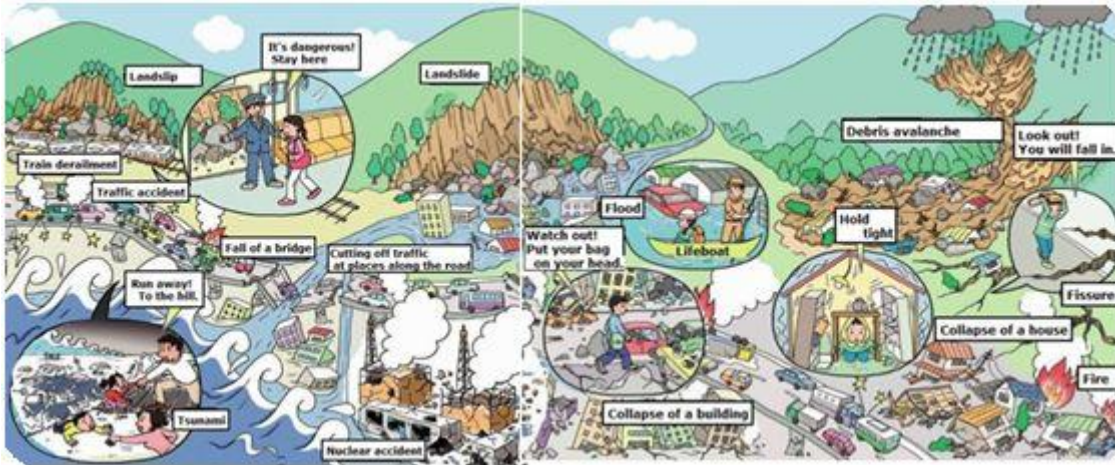


Disaster Prevention and Support Handbook
for People with Autism
- For you with autism and your family -

After the experience of the Great East Japan Earthquake 2011.3.11

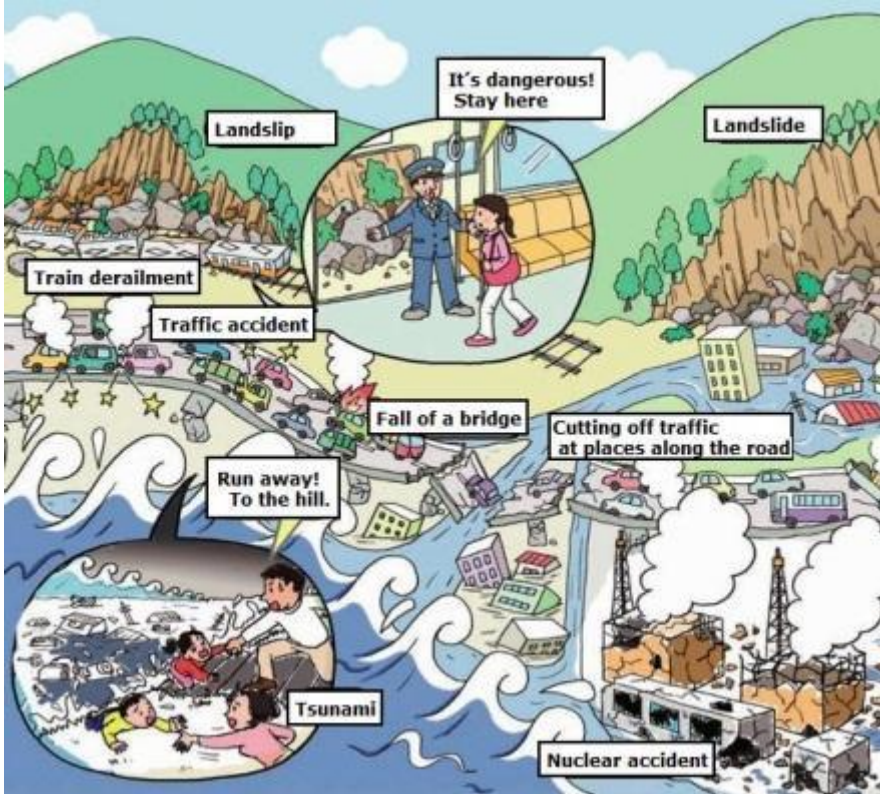


Autism Society Japan

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General Editor, Kosuke Yamazaki (Chairman, Autism Society Japan)

Various Disasters: earthquake, tsunami, flood, and tornado.





About disasters

The Great East Japan Earthquake occurred on March 11, 2011 and the earthquake and tsunami caused a tremendous damage. Also, related to the atomic accident, the damage got worse. Let's study various types of disasters and prepare for them.

Earthquakes could occur at any moment!

Everyday preparation is the most important thing.

Fix the furniture to the wall. Do you have your own disaster evacuation bag?



Tsunami: tsunami comes with the earthquake!

Run away to the hill immediately.



Nuclear Accident

It is necessary to decontaminate to avoid outside radiation exposure and be careful about food to reduce internal radiation exposure.



4

Prepare in everyday life: Get information first, then ask for understanding to autism.

■The possibility of experiencing disaster yourself: Earthquake and tsunami may occur at any time

Now, after experiencing the Great East Japan Earthquake, it is earthquakes and the accompanying tsunami that the majority of people are most afraid of. The University of Tokyo Earthquake Research Institute announced that Tokyo Metropolitan Earthquake will occur in near future by comparatively high probability. According to the public opinion poll of Asahi News Paper (dated December 8th 2011), “80% of people have answered the possibility of

disaster occurring to themselves.”

■ If you caught information, take quick action

First of all, get the right information with the Earthquake Early Warning, cable broadcasting, radio or cell phone.

Autism Society Japan conducted a questionnaire survey to the 4 affected prefectures (Iwate, Miyagi, Fukushima, Ibaraki) of this Earthquake and the collection rate was 53.5%. In this survey, 37.4% of people mentioned that they didn't get the right information especially the information of the nuclear accident. Also, even though having heard the cable broadcasting of refuge from the giant tsunami on the wire broadcasting, there were some people who didn't evacuate. If you caught information, take quick action.

