold of the promise beforehand. If they hold them beforehand, food, water and support will arrive.

(Kumiko Meguro. Autism Society Miyagi)

Learning from outdoor life when "staying in vehicles or tents"

There are cases of being unable to live in shelters and inevitably being ceased to live in private-owned vehicles or tents used for outdoor. There are useful items among outdoor goods such as tents, lanterns, portable toilets and shuraffs that could be helpful in times of evacuation life, so that it is better to take care of those items even they are out of season. In those cases, it is better to be careful about the following points as they are apt to be forgotten.

- 1) Vehicles and tents should be set up after checking the surrounding safety.
- 2) Go to the shelters occasionally to obtain information and supplies.
- 3) Always have a word with your neighbors for your safety and mental health.
- 4) Do not stay inside the vehicles or tents but try to get outside as much as possible.

Also, in order to prevent the "economy class syndrome" which happens easily in vehicles,

- 1) Try to move your body briskly by stamping and do not stay in the same posture for a long time.
- 2) Loosen your clothes and refrain from tightening your body.
- 3) Try to take more water than usual.

Try to do the above things.

(Norihisa Okada, Director, Kumamoto Development Clinic)

* Don't forget to prepare batteries for cell phones, batteries, food and favorite things.

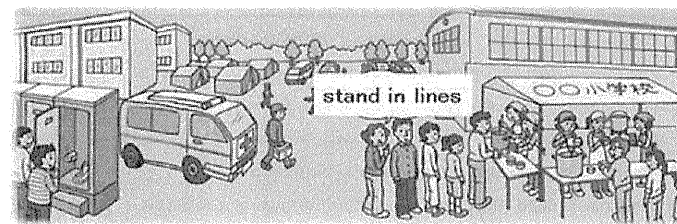


Life at shelters

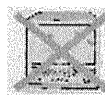
Life at shelters will be different from life at home.

There are rules at shelters.

- You have to stand in lines to get food and water in turn.
- Try to eat the delivered food even if it is not your usual food.
But if you cannot eat them, consult the supporting staff.



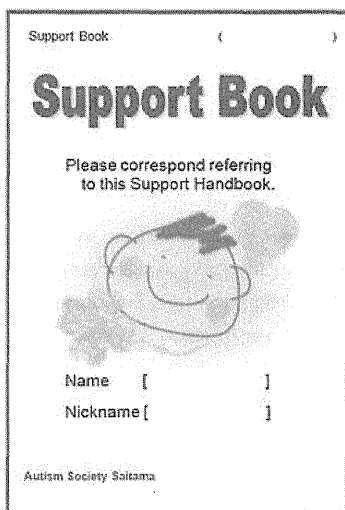
- Toilets will be like public laboratories. Most of them are Japanese style toilets. Try to get used to them daily.
- You cannot take a bath for a while.
- You might hear a crying of a baby or a noise that you don't like. In those cases, try to get outside or listen to your favorite music using headphones.
- There will be no TV. You cannot watch your favorite programs. Spend time with music, games or reading books.



The use of "Support Book".

Try to make use of the "Support Book". Let them carry the "Support Book" with themselves, which indicates methods to take communication with the person and the "points to consider". Since each person with autism has different symptoms and measures one by one, each person can receive suitable support.

- Examples of the mentioned items
 - ・ Name (Nickname), Date of birth, Address, Contact number, Blood type
 - ・ Characteristics of the person's behavior, such as causing panic
 - ・ Method of communicating
 - ・ Diagnosis of chronic disease, taking medicine, prescription, allergy, and family medical institution



- ・ Food: unacceptable to the body, likes and dislikes
- ・ Consideration when using toilets
- ・ Sleeping situation
- ・ Things positively not to do to the person
- ・ Things for relief.

Autism Society Saitama made a "Support Book" as shown in the right.
Web site of Autism Society Saitama
<http://as-saitama.com/assaitama-supportbook-ver2.pdf> (in Japanese)

For making people understand the SOS from the person

- Always carry the "HELP ME CARD" and enable it to show.
- Always carry a "whistle" and practice blowing to be able to blow in case of emergencies.
- Practice the disaster prevention words and actions.



There are "HELP ME CARD" that is made by Autism Society Japan, "Support Book" made by each branch and "SOS Card" that is made by Itabashi Ward Municipality, which are for arousing. These are useful to make aid in times of disasters and the support for shelter life more effective through understanding each person's situation.

However, we think there will be a lot of people who are unable to say "Help me!", or unable to blow the whistle for asking help. So, the important thing is the daily human relationship. We think that it is important to communicate with the local people, with the people you meet on your way to work, school and facility, with station clerks and police officers.

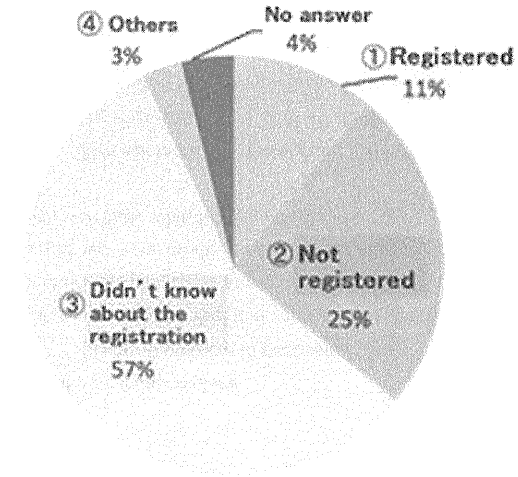
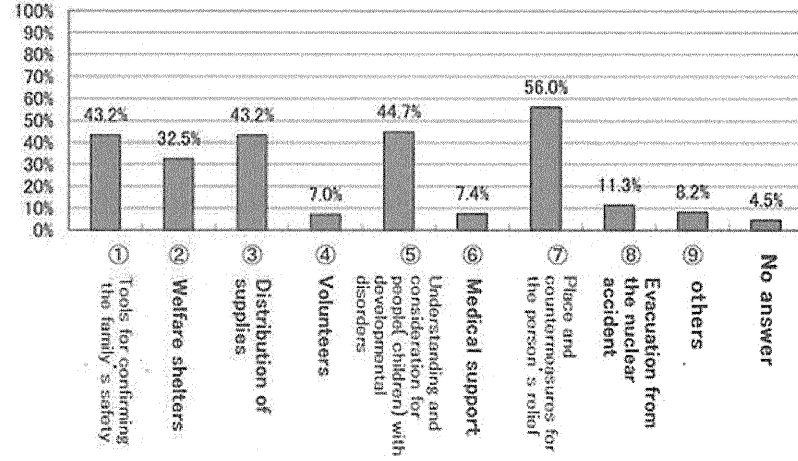
Anyway, a society that recognizes "there are people who need support" is desirable and this will connect with the support in times of disasters and accidents. It is important to contact daily from our side and make better human relations.

