هيـــــئة رعـــــاية
الأشخاص ذوي الإعاقة
AUTHORITY OF PEOPLE WITH DISABILITY



Calm and Safe Together

Easy Read guide for people with disabilities and their families

Easy Read

2026

About this guide



This guide is for people with disabilities, children and adults, and their families.



It can help you feel calm and safe in an emergency.



You can read it together, or someone can read it to you.

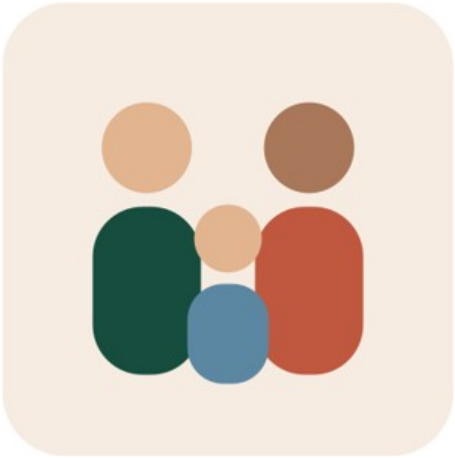


In an emergency, follow official instructions first.



Emergency numbers are on the last page.

This is the Easy Read version of the main family guide, from the Authority for the Care of People with Disabilities (APD). It gives general advice. Each family chooses what suits them.



For me

You can read this part on your own, with someone you trust, or listen while someone reads it to you.

For me

My feelings



It is OK to feel scared

How do I feel? I can point to a face.





Scared



Sad



Angry



Calm



I can share how I feel in my own way, or say "I don't know"



I can tell someone I feel safe with

For me

Things that help me feel calm



I breathe slowly



I put on my noise-reducing headphones



I go to a quiet place



I stay with someone I feel safe with

For me

If I hear a loud noise



I go to a safe place



I stay with someone I feel safe with



We breathe slowly together



We stay together until I feel calm

For me

Telling people what I need

I tell people how I communicate

My device or picture board stays with me. If my device stops working, I use my picture card or I point.



I tell people how to help me move

I can ask people to slow down

For me

If I get separated



If the place is safe, I stay where I am. If not, I go to a safe place nearby.



I look for a helper, like a police officer, a paramedic, a teacher or a doctor



I show my card



I say or sign: "I need help"

For me

If a warning message comes



A warning message comes on the phone



I stay calm and listen to my family



We go to a room inside, away from windows



We stay inside until it is safe

For me

My emergency card

I fill this in with someone I trust and keep it with me. I share only what I want, and keep it up to date.



My name _____

Someone I feel safe with, and their phone _____

Another person to call, and their phone _____

My disability and what I need _____

How I communicate _____

What helps me feel calm _____

My medicines and equipment _____



For families and caregivers

For families and caregivers

Support your family member



Stay calm. Your calm helps them feel safe.



Communicate in their way: speech, signs, pictures or a device.



Ask before you help or touch.



Keep daily routines where you can.



Take breaks from frightening news and pictures.

For families and caregivers

Watch and involve



Involve them in decisions about their own needs.



Some people show fear by how they act, not by words.



Do not assume every change is the disability. It may be worry.



Ask relatives or friends to share care, so you can rest.

For families and caregivers

Tips for different needs



Deaf or hard of hearing: use alerts they can see or feel. Explain with signs, pictures or writing.



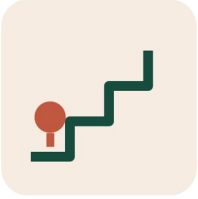
Blind or low vision: read messages aloud, and describe each step as you guide them.



Physical disability: keep mobility aids close, and plan a way out that works for them.



Autism or sensory needs: keep things quiet, and offer noise-reducing headphones.



Intellectual disability: use short words, one step at a time.

For families and caregivers

Get ready now



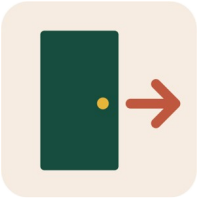
Make an ID card with their photo, needs and a contact number.



Pack a bag: medicines, devices, chargers and comfort items.



Plan for power cuts if they use electrical equipment.



Plan a way out of your home that works for them. Choose a safe room inside too.



Ask their school, workplace or center about its emergency plan.

For families and caregivers

If you get an official warning message



Stay calm and follow official instructions.



Go to a room inside, away from windows. Take their medicines and devices.



Stay inside until the danger has passed. Keep away from balconies and roofs.



Driving? Stop at the side of the road, away from bridges and tall buildings.



Avoid crowds, and do not take photos.

For families and caregivers

Get help



They hurt themselves or talk about it? Call the emergency services now. The numbers are on the next page.



Worried about them? Talk to a doctor. You do not need to wait.



Call 937 for health advice.



This guide gives general advice. You know your family member best.

Emergency numbers

911	Emergency
997	Ambulance
998	Civil Defense
999	Police
937	Health advice
116111	Child Helpline

Call 911 in Makkah, Madinah, Riyadh and the Eastern Province. In the rest of the Kingdom, call 998 for danger, 997 for an ambulance or 999 for the police.

> **When you call, say that the person has a disability and what they need.**