■ Method of safety confirmation

According to the questionnaire survey, 43% of people answered that they wanted a method or a tool to confirm their family's safety. Cell phones were unable to use easily. Consult with your family, school, facility and work place beforehand about the method of safety confirmation. In Oita Prefecture, Support Center for Persons with Autistic Disorders takes the lead in asking people to register to the list of persons with autistic disorders. Being connected with somewhere will be useful for safety confirmation.

■ Ask for understanding to autism:

Make a place for people with autism to stay even in emergencies.

43.2% of people answered that they wanted understanding to autism. They were told “Be quiet!” in shelters and in times of material distributions, so that they could not line up for supplies and there were no place for people with autism to stay. Ask for understanding to autism in everyday life.

5

Hints in times of evacuation

* At the time of an earthquake

- Don't be confused but calm down.
- Be careful not to step on fallen things such as broken glass.
- If there is a person in charge or a shop clerk, follow their instructions.
- If there is no person in charge, move towards the emergency exit.

* At the time of tsunami

- Evacuate to the hill.
- Judge through watching the situation: Evacuate watching other people's situation. Shelters could be dangerous even if they are the appointed ones.

- Evacuate yourself, then help others.

6



How to protect your life: Preparation ①

Let's think together about the things to put in your disaster evacuation rucksack and check them occasionally.

Think by yourself about the things you need to protect yourself or think with the support of your parents and teacher, and then put them into your rucksack. Things you need to protect yourself will change. Reexamine them sometimes and if you write down the date of when you made the list of them, it will help your memory as well. In that case, be careful of the following points.

Be careful of your rucksack getting too heavy.

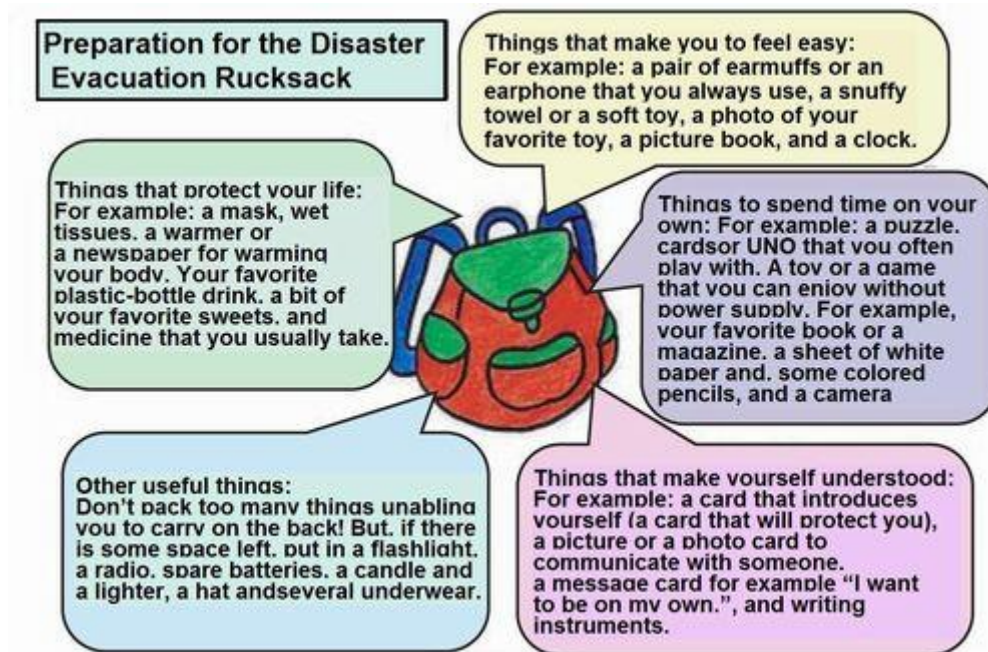
Think about things necessary to spend about 3 days. (actually, the period may become longer)

Think by yourself as much as possible.

In the rucksack, put

- ① Things that make you to feel easy,
- ② Things to spend time on your own,
- ③ Things that make yourself understood,
- ④ Things that protect your life, and
- ⑤ Other useful things.

The experience to prepare things that will protect you, together with your important people, will enable you to pack not only security but also relief into your rucksack.



Preparation for the Disaster Evacuation Rucksack

① Things that make you to feel easy:

For example: a pair of earmuffs or an earphone that you always use, a snuffy towel or a soft toy, a photo of your favorite toy, a picture book, and a clock.

② Things to spend time on your own:

For example: a puzzle, cards or UNO that you often play with. A toy or a game that you can enjoy without power supply. For example, your favorite book or a magazine, a sheet of white paper and, some colored pencils, and a camera.

③ Things that make yourself understood:

For example: a card that introduces yourself (a card that will protect you), a picture or a photo card to communicate with someone, a message card for example "I want to be on my own.", and writing instruments.

④ Things that protect your life:

For example: a mask, wet tissues, a warmer or a newspaper for warming your body. Your favorite plastic-bottle drink, a bit of your favorite sweets, and medicine that you usually take..

⑤ Other useful things:

Don't pack too many things unabling you to carry on the back! But, if there is some space left, put in a flashlight, a radio, spare batteries, a candle and a lighter, a hat and several underwear.

(<http://homepage3.nifty.com/mayekawa/asami/>)

(AsamiMaekawa, Professor, Tokyo Woman's Christian University)

7

In order to protect lives: Preparation Section②

For appropriate rescue and evacuation, it is necessary to have the existence of your child known in everyday life. It is important to associate with your neighbors and contact with the welfare commissioner. It is important to register to the list of people who need support, and the list must be utilized.

Measures of support for people who need support are the urgent need: In order to make effective use of the "list of people who need support"

The "list of people who need support in times of disasters" is made for making the hold of the elderly and the disabled who have difficulty in evacuating on their own in times of disasters by local government in Japan. But in this Great East Japan Earthquake, according to the questionnaire survey conducted by Autism Society Japan, there were answers mentioning that these lists were not necessarily effective. The reasons are difficulty in preparing the candidate lists of names due to personal information, difficulty in reserving supporters due to the weakness of relations with the regions, the unprepared individual support plans for each person who need support. And even if the system had been prepared, the function itself would not have worked under this wide-area serious disaster.