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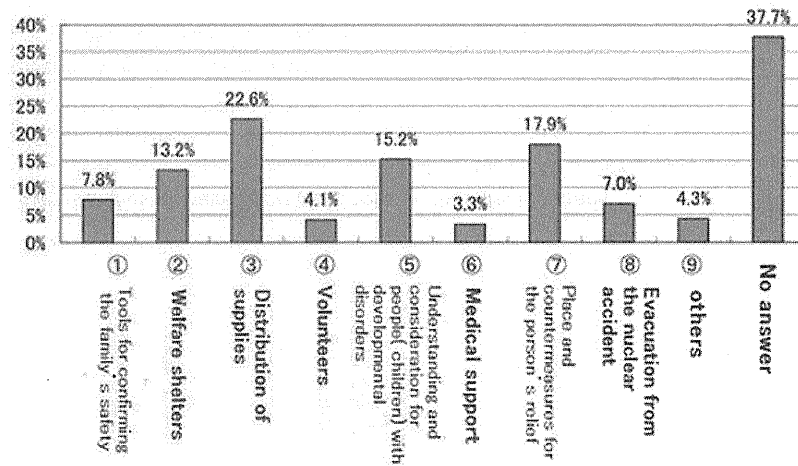
From the questionnaire survey of people in the affected areas

Based on the Comprehensive Welfare Promotion Program for the disabled called "An investigation of understanding the action of persons with autistic disorders the effective way of information service in times of disasters" by the Ministry of Health, Labour and Welfare, we did a questionnaire survey with the help of the members of the Autism Society of the 4 prefectures, Iwate, Miyagi, Fukushima and Ibaraki in 2011. We will report a part of the statistics result and opinion.

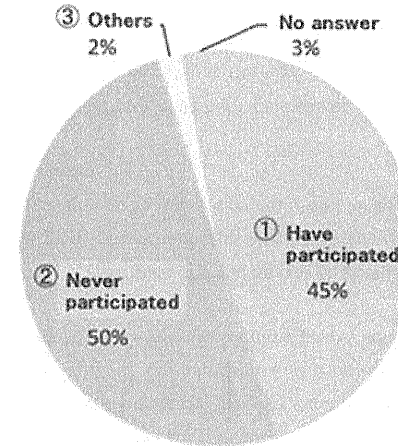
Q: "What kind of support was specially necessary?" (plural answers)



Q: "Desirable support that you couldn't get" (plural answers)

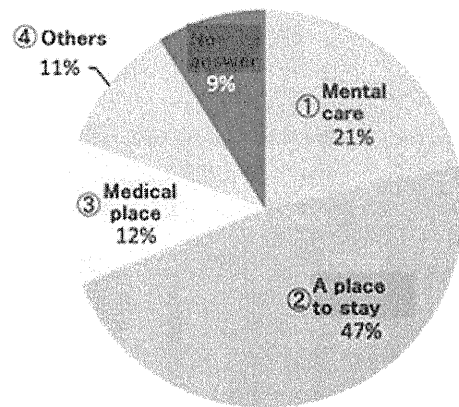


Q: "Have you ever participate to a disaster drill?"



Q: "Did you register on the list of people who need support?"

Q: "What kind of support does the person need?"



From the questionnaire survey of people in the affected areas

Since there were various opinions described in the questionnaires, we will report the summary together.

About the state at the time of disaster

[We were unable to live, because the lifeline was all damaged.]

Lifeline such as electricity, water, gas and telephone was all damaged and the safety confirmation of the family members was the most difficult thing and also securing food was difficult as well.

[We experienced difficulties by the long-time blackout and the one-week suspension of water supply.]

When the blackout got longer, our unsettled state continued, and we were unable to use water and also, food was unavailable. We were in great difficulty in getting petrol.

[We were in trouble unable to go to hospitals to get medicine.]

Even we wanted to go to hospitals to get medicine, we were unable to go because we had no petrol.

[Our child caused panic.]

Our child caused panic, because the water stopped and the blackout continued.

[We had trouble, because our child has adherence in food.]

The nearby shops were unable to open, and also we were unable to use vehicles to go to the

distant supermarket, so we couldn't buy food.

[We were unable to go outside because of the nuclear accident.]

For fear of the influence of the radioactivity, we were unable to go out for a walk, so we spent most of the time in our house and got unfit and stressed strongly.

About mental care

[Mental care was necessary, but consultation was difficult.]

After a while from the disaster earthquake, children needed mental care. Since we wanted to consult about our children at hospitals or support centers for people with development disabilities, there were so many people who wanted to consult and we had to wait for months.

[The state of being heavily stressed continued for a while.]

Tsunami struck our house and we evacuated to the regional elementary school. Since the environment changed, our child had several epileptic fit caused by stress. Now the state is stabilized.

[After a while from the disaster, change could be seen in our child.]

Our child was calm at the time of disaster. After a while, there were more cases of sudden crying or hitting on the head.

[Our child became unstable watching pictures of the disaster.]

