

PLAN FOR THE COLD

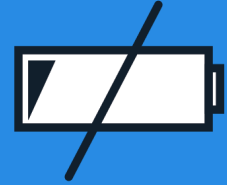
Information for People with Disabilities



Check with your doctor about whether cold affects your medications.



Make sure a neighbor or friend knows to check on you.



Keep batteries and devices charged. Have back ups available and ready to use.

DID YOU KNOW?

- Some disabilities can make it difficult to regulate body temperature. Talk to your doctor and plan ahead for cold days.
- Individuals who have a decreased ability to sense temperature or pain are at higher risk for frostbite.
- Before traveling to a warming center, call 3-1-1 or your nearest public warming center to check if they have accommodations for individuals with limited mobility.
- Individuals with disabilities may not be able to express their discomfort or raise alarm. Have a clear plan to notify friends or neighbors if you need assistance.

RESOURCES

1

You may be able to get a ride with MBTA The RIDE or Senior Shuttle. Call 3-1-1 to see if you qualify.

2

Meals on Wheels & Home Health Aides can visit during a cold event

3

Get warm at public warming centers and Boston Public Libraries.

**For more information on these resources,
call 3-1-1 or visit boston.gov/cold**