Hajime Kagiya, Director of Welfare Division, Itabashi Ward, Tokyo, who joined in formulating the "Guideline for Evacuation Support for people who need support in times of disasters" proposes "In order to save people who need support in times of disasters, first of all, it is important for the family, together with the supporters to fix furnitures to the wall and prepare beforehand to reduce the sufferings. Next, decide concretely where and with whom and how to evacuate. Furthermore, total structure including the evacuation life and rebuilding life needs to be planned. After registering to the list for people who need support in times of disasters, it is important to contact daily with the people of the region and cooperate with various support organizations."

(Hajime Kagiya, Director of Welfare Division supervised what the committee summarized from each data.)

Example of Itabashi Ward, Tokyo: Badges for people who need support

I attached this badge to my child's school bag. This is a badge for people who need support to put on. You can purchase this badge from "NPO Peace" in Osaka.

(Parents)



Example of Sugunami Ward, Tokyo: Information storage case and sticker

My child registers to a care home out of Sugunami Ward, and he was allowed to register to the list of people who need support in Sugunami Ward. If you register to the list of people who need support, you will receive a sticker and a case. Inside the case, there is a paper which an individual support plan is written on.

You keep the case in the refrigerator. The sticker (photo) is stuck on the front door. No one knows whether the rescue will succeed or not, but I think this method will be useful as an appropriate information when receiving support after evacuation.

(Parents)



8

Has your house prepared enough?

Prepare for emergency and prepare as countermeasures for disasters. The importance of daily preparation is confirmed after experiencing the Great East Japan Earthquake.

Check out what you have already prepared.

- Have you confirmed each other's contact method and meeting place?
- Checking your house: Are the drawers and shelves fixed to the wall?
- Have you confirmed the safe place in your house?
- Have you prepared to carry out your household medicine, medical prescription and medicine notebook at any time?
- Does your child carry his/her support book and the "HELP ME CARD"?

- Have you confirmed the welfare shelter?
- Have you registered to the list of the people who need support?
- Have you prepared your emergency bag?
- Have you confirmed the contact method with the school, facility and working place?



- Make a Return Map with your family. Fill in the toilets and places able to supply water, places like convenience stores and gas stations.
- Prepare things referring to the outdoor activities, such as tents, lanterns, batteries, spare batteries for cell phones and portable toilets.
- Carry out an on-site training of evacuation drill at the Disaster Prevention Hall and the Tsunami Hall.

Actual counterplan

We will introduce what our school kept in mind with consideration and our correspondence towards students with autism when the Great East Japan Earthquake occurred.

- Children must be feeling great anxieties under the unusual circumstances. Teachers told the situation and the prospect as much as possible by using audiovisual information.
- When the child was unable to tell that he/she was in difficulty, we made the child use the real thing or a picture if necessary.
- We divided the corners of the classroom with desks for some students and tried to make them feel easy.
- There were cases of students unable to take the usual routes back home from school. We tried to explain other routes concretely by using maps in necessity.
- Mental care for students after the earthquake disaster is also important. Not to mention the consideration according to the disability characteristics, teachers tried to take the utmost care of the student and tried to notice even the small changes.

Based on this experience, we will continuously try to make our school, a school that can act properly in case of emergencies.

(Akira Yamauchi, Chief, Itabashi Special Support School, Tokyo)

How to act when a disaster occurs : At home, schools and facilities

When a disaster occurs, first let's calm down. Then, protect yourself from danger. Since each facility has a disaster prevention manual, follow the direction of your school teacher or the staff of your workplace and evacuate.

- ① First, calm down.
- ② Protect yourself from danger.
- ③ Call someone.
- ④ Ask someone to take you to a safe place.

At schools

We suggest that teachers and parents should tell children daily that since teachers will certainly secure safety, they should follow the teachers' instructions and also it would be safe if they stay with them.

Their teachers will not always be with them when the disaster occurs. It is important to teach them that if the child is not in the classroom but in the school yard or the toilet on his/her own or with other children, he/she should not move from that place, but wait until the teacher comes.

Your school will become the shelter. Consulting with teachers and getting advice, acting together as a group is supposed to lead to safe stability. If you consider in everyday life about what is necessary for your child's stable life, that will lead to preparation for disasters. It is important to always confirm about the contact method with teachers and to let the children have various experiences.

(Mariko Endo, Teacher, Takasago Elementary School, Sendai, Miyagi Prefecture)

At facilities

At that time, I called out just like in evacuation drills, and gave instructions to confirm the number of users. There were some users who looked insecure, but they had no signs of getting confused, and beyond our expectations, all of them stayed calm. Usual adherence, jumping, shutting doors, and replacing desks, was just seen.

In evacuation drills, we guide them to the temporary emergency shelter, but judging from the point that there were few damage to the building and the children were comparatively calm, we decided to stay there and wait for their parents to pick them up. Even there was no contact method and the lifeline stopped, their parents came one after another. We took just one user to his/her home by my judgement, and then we handed over all the users back to their parents

in safety.

(Harumi Chiba, Chief, Support Division, Nanzai Home, Sendai, Miyagi Prefecture)



How to act when a disaster occurs

When you are near the sea or a river

When you are near the seashore or a riverbank and get attacked by a strong shake, the most frightening thing is the tsunami. Don't wait for the evacuation order or advisory, go straight to a safe hill or a shelter.

At the beach, speakers will be used to inform the hit of tsunami and also red flags will be used to inform the danger of tsunami. If you notice the danger, evacuate as soon as possible.

In the Great East Japan Earthquake, which is said to occur once in thousand years, an unpredictable huge tsunami attacked and many lives were lost.

Tsunami had attacked many times so far, and a huge seawall was built to prevent the tsunami. Even though, tsunami this time was far beyond expectation. The tsunami went far up the river and hit places even schools that were supposed to be safe.