Our child was nervous in a lot of aftershocks, got unstabled watching the news pictures of TV and got flashed back.

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About the evacuation place

[It was impossible to evacuate in the school gymnasium.]

We evacuated to the regional school, but since there were so many people in the gymnasium, our child got surprised at various sounds and was running around in the gymnasium. We thought we were unable to live in the shelter. Preparation for welfare shelters is necessary which we really wish for from our heart.

[We wanted to use the support school as a shelter.]

Generally, it is difficult to stay at shelters. We ask for letting us use the near-by support school as a shelter, the school which our child attends to.



Mental care: To small children and school age children

We will pick up mental care based on the actual condition of medical support to the affected areas of the Great East Japan Earthquake. This is about mental care and support to small children and school age children with autism.

How lucky you are to be safe, you are all right now.

I'm sure you had a hard frightening experience, but you are all right now. When you are tired, anxious or unable to sleep, try to rest beside your father, mother, grandpa or grandma. Then, you will gradually get well.

How about reading a book, playing with a toy or listening to music? Try to find something you like with an adult.



To the families: Advice after disasters

At first, the important thing in times of big disasters is to stay near by your children. Children can feel relieved just by holding hands, staying near by them so that they can see you, being around them so that you can hear their voice.

Changes like "infantile regression", such as clinging and peeing, unable to do what they used to be able to, "sleeping disorder", unable to fall asleep and wake up several times, "getting restless", "getting sensitive", getting surprised a lot, getting feared, are often seen. These are general reactions against big stresses and are well-known to be recovered as time goes by. The recovery will be earlier if the surrounding adults accept them relaxedly. And also, it is effective for the children with autism to think about stabilizing the environment such as carrying their favorite goods, selecting a small shelter with little stimulus, using private rooms and selecting places near walls. And, guide the outlook of what they should do at that time in a clear loud voice, in short words once after once, so that they can understand. Try to talk to them saying, "It's all right."

[It was difficult to live in shelters.]

Our child went in and out the shelter entrance and was warned several times. Since our child couldn't stay inside the shelter, he/she went outside in the cold and got lost and we had to search for him/her. Our child was unable to stay at a place where there were many people.

[It is important to secure a place where children can live with relief.]

We hesitated to go to shelters. We think it important to secure a welfare shelter so that children with autism can evacuate with their families with relief.

About support we wanted and support which was helpful

[If there were volunteers for getting food or shopping]

We felt lonely because since we had to take care of our child with autism and also a small child, we were unable to go out to do things and also unable to get information.

[We were able to consult with the people of the Autism Society of other prefectures where we evacuated.]

We evacuated to another prefecture from Fukushima and we got contact from the Autism Society of the prefecture we evacuated and that was very helpful.

[We were able to consult with the members of the facilities.]

We consulted with the member of the facilities which our child has belonged to and the members of the care homes, and that was very helpful.

[We were able to cooperate mutually at the time of disaster.]

We tried to contact our neighbors closely every day, so that we were able to cooperate with each other.

Our wish

[We want to return to Fukushima.]

Since our place of life is within the evacuation zone of nuclear power plant, we are unable to return there for dozens of years. We have evacuated to another prefecture, but we would like to return to Fukushima as soon as possible and let our children return to their school life.

After this earthquake disaster, a certain mother told us that “Since my child’s favorite thing was washed away, the park he/she used to play was safe, so that when we took our child there, he/she calmed down.”

(Ikuko Nakano, Doctor, Toroika Hospital, Sapporo)

(Cooperation: Kazushi Fujishima, Hiroaki Yonashima, psychologist, Seiryoin)



Mental care: To the youth and adults

We will pick up mental care based on the actual condition of medical support to the affected areas of the Great East Japan Earthquake. This is about mental care and support to the youth and adults with autism.

You had a bitter experience, but you will get well.

You must be surprised and experienced a hard time in this earthquake. Aren’t you sleepless or getting irritated? It is natural to get unrelieved or restless after disasters. You will gradually get well when time passes by.

Shall we seek something we can do? Support? Hobby? Work?

Let’s consult with your family or the people around you and make decisions.



To the families: Mental health care after disasters

Attacked by a sudden disaster, people with autism would have experienced anxieties and fears. At the same time, people with autism get more confused by the change of lifestyle

habits and the situation that they are unable to see the future.

It is important to make an understandable daily routine for lessening the anxieties caused by the disaster as much as possible. It is effective to lessen the anxieties by making a schedule of the day, such as deciding things to do when they wake up in the morning, deciding the time for lunch, things to do in the afternoon and the time to go to bed. Allotted work will be the opportunities to receive affirmative evaluation from the people around, so it is good to introduce them positively.

In cases such as no sign of recovery from anxieties, confusion and sleeping rhythm, or getting worse, consult with a specialist or a child psychologist.

(Ikuko Nakano, Doctor, Toroika Hospital, Sapporo)

(Cooperation: Kazushi Fujishima, Hiroaki Yonashima, psychologist, Seiryoin)

Mental care: To the families

We will pick up mental care issue based on the actual condition of medical support to the affected areas of the Great East Japan Earthquake. This is about mental care and support to the families of people with autism.

In this earthquake disaster, there were many cases of parents of children with autism holding strong anxieties from consideration to the people around them. Their amount of anxieties is beyond imagination.

The state of the adult’s stability leads to children’s mental recovery. We have mentioned about the helpful points for gaining back the stability of mind and body as soon as possible.

(1) Send SOS!

If you are in difficulty, ask for help and support to the supporters without hesitation. Even it is a small trial or device, it may lead to big relief. First, start with sending SOS for changing the situation. Telling concrete requests and difficulties will be the necessary information for indispensable support.

(2) Take good care of your tiredness!

If you think you are tired, it is important to take a rest by making use of the social sources positively such as asking the volunteers to look after your children. In this earthquake disaster, day services and special support classes reopened comparatively early. Try to search for information.

(3) Peer counseling is effective!

Opportunities to talk with other parents who suffer from the same feelings and experiences will be a change. Don’t think exaggrately, but it must make difference to your state of mind by just having time to “chat”.

(4) Don’t forget to take care of the brothers and sisters!

We must not forget about considering about brothers and sisters who tend to be put off.

Giving them messages that they are concerned about will make big difference.

Originally, people will become mentally and physically steady when the circumstances get settled. Consult with specialists or psychiatrists in cases like being unable to sleep well, having no appetite, feeling depressed, getting worse even the state of life has become better.

In this earthquake disaster, the care teams for children's mental health have visited the affected areas in the early stage. Make the most of them. Ask the parent's group, such as Autism Society Japan, to get necessary information.

(Ikuko Nakano, Doctor, Toroika Hospital, Sapporo)

(Cooperation: Kazushi Fujishima, Hiroaki Yonashima, psychologist, Seiryoin)

Mental care: To the children and their families of Fukushima

We will take up mental care based on the actual condition of medical support in the affected areas of the Great East Japan Earthquake, specially Fukushima Prefecture where there are damage of the nuclear accident. This is about mental care and support to the people with autism and their families.

It is needless to say that the feature of difficulties of Fukushima Prefecture in the Great East Japan Earthquake is the nuclear power plant problem. Soon after the earthquake disaster, in the neighborhood of the nuclear power plant, there were areas being specified not to get out of houses. "Mental care" is well heard of, but what we feel strong through supporting the affected areas after the earthquake disaster, is that it is unable to separate "mental care" and "material and environmental care". What is necessary than anything to children with autism is a secure environment. Earthquake disaster, tsunami and radioactivity have deprived them from the stable environment. Tsunami washed away their favorite TV games and picture books, the state of their houses, schools and day services have changed. Moreover, in Fukushima, there were cases like unable to play in school yards, unable to swim in pools, unable to open the windows even in summer. What is most necessary for those children is that to regain the circumstances that children were used to as much as possible. The environment I mention here includes their favorite TV games, DVDs, railway picture books, light novels and their favorite sports. These things will regain children's relief. Material and environment care leads to mental care.

Care towards families is the same and material and environmental care is necessary.

There were many parents who were unable to que in lines to get material supplies in regions where they were specified not to get out of their houses. It is very stressful for the parents to stay home 24 hours with their children with autism in situations such as day cares and schools are closed, it is impossible for them to que in lines with their children to get material supplies. It is necessary to have volunteers who "que instead of them" or "stay with the autistic children instead at home".

What was somewhat unexpected when supporting after the earthquake disaster was that there were quite a number of parents who have been taking antidepressant before the earthquake disaster. If you are taking the medicine, it is important to have the record of the contents of the prescription. Doctors are able to guess the condition of the child and the parents if they see the prescription. It will be useful if the contents of the prescription are saved in a place which can be accessed from network, such as text message or web. Moreover, there were cases of making the safety confirmation or support request smoothly by obtaining the public service beforehand such as belonging to a support group or acquiring a notebook.

(Tokio Uchiyama, Professor, Human Development Culture, Fukushima University Graduate School)

Health care after suffering from disasters

After suffering from disasters, there are worries about health impairment to the person and family members. It will be important to prevent infectious disease, and mental health care against stress and PTSD. In addition, it is necessary to be cautious of internal radiation exposure and external radiation exposure, and to correspond by periodical inspection as radiation material control.

Health care after suffering from disasters

After affected by disasters, the important thing in living towards reconstruction is health care. Food poisoning or respiratory organs may be prevalent after disasters.

Infectious diseases on types are wound infection (especially tetanus), infectious gastroenteritis, typhoid fever, hepatitis type A and E, and influenza. All spread out by the hygienic environment worsened by disasters.

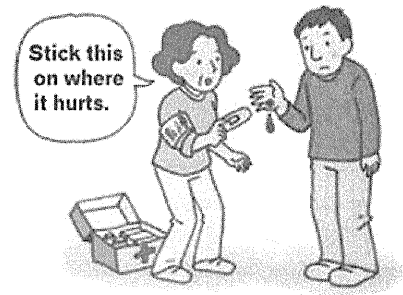
The best measure is prevention. First of all, it is important to treat injuries properly, secure clean drinking water, enforce gargling and hand-washing, prepare sterilized wet tissues, hygienic food care, dispose rubbish and filth properly, and rationalize the living environment. It would be good if you at least prepare relief things for children with autism and put them into a vinyl bag so that they would not to get dirty but kept clean, and then into the disaster evacuation bag.

Also, consult with the affected area medical team early when the support environment is ready for dealing with stress and PTSD. in disaster life, and do not get too impatient but take a long view.

Especially, those who have chronic disease such as epilepsy, it is needless to say to prepare medicine, but it may be easier to get worse than usual, so if you think that symptom differs from usual, correspond a little early. For that purpose, consult with your family doctor.

It is important to remember that people with autism are those who have difficulties in

expressing their physical conditions such as injuries or sicknesses.



(Naruhisa Okada, President, Kumamoto Development Clinic)

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Towards revitalization and continuous support

While processing revitalization such as corresponding to the unprecedented big earthquake and the first nuclear accident to experience, continuation of support needs to be achieved.

Supporters: building "KIZUNA (bonds) in everyday life"

The word "KIZUNA (bonds)" is often heard after the earthquake disaster, but the amount of built-up "KIZUNA (bonds)" and "connection" will be the strength in emergencies. If you try to ask for understanding disabilities after you go to the shelters, that will be accompanied with

considerable difficulties. It is more important to increase the number of people who know "the person" than to ask for understanding the disabilities. When one part of the supposed-to-be strong network of the supporter side breaks, everything paralyzes. So in times of disasters, it would be better to make a small network of "acquaintances" which will prevent from isolation. Also, after disasters, there is no guarantee for the visit of supporters as written in manuals. At least in everyday life, make them prepare to do things by themselves, make them able to ask for help (rely on people) in case of need, and let them challenge not to rely on a specific person or a specific thing. I suggest that it would become good practice and memory to get off vehicles and walk sometimes, to eat instant or easy to cook food for dinner, to enjoy camping and experiencing inconvenient life consciously.