There is a phrase in Japanese "Tsunami tendenko". This means "Protect you own life at the time of tsunami". Toshitaka Katada, professor of Gunma University Graduate School says "Tsunami disaster can be avoided if people evacuate to a safe place. The attitude towards disaster prevention education is important". So we made three points in tsunami education. "Don't get seized with assumption", "Take your possible best action", and "Evacuate first."

Up until now, there were people who ignored the tsunami alert or people who didn't think much of it. But, even tsunami occurs a hundred times, each tsunami is different. Do not follow the past estimation. Take the lead in evacuating.



Be careful at the following disasters occurring quite often recently

Be careful at local heavy rain, thunderstorm, typhoon, tornado

- ◎ River water will rise suddenly, so run away from the riverside as soon as possible.
- ◎ If you are in town and the water comes, evacuate to a hill and be careful not to fall into the gutter while confirming your feet security with an umbrella. Follow your way watching the telephone polls as a guide.
- ◎ If you are in a car, doors will not open when water depth becomes 60cm. Evacuate beforehand.
- ◎ Thunderstorm. If there's a lightning, run indoor. If you are outdoors, stay away from dangerous things and lower your body.



Warning at these moments



When the sky is like:

“deep-black clouds have approached suddenly”

“the sound of thunder”

“the lightning of thunder”

When the river is like:

“the water level is rising”

“the color is getting dark”

“driftwood and fallen leaves are flowing “

Be careful if you are in these places:

if you are fishing or playing in the river, camping or a doing a barbeque on the riverbank or a sandbank, if you are under a two-level crossing which passes through underground, if you are at a building site at a river or a sewerage construction site.

(referring Weather Forecast Institution “Be careful at the sudden change of the weather if you are in these places!”)

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Daily life will change by disasters

When a disaster such as an earthquake or tsunami occurs, lifeline such as electricity, gas and water will stop and people have to live in anxiety and inconvenience. People will be unable to get drinks, food and daily necessities and also public transport such as trains and buses will stop.

Information on telephones or TV will not be available and of course people are unable to enjoy games or CDs. Nobody can do the “ordinary things” that they’ve been doing. Schools will be closed, and you cannot go to facilities for a couple of days. There are cases like you cannot live in your own house and have to live in a shelter like a school gymnasium or to live in a car.



Reports from the affected areas: Facts of evacuation life

Even life was inconvenient, children were able to stay in shelters without extremely lacking in emotional stability. This was because they evacuated into private rooms not to contact with many people unfamiliar and stayed with their familiar people such as their parents and teachers.

In this earthquake, electricity stopped. The situation was like unable to watch their favorite TV programs, batteries went out even they wanted to do games, playground equipment of schoolyards could not be used freely. If the evacuation gets long, life tends to be like nothing to do, so it is effective to give change to life by playing an easy game or going out for a walk. Moreover, food and toilets may become big subjects. It is better for the parents to consult with the teachers and the surrounding people and ask them to correspond together and not to act too much on their own.

Besides playing, children will at least be prevented from getting stressed and will be able to experience making contact with other people or getting praised from others through given roles or doing some kind of work each.

(Mariko Endo, Teacher, Takasago Elementary School, Sendai, Miyagi Prefecture)

Daily life changes by disasters

We were reported the actual situation of the affected areas of the Great East Japan Earthquake. Let's know beforehand that everyday life will change by disasters and enable it to prepare to help each other all together.

Reports from the affected areas: The fact of evacuation by the nuclear accident

※ We had to change no less than 5 shelters one after another. We wanted the right information and the suitable measures.

※ Food and measures for cold weather were not enough in the early shelter. We were given only one cold untasty rice ball.

※ In the second half of evacuation, we were really grateful for the enough amount of volunteers and supplies except from the lack of privacy in the shelter.

Reports from the affected areas: Advice from experiencing the disaster

※ Go to the shelter once even you decided to stay at home. This is necessary for safety confirmation and to receive physical support such as food, daily necessities, and blankets.

※ It will be helpful to have cash as much as possible.

※ Put your favorite things into your emergency bag.

※ Those who are allergic to food should prepare food corresponding allergies for evacuation

food.

- ※ You had better consider daily about other places to evacuate besides your evacuation place.
- ※ Evacuation with your daily acquaintances such as your neighbors or your schoolmates will bring relief even in the hard evacuation life.

My daughter's unexpected action

My daughter is a 14-year old, second-year junior high school student, able to communicate and talk, and goes to school happily. At the time of the earthquake, she was at the entrance of the special education school to return home, together with the teachers and friends. She was said to be very calm and seemed to have no problem. After she returned home, she spent several days without any problem besides complaining about the situation of not being able to use electricity.

After a few days, she started to run around the neighborhood shouting something in a loud voice exactly every hour. She continued this every day even in the rain or at night, every hour when our clock struck from 9 o'clock in the morning till 9 o'clock in the evening. Even we stopped the clock to strike every hour, she didn't give up. When we told her not to do so, she seemed to understand, but we were unable to stop her action. Her strange action started a few days after the outbreak of the earthquake when the unusual life started, but gradually with the stability of life, the loud voice became a soliloquy, wandering became confirming in front of the house entrance door, and finally ended after eight months. We really felt that we regained our everyday life.

(Tomoko Hashimoto, Autism Society Ibaraki)

11



About shelters

There will be a case like getting unable to live in your own house because the earthquake or tsunami destroyed your house. Different from your daily life, you have to live together with the regional people. Life will be unfamiliar, so consult with the supporting people or helpers.

- Shelters are places to evacuate when you cannot stay at home in times of big disasters.
Places are like school gymnasium or public hall in the region.
- When your house is collapsed and you cannot live in, you go to a shelter.
Even your house is not collapsed but dangerous to live in, you go to a shelter.



○ You will have to live with many people in the shelter until you are able to go home.
You will have to sleep together with them.

○ Schools and facilities will also be closed, so you cannot see your teacher and friends for a while.

When schools and facilities start, there will certainly be a notice.