(Kaoru Okazaki, Head of PTA, MiyakoKeifu Support School, Iwate Prefecture)

Backward support: Towards revitalization and continuous support: Deepening KIZUNA (bonds): Autism Society Japan Tokyo

In anxiety soon after the earthquake disaster, NPO Cooperate Autism Society Japan Tokyo worked together with the Autism Society Japan Fukushima with which we had a close relationship from sometime past, and helped safety confirmation in the severely affected areas. In the invisible situation after the nuclear accident besides the tsunami and earthquake damage, the state not being able to live as usual was very stressful specially to the children with autism. First, we sent supplies for living such as water and food, but Professor Tokio Uchiyama of Fukushima University advised us that "recreational goods are important", so we tried to gather games, Tomika, Prarail, and picture books. that children with autism would prefer. Cooperating with Autism Society Japan Fukushima, we interviewed and made a survey of the needs and have sent supplies and support money to 14 support facilities for autism. Also, we have invited people from Fukushima to events and camps held in Tokyo, have consulted with the family who have evacuated to Tokyo and a small exchange was born. We realize the importance of pinpoints of support, a support which is capable because of the relation whose face is visible and find out " what they are worried about".

(Mio Ozaki, Director, NPO cooperate Autism Society Japan Tokyo)

Let's discuss about disaster prevention at home.

A theme of a disaster prevention discussion

- How to protect yourself
- Checking safe places
- Things to carry out, medicine and things that make you relieved in case of emergencies
- Method of contacting each other when the family member is out

Itinerary of each family member

Method of contacting

Evacuation place

Voice mail service (DENGON Dial)

- Making of "HELP ME CARD"
- Walking around and watching the town
- Register to the list of people who need support

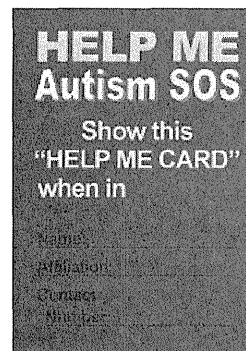


Making of "HELP ME CARD".

(A sample of the card is shown on the page 32)

Try to make the card beforehand and let them always carry with them.

"Show" it when in trouble.



"HELP ME Autism SOS"

Show this "HELP ME CARD" when in trouble

Name

Affiliation

Contact number

Making of "HELP ME CARD".

●On the front

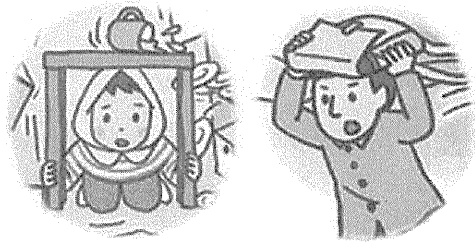
- 1) Check the evacuation route, and write it down.
- 2) Walk around the town, and check out toilets, convenience stores, and petrol stations (return home support stations), then write them down together on the disaster evacuation map.
- 3) Check out the commuting or school route together, and say hello to the necessary places and persons, such as police station, train station, shops that you often go, and also children shelters.
- 4) Check out the disaster prevention and evacuation plan at work.
- 5) Imagine the situation of getting difficult to see signs at night.

●On the other side

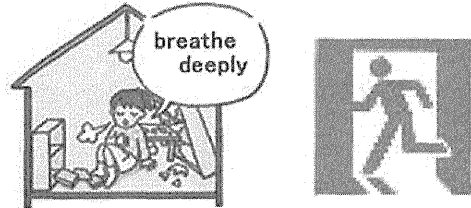
Fill in the characteristics of your child.

Teach and practice fundamental disaster prevention words and actions.

- ① Go under a desk.
- ② Put something on your head.



- ③ Take a deep breath.
- ④ Emergency exit (sign).
- ⑤ Show the "HELP ME CARD".
- ⑤ Hold onto a post.
- ⑥ Blow a whistle.



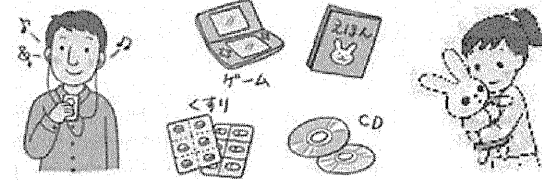
Report your safety to your family members: how to use the voice mail service (DENGON Dai)
 The case of NTT voice mail service (DENGON Dai) 171 for disasters (in Japan)
 Trial period: 1st and 15th of each month, 1st-3rd January, Disaster Prevention Week, and Disaster Prevention and Volunteer Week

In the case of message board service for disasters

At the time of disaster outbreak, anybody can register his safety information by using a cell phone. Anybody can confirm the safety information of their family or friends from a cell phone or PC.

- Be cautious of urgent earthquake information (also from cell phones).
- The victim side should leave a message reporting the situation on the voice mail service (DENGON Dial).
- Cell phone is necessary (prepare for a spare battery).

Taking out goods for emergency.: Let's put medicines and safe goods.



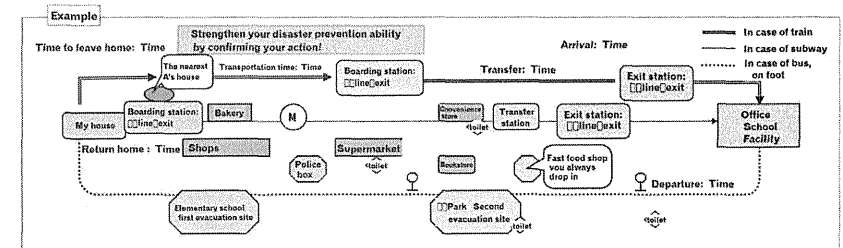
The SOS Cards of Itabashi Ward

In Itabashi Ward, the welfare-related people organize "Itabashi Safety Network" and publish card-sized "Itabashi SOS Card". Those (Children) with intellectual disabilities and autistic disorders tend to get lost or get involved in trouble. In those occasions, if someone notices this "SOS Card", he can take contact to the person's home or to the place where the person belongs to, then an action will be made and the problem will be solved. The system works 24 hours a day, and the fact that the authority of Itabashi Ward is working very closely to this system, makes this system very assuring, so if this system is made widely known, it will be a very reliable system as a support involving the region.

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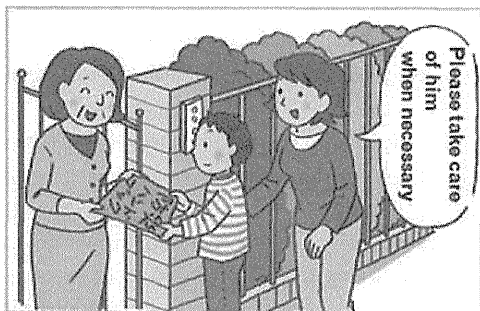
Making of "HELP ME CARD"

Copy the "HELP ME CARD" and use it while updating.



It is important to communicate daily.

Say hello to the places you have written down on the "HELP ME CARD".



front side
 Time for departure, process, arrival, return home
 Via place , such as train station
 Toilets, places where water is available
 Shops to drop in
 Acquaintances of neighborhood
 Evacuation sites

back side
 Characteristics of the child

20

List of Developmental Disability Support Center in Japan

[Hokkaido]

Hokkaido Developmental Disability Support Center "AOKISORA"

0138-46-0851

Hokkaido Developmental Disability Support Eastern Area Center "KIRABOSHI"

0155-38-8751

Name of support center Telephone

[Hokkaido]

Hokkaido Developmental Disability Support Center "AOKISORA" 0138-46-0851

Hokkaido Developmental Disability Support Eastern Area Center "KIRABOSHI"

0155-38-8751

Hokkaido Developmental Disability Support Northern Area Center "KITANOMACHI"
 0166-38-1001

Sapporo City Autism and Developmental Disability Support "OGARU" 011-790-1616
 [Aomori]

Aomori Developmental Disability Support Center "SUTEPPU" 017-777-8201
 [Iwate]

Iwate Developmental Disability Support Center "UIZU" 019-601-2115
 [Miyagi]

Miyagi Developmental Disability Support Center "EKUBO" 022-376-5306

Sendai City Developmental Disability Support Center "ACHIRU" 022-375-0110

Sendai City Southern Area Developmental Disability Support Center "NANBU ACHIRU"
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Shimane Western Part Developmental Disability Support Center "WIND" 0855-28-0208

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Okayama City Developmental Disability Support Center 086-236-0051

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On multimedia DAISY version

The multimedia DAISY version of "Disaster Prevention and Support Handbook for People with Autism" was edited with the grant of Japanese Government, Ministry of Health, Labor and Welfare for "The study on the disaster prevention for people with disabilities and the community planning" under the permission of Autism Society Japan. The text for people with autism among the handbook was shown with Bold-faced style. We also edited a separate content of text for people with autism.

Please feel free to make contact to the following address, if you have any questions and ideas on the multimedia DAISY version of the handbook. We are developing educational programs to use this multimedia DAISY handbook for persons with disabilities and international visitors.

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End Title

Disaster Prevention and Support Handbook for People with Autism

—For those with autism and their families—

March 2012, First Edition, First Printing

Publisher: Autism Society Japan

Chairman: Kosuke Yamazaki

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URL: <http://www.autism.or.jp>

Printed: Soshinsha Co., Ltd.

Made based on the Ministry of Health, Labour and Welfare 2011 fiscal year Comprehensive Welfare Promotion Program for the disabled called “An investigation of understanding the action of persons of autistic disorders the effective way of information service in times of disasters”.

Based on the handbook made by the Independent Administration Agency Welfare and Medical Service “Longevity, Childcare, Disabled Persons Foundation” promotion service of the 2008 fiscal year.

発達障害のある人の防災実践BOOK
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(資料7)

地震後の行動

あなたの無事を伝えましょう

あなたが無事であれば、
家族や知り合いに無事であることを伝えましょう。

どうして伝える必要があるの？

あなたの無事が分からないと、家族や知り合いが心配して探しまわったり、職場から無断をして帰ってきたりして、二次災害に陥る危険があります。連絡を取ることは、あなた自身の安全にもつながります。

連絡方法をいくつか用意しておきましょう

電話は通じないものと考えてください。災害伝言ダイヤル、SMS（ソーシャルネットブックシステム）がつながりやすく便利です。緊急時の連絡方法を家族や知り合いと打ち合わせしておいてください。また、学校や職場の連絡先には、自宅の固定電話だけでなく携帯電話、携帯メールアドレスも登録しておきましょう。

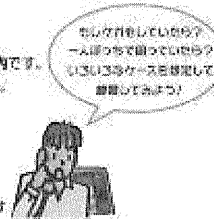
つながりやすい連絡方法

固定電話 / NTT災害用伝言ダイヤル171
震度6弱以上の地震など、大規模災害が発生した場合に運用されます。あなたの固定電話の番号を知っている人なら、全国どこからでもあなたのメッセージを再生することができます。登録は固定電話や公衆電話、携帯電話などから行うことができます。ただし、一部の携帯電話、ダイヤル式のひかり電話などからは利用できないので、あなたの電話が利用できるかどうか確認しておきましょう。

伝言のポイント

録音時間は、1伝言当たり30秒以内です。
必要なことははっきりと強く伝えます。
（録音してあつ！）

- ①名前：○○（フルネーム）です
- ②場所：今、会社にいます
- ③状況：無事です
- ④これからのこと：落ちましたら帰ります



大切な連絡は紙に書いて保存
電話番号をぜんぶの携帯電話に入れているからって携帯電話は地震で壊れたり電波が切れたりしたら使えません。大切な連絡や連絡先は紙に書いて定期的に確認しに入れておきましょう。