If you get unrelieved or worried:

- Consult with the supporting staff before you get into panic.
- Ask them to write down the future schedules and places you are supposed to go.

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In ordinary shelters, it is difficult to adjust to sound, lighting and space, and it is also difficult to set time for play and sleep, so people with autism have great difficulties in mixed residence life in shelters.

In welfare shelters, it is necessary to have consideration for people with autism so that they can stay in relief.

Welfare Shelters

In case of Sendai City, each ward has a life support center for persons with disabilities. The centers are supposed to become welfare shelters in times of disasters. The three applying disabilities are mental illness, physical disabilities, and intellectual disabilities. They are secondary shelters for people who need support in times of disasters. There are two kinds of lists of people who need support, one is a list of those who registered to the disability planning division of the city, and the other is a list made voluntarily in the region, but actually these do not substantially make sense. In Sendai City, there are 15,000 people who have disability

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.

(Norihsa Okada, Director, Kumamoto Development Clinic)

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



Life at shelters

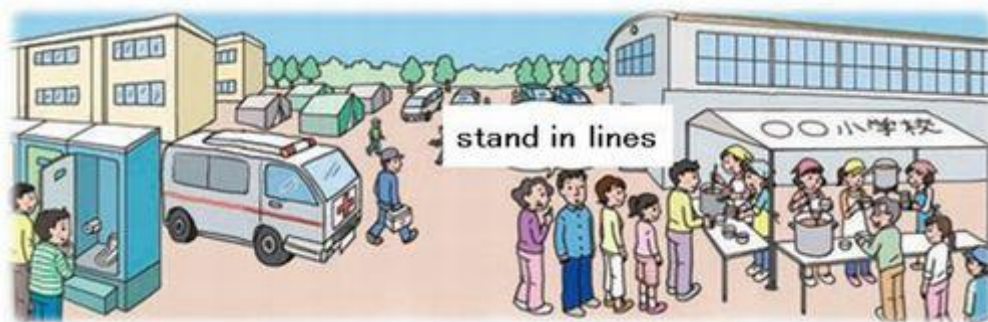
Life at shelters will be different from life at home.

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.

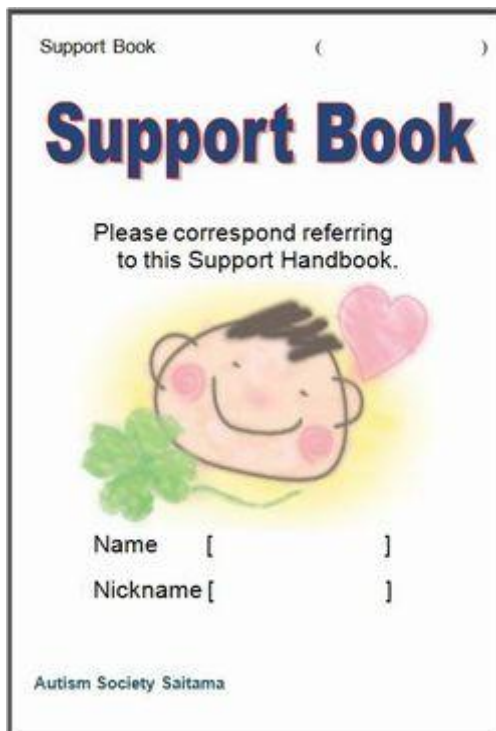
○ There will be no TV. You cannot watch your favorite programs. Spend time with music, games or reading books.



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.

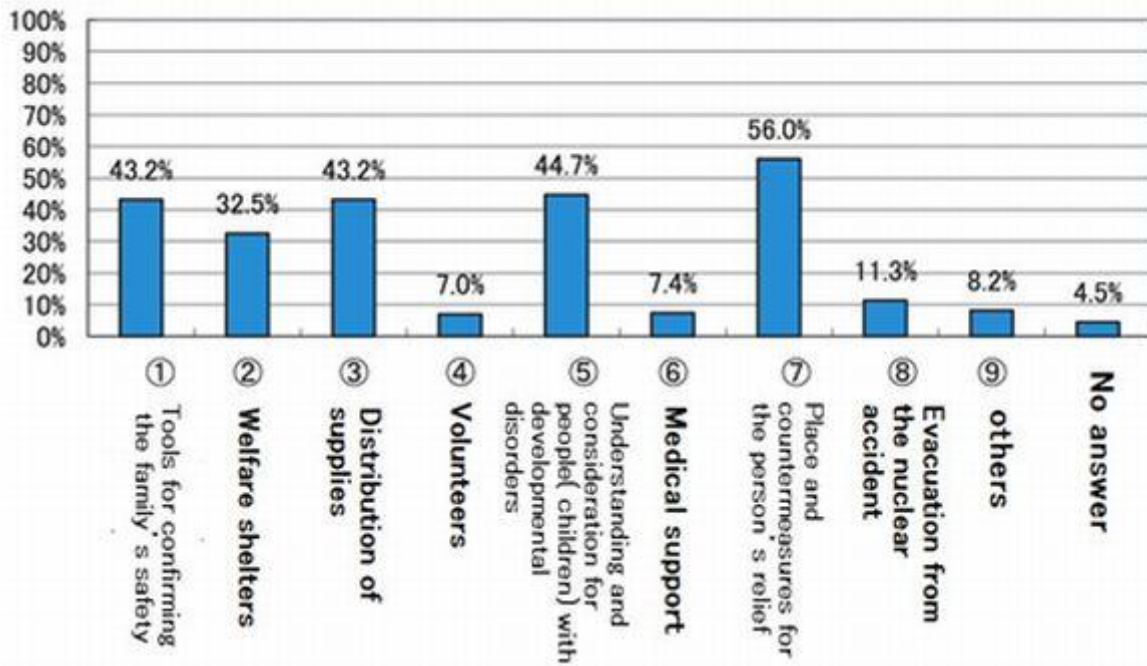
Anyway, a society that recognizes “there are people who need support” is desirable and this will connect with the support in times of disasters and accidents. It is important to contact daily from our side and make better human relations.