つながりやすいランキング

- 1位 災害伝言ダイヤル、SMS(LINE・Skype・Twitterなど)
- 2位 携帯メール
- 3位 公衆電話
- 4位 固定電話
- 5位 携帯電話
- 6位 壊れたら使えない！IP電話・パソコンメール

伝言の録音方法

171 にダイヤル

コイダンスが切れます

録音は

あなたの電話番号

厚生労働科学研究費補助金（障害者対策総合研究事業）
「障害者の防災対策とまちづくりに関する研究」
分担研究報告書

災害時要援護者支援に関する国際比較

研究分担者 河村 宏、浜田麻邑、池松麻穂 NPO 法人 支援技術開発機構
研究代表者 北村弥生 国立障害者リハビリテーションセンター

研究要旨

障害者本人を含む地域防災資源の掘り起こしについて国際的視野で好事例を交換することを目的に、アメリカ合衆国連邦緊急事態管理庁（Federal Emergency Management Agency of the United States）のOffice of Disability and Integrated Coordination(ODIC)本部で、各地のFEMA支部および連邦教育省NIDRR（National Institute on Disability and Rehabilitation Research）とテレカンファレンス設備も使って、河村およびFEMA本部の特別のニーズを持つ住民の防災を担当するMarcie Rothがそれぞれ障害者の防災についてのプレゼンを行い、知見の交換を行った。

FEMAはdisproportionally affected population(顕著にリスクの高い人々)というカテゴリーを設けており、これは、「日本の災害時要援護者」とほぼ同じであるが、地域によってはそのカテゴリーに属する人が全住民の30%以上に達するという。そこで、障害に関する専門家を地域に投入して障害者自身の災害の備えを強化するという取り組みを、ニューヨーク市周辺の災害復旧から始めていることがわかった。

また、平成25年度には、平成16年12月のインドネシア地震による津波の影響があったインドのスワミナーサン研究財団から情報教育部門長(ソーシャルワーカー) ナンシー・アナベル氏が来日した機会に、浦河町と仙台市の障害関係者の交流会に参加を得て、災害対策の国際的な普遍性と特殊性について意見交換を行った。その結果、事前準備の重要性は共通していることが認識されたが、社会構造（インドのカースト制と日本の町内会）には差異があり、それぞれの対処方法の困難について情報交換を行った。

(資料8) 東日本大震災被災者支援のための視察と交流 IN 宮城 (浦河防災研究会)

(資料9) Lessons learned from March 11, 2011 for inclusive Community Based DRR (2013. 9. 23 at NIDRR, USA)

(資料10) ナンシー・アナベル氏講義メモ(インド、スワミナーサン研究財団, 2013. 10. 30, 静岡県立大学石川准教授の招聘による)

(資料9) 東日本大震災被災者支援のための視察と交流 IN 宮城

主催：浦河防災研究会

目的：被災から復興に向けての現地の取り組みに学び、特に高齢者・障害者などの防災において特別の取り組みを必要とする人々に配慮した今後の被災者支援と、各地の防災力強化の取り組みについて意見交換する。

日時：平成 25 年 10 月 22 日

場所：仙台市宮城野区 X コミュニティセンター

出席者：X 区町内会長 T、X 学区町内会協議会防災対策連絡本部 Ma、Ma 夫人、NPO ソイプライム U、宮城野区役所障害高齢課 A、S、宮城野区障害支援事業所 Mi、(社福)浦河べてるの家 I、H、浦河町役場防災担当 M、O、浦河町町内会長 Y、ナンシー・アナベル (インド、スワミナーサン研究財団)、加藤俊和 ((社福)日本盲人福祉委員会)、野村美佐子 (日本障害者リハビリテーション協会)、河村宏 (NPO 支援技術開発機構)、高橋競 (国立障害者リハビリテーションセンター研究所)

内容：

はじめに

I 避難所開設と運営

II 心のケア

1. 市役所

2. 自治組織

3. 当事者組織

III 質疑



(資料9)