15

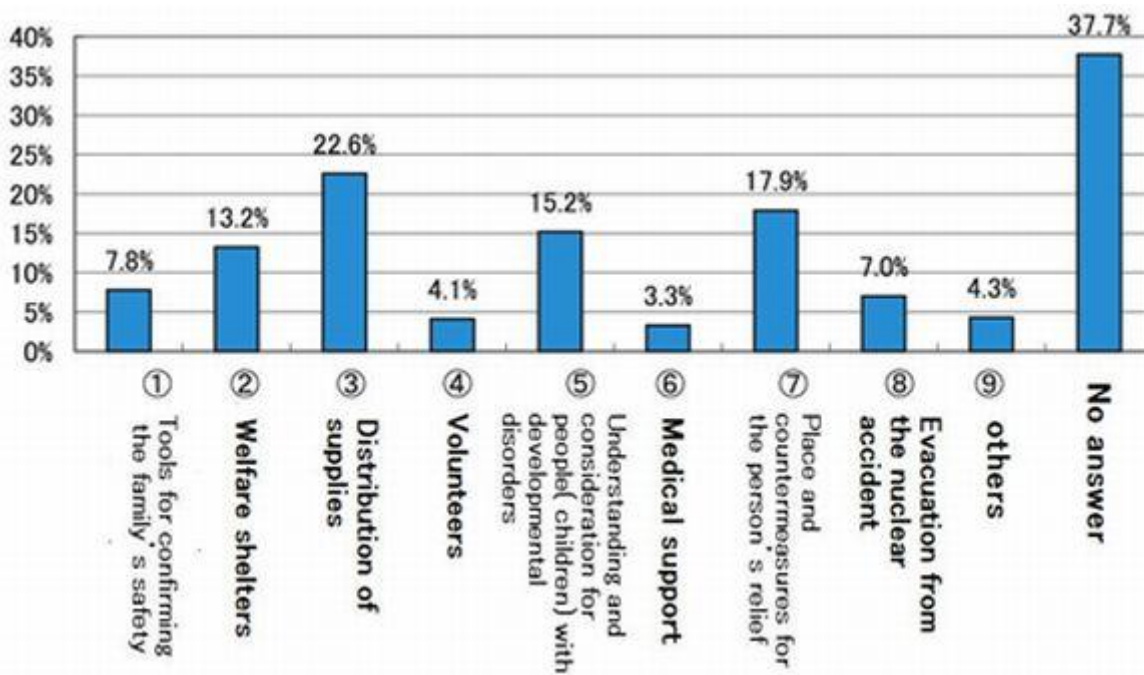
From the questionnaire survey of people in the affected areas

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.

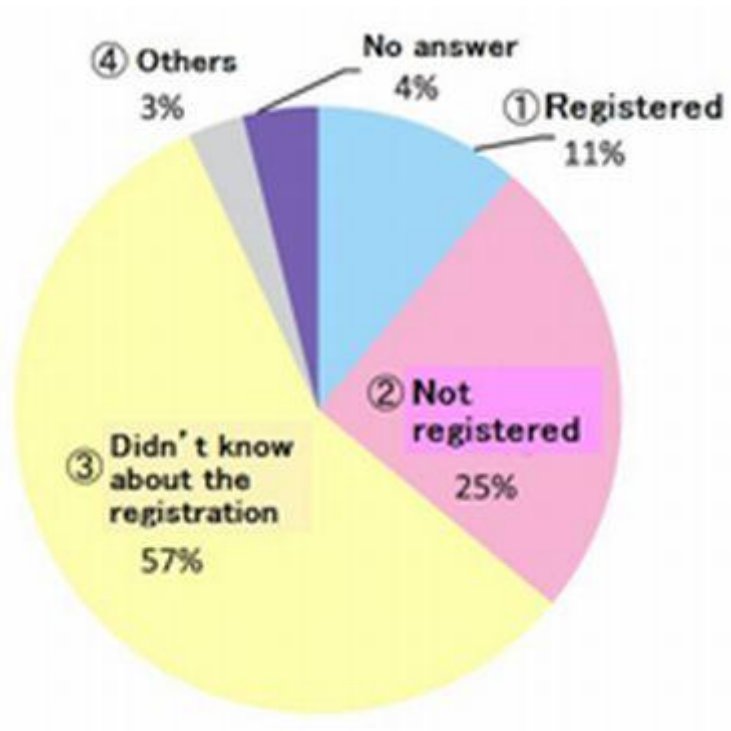
Q: “What kind of support was specially necessary ?” (plural answers)



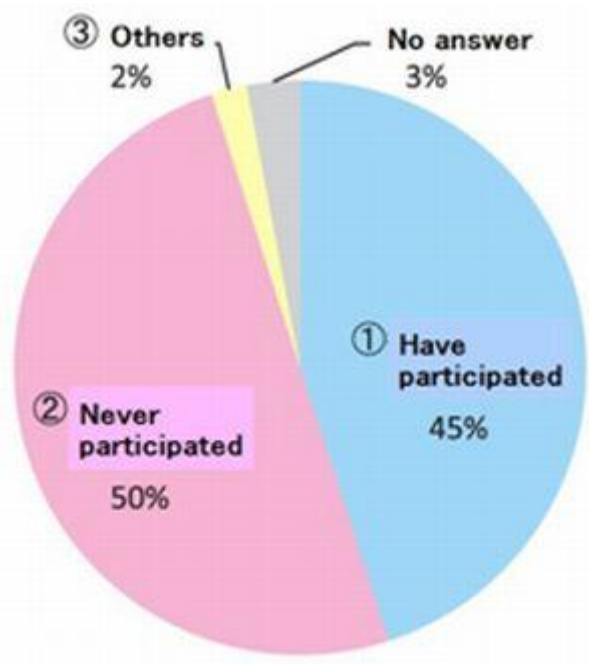
Q: "Desirable support that you couldn't get" (plural answers)