Lessons learned from March 11, 2011 for Inclusive Community Based DRR

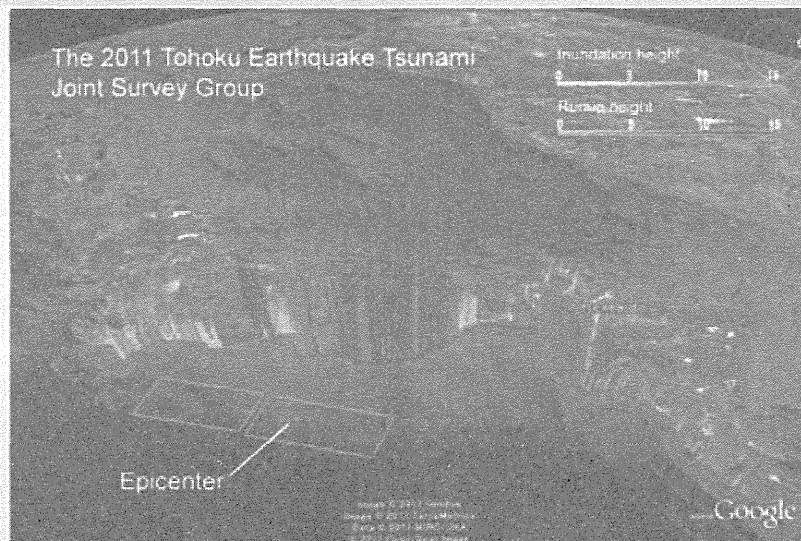
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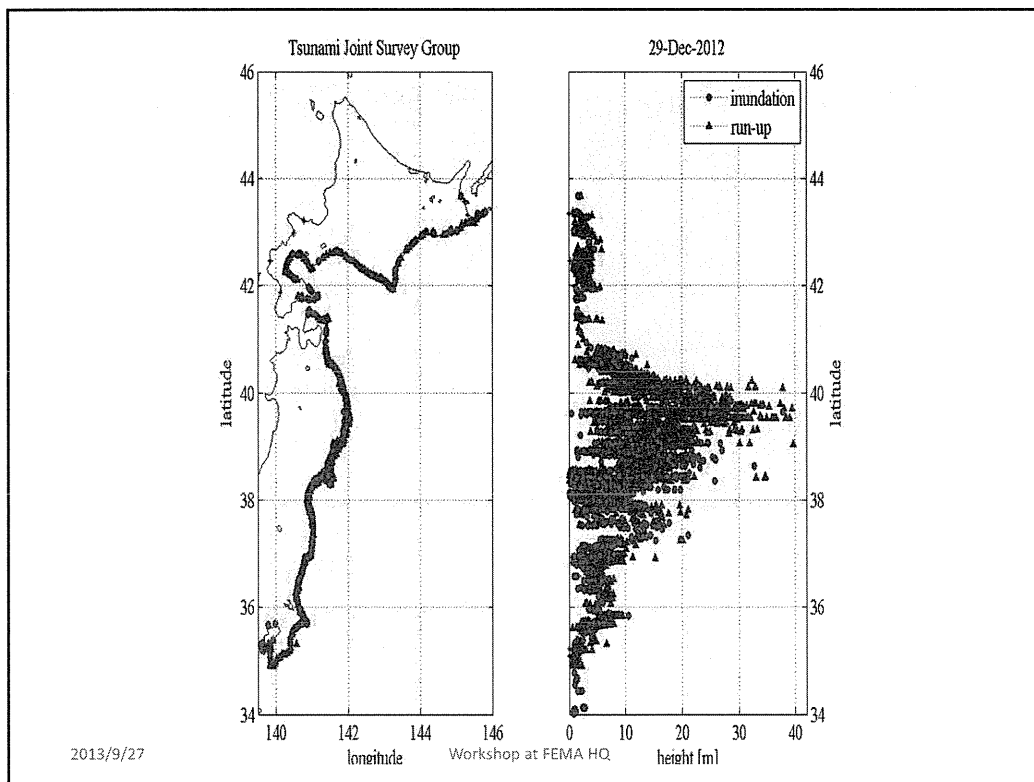
FIGURE 1: The tsunami struck a wide area of Japan



Source: The 2011 Tohoku Earthquake Tsunami Joint Survey Group <http://www.coastal.jp/ttjt/index.php>

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THE GREAT EAST JAPAN EARTHQUAKE LEARNING FROM MEGADISASTERS

Acknowledgments

This Knowledge Notes Executive Summary is the outcome of the Learning from Megadisasters project of the Government of Japan and the World Bank Group. The work has been developed under the coordination of the Ministry of Finance and through the support and the advise of various agencies, including the Cabinet Office, Ministry of Internal Affairs and Communications, Ministry of Land Infrastructure, Transport and Tourism, Financial Service Agency, within the Government of Japan; JICA, ADRC, IRP, Sendai City, Japan Platform, CTI Engineering and prominent academic institutions. Several Departments at the World Bank contributed to the work, namely GFDRR, SDN, EXT, and EAP, under the coordination of WBI. A full list of authors and peer reviewers is included in the compilation of Knowledge Notes

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- 1-2 Building Performance
- 1-3 Hydro-meteorological Disasters Associated with Tsunamis and Earthquakes
- 1-4 Multifunctional Structures
- 1-5 Protecting Significant and Sensitive Facilities

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- 2-2 Disaster Management Plans
- 2-3 The Education Sector
- 2-4 Business Continuity Plans
- 2-5 Tsunami and Earthquake Warning Systems
- 2-6 Evacuation
- 2-7 Urban Planning, Land Use Regulation, and Relocation
- 2-8 Green Belts and Coastal Risk Management

CLUSTER 3: Emergency Response

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- 3-2 Emergency Communication
- 3-3 Logistics Chain Management for Emergency Supplies
- 3-4 Supporting and Empowering Municipal Functions and Staff
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- 3-6 Ensuring Protection in Response and Equity in Recovery

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- 4-2 Reconstruction Policy and Planning
- 4-3 Transitional Shelter
- 4-4 Debris Management
- 4-5 Livelihood and Job Creation

CLUSTER 5: Hazard and Risk Information and Decision Making

- 5-1 Risk Assessment and Hazard Mapping
- 5-2 Risk and Damage Information Management
- 5-3 Risk Communication

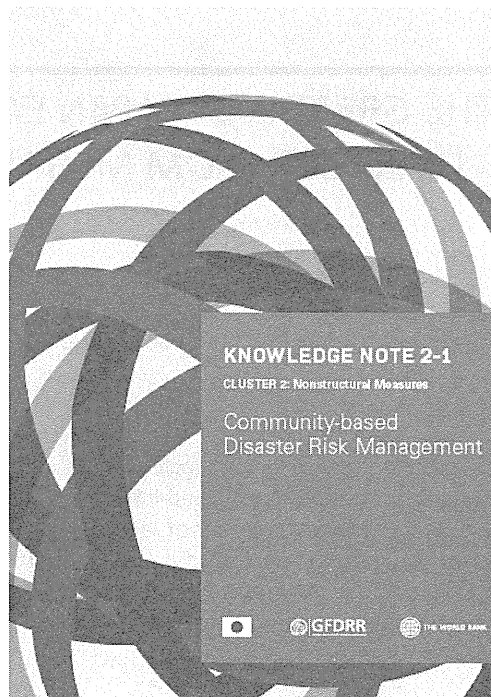
CLUSTER 6: The Economics of Disaster Risk, Risk Management, and Risk Financing

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- 6-2 Earthquake Risk Insurance
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- 6-5 Strategies for Managing Low-probability, High-impact Events

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KNOWLEDGE NOTE 2-1 CLUSTER 2: Nonstructural Measures Community-based Disaster Risk Management



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