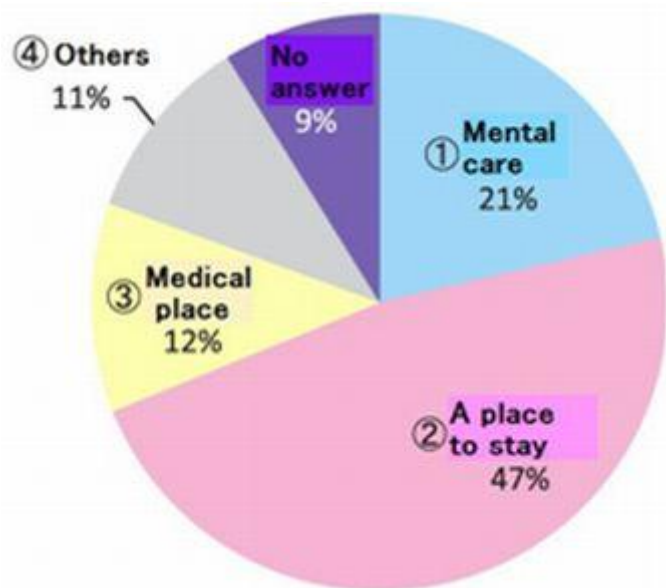
Q: "Did you register on the list of people who need support?"



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



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.

[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.

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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.”

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 exaggeratedly, 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.

A red rectangular card with white and yellow text. The text reads: 'HELP ME Autism SOS', 'Show this “HELP ME CARD” when in trouble', and fields for 'Name:', 'Affiliation:', and 'Contact Number:' with dotted lines for input.

HELP ME
Autism SOS

Show this
“HELP ME CARD”
when in **trouble**

Name:.....
Affiliation:.....
Contact
Number:.....

“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

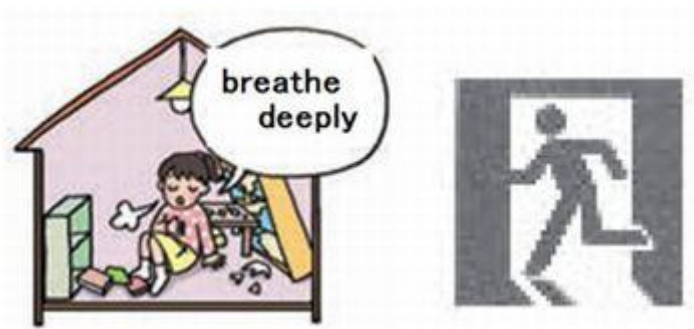
Fill in the characteristics of your child.

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.



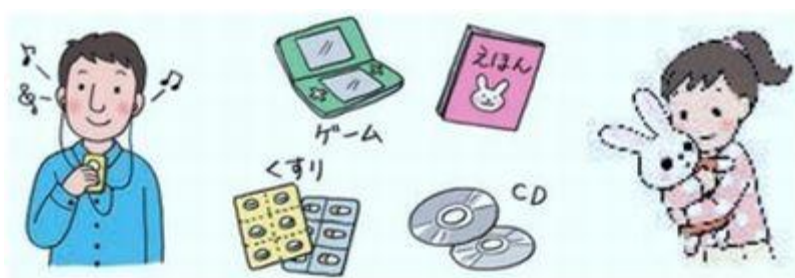
Report your safety to your family members: how to use the voice mail service (DENGON Dial)
 The case of NTT voice mail service (DENGON Dial) 171 for disasters (in Japan)
 Trial period: 1st and 15th of each month, 1st-3rd January, Disaster Prevention Week, and
 Disaster Prevention and Volunteer Week

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

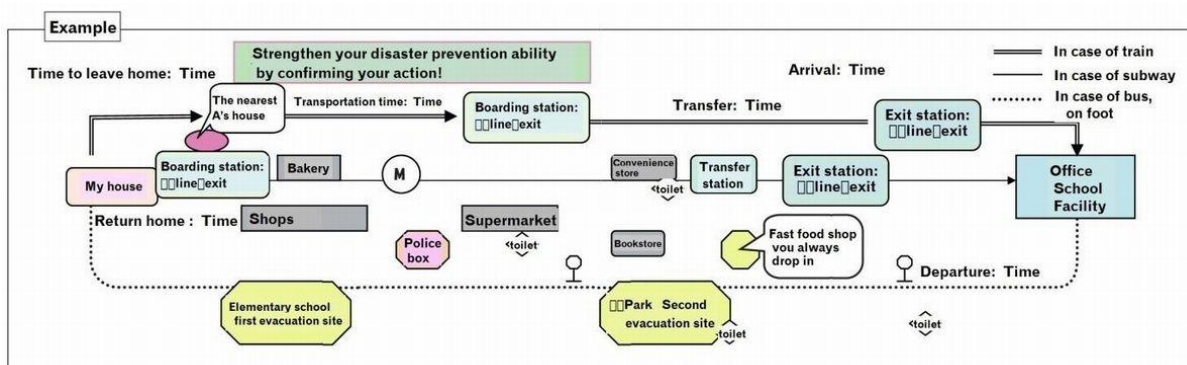
In Itabashi Ward, the welfare-related people organize "Itabashi Safety Network" and publish card-sized "Itabashi SOS Card". Those (Children) with intellectual disabilities and autistic disorders tend to get lost or get involved in trouble. In those occasions, if someone notices this "SOS Card", he can 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

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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”

022-247-3801

[Akita]

Akita Developmental Disability Support Center “FUKINOTOU AKITA” 018-826-8030

[Yamagata]

Yamagata Developmental Disability Support Center	023-673-3314
[Fukushima]	
Fukushima Developmental Disability Support Center	024-951-0352
[Ibaragi]	
Ibaragi Developmental Disability Support Center	029-219-1222
[Tochigi]	
Tochigi Developmental Disability Support Center “HOU YU”	028-623-6111
[Gunma]	
Gunma Developmental Disability Support Center	027-254-5380
[Saitama]	
Saitama Developmental Disability Support Center “MAHOROKA”	049-239-3553
Saitama City Developmental Disability Support Center	048-859-7422
[Chiba]	
Chiba Developmental Disability Support Center “CAS”	043-227-8557
Chiba City Developmental Disability Support Center	043-303-6088
[Tokyo]	
Tokyo Developmental Disability Support Center “TOSCA”	03-3426-2318

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Name of support center Telephone

[Kanagawa]	
Kanagawa Developmental Disability Support Center “KANAGAWA A”	0465-81-3717
Yokohama City Developmental Disability Support Center	045-290-8448
Kawasaki City Developmental Disability Support Center	044-223-3304
[Yamanashi]	
Yamanashi Welfare Health Department, Developmental Disability Support Center	055-254-8631
[Nagano]	
Nagano Developmental Disability Support Center	026-227-1810
[Gifu]	
Gifu Developmental Disability Support Center “NOZOMI”	058-233-5116
MERAEN Developmental Disability Support Center	0581-36-2175
[Shizuoka]	
Shizuoka Developmental Disability Support Center “Clinic AIRA”	054-286-9038
Shizuoka City Developmental Disability Support Center “KIRARI”	054-285-1124

Hamamatsu City Developmental Disability Support Center “RUBIRO” 053-459-2721
 [Aichi]
 Aichi Developmental Disability Support Center 0568-88-0811
 ext. 2222
 Nagoya City Developmental Disability Support Center “RINKUSU NAGOYA” 052-757-6140
 [Mie]
 Mie Autism and Developmental Disability Support Center “ASAKE” 059-394-3412
 Mie Autism and Developmental Disability Support Center “RENGE” 0598-86-3911
 [Niigata]
 Niigata Developmental Disability Support Center “RISE” 025-266-7033
 Niigata City Developmental Disability Support Center “JOIN” 025-234-5340
 [Toyama]
 Toyama Autism Developmental Disability Support Center “AOZORA” 076-438-8415
 Toyama Developmental Disability Support Center “ARISO” 076-436-7255
 [Ishikawa]
 Ishikawa Developmental Disability Support Center 076-238-5557
 Developmental Disability Support Center “BAASU” 076-257-5551
 [Fukui]
 Fukui Developmental Disability Support Center “SUKURAMU FUKUI” 0770-21-2346
 Fukui Developmental Disability Support Center “SUKURAMU FUKUI” at Fukui
 0776-22-0370
 Fukui Developmental Disability Support Center “SUKURAMU FUKUI” at Okuetsu, Ohono
 0779-66-1133

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Name of support center Telephone

 [Shiga]
 Shiga Developmental Disability Support Center “IBUKI” 0749-52-3974
 [Kyoto]
 Kyoto Developmental Disability Support Center “HABATAKI” 0774-68-0645
 Kyoto City Developmental Disability Support Center “KAGAYAKI” 075-241-0906
 [Osaka]
 Osaka Developmental Disability Support Center “AKUTO OSAKA” 06-6100-3003
 Osaka City Developmental Disability Support Center “ERUMU OSAKA” 06-6797-6931
 Sakai City Developmental Disability Support Center 072-276-7011
 [Hyogol]

Hyogo Developmental Disability Support Center “KUROBA” 0792-54-3601
Kasai Branch 0790-48-4561
Ashiya Branch 0797-22-5025
Toyooka Branch 0796-37-8006
Takarazuka Branch 0797-71-4300
Kamigoori Branch 0791-56-6380
Kobe City Child and Family Center, Developmental Disability Network Promotion Office
078-382-2760

[Nara]

Nara Developmental Disability Support Center “DEIA” 0742-62-7746

[Wakayama]

Wakayama Developmental Disability Support Center “PORARISU” 073-413-3200

[Tottori]

“ERU” Tottori Developmental Disability Support Center 0858-22-7208

[Shimane]

Shimane Eastern Part Developmental Disability Support Center “WISH” 050-3387-8699

Shimane Western Part Developmental Disability Support Center “WIND” 0855-28-0208

[Okayama]

Okayama Developmental Disability Support Center 086-275-9277

Okayama City Developmental Disability Support Center 086-236-0051

Okayama Developmental Disability Support Center Northern Branch 0868-22-1717

[Hiroshima]

Hiroshima Developmental Disability Support Center 082-497-0131

Hiroshima City Developmental Disability Support Center 082-568-7328

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Name of support center Telephone

[Yamaguchi]

Yamaguchi Developmental Disability Support Center “MAPPU” 083-929-5012

[Tokushima]

Tokushima Developmental Disability Support Center 088-642-4000

[Kagawa]

Kagawa Developmental Disability Support Center “ARUPUSU KAGAWA” 087-866-6001

[Ehime]

Ehime Developmental Disability Support Center “AI-YU” 089-955-5532

[Kochi]

Kochi Intervention Welfare Center, Developmental Support Department 088-844-1247

[Fukuoka]

Fukuoka Developmental Disability Support Center “YU-MOA” 0947-46-9505
Fukuoka Developmental Disability Support Center “AOZORA” 0942-52-3455
Kitakyushu City Developmental Disability Support Center “TSUBASA” 093-922-5523
Fukuoka City Developmental Disability Support Center “YUYUSENTA” 092-845-0040

[Saga]

Saga Developmental Disability Support Center “YUI” 0942-81-5728

[Nagasaki]

Nagasaki Developmental Disability Support Center “SHIOSAI” 0957-22-1802

[Kumamoto]

Kumamoto Developmental Disability Support Center “WAHHURU” 096-293-8189

[Oita]

Oita Developmental Disability Support Center “IKORU” 097-586-8080

[Miyazaki]

Miyazaki Central Developmental Disability Support Center 0985-85-7660

Nobeoka City Developmental Disability Support Center in Miyazaki 0982-23-8560

Miyakonojo City Developmental Disability Support Center in Miyazaki 0986-22-2633

[Kagoshima]

Kagoshima Developmental Disability Support Center 099-264-3720

[Okinawa]

Okinawa Developmental Disability Support Center “GAJUMARU” 098-982-2113

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End Title

Disaster Prevention and Support Handbook for People with Autism

—For you with autism and your families—

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