

**Checklist and prototype/tool to assess progress on disability-inclusive disaster risk
reduction and humanitarian actions**

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Human Rights-based Well-being Checklist (HRWC)

The following questions ask how much you have experienced certain things in the last year.

Please read each question and circle the number on the scale that gives the best answer for you.

		Never	Seldom	Quite Often	Very Often	Always
1.	I am suffering from inequality & discrimination due to my <u>sex/gender</u> .	0	1	2	3	4
2.	I am suffering from inequality & discrimination due to my <u>age</u> .	0	1	2	3	4
3.	I am suffering from inequality & discrimination due to my <u>disability</u> .	0	1	2	3	4
4.	I am suffering from inequality & discrimination due to my <u>race or ethnicity</u> .	0	1	2	3	4
5.	I am respected as a capable person.	0	1	2	3	4
6.	I can move around in this city without many barriers.	0	1	2	3	4
7.	I can use necessary <u>transportation</u> to participate in social life.	0	1	2	3	4
8.	I can access necessary <u>information</u> to participate in social life.	0	1	2	3	4
9.	I can access <u>the Internet and other new technologies</u> .	0	1	2	3	4

10.	I can ask for <u>support from others</u> when needed.	0	1	2	3	4
11.	I can participate in decision-making related to my community and nation if I want.	0	1	2	3	4
12.	I feel threats to my life.	0	1	2	3	4
13.	I think I can protect my minimum safety when disasters happen in this city.	0	1	2	3	4
14.	My legal decision-making will be obstructed by others.	0	1	2	3	4
15.	I can protect my money and assets without interference from others.	0	1	2	3	4
16.	I can access legal services such as the court when needed.	0	1	2	3	4
17.	I can be detained unlawfully.	0	1	2	3	4
18.	I can be subject to physical or sexual violence.	0	1	2	3	4
19.	I can make decisions on my body and mind without interference from others.	0	1	2	3	4
20.	I can decide where to live.	0	1	2	3	4
21.	My place of living is OK.	0	1	2	3	4
22.	I can make my opinion heard when needed.	0	1	2	3	4

23.	I can keep my privacy when I wish to.	0	1	2	3	4
24.	I can participate in a fair election.	0	1	2	3	4
25.	I can marry and have a child without much interference from others, if I want.	0	1	2	3	4
26.	I can communicate with my family when I want to.	0	1	2	3	4
27.	I can communicate with my friends when I want to.	0	1	2	3	4
28.	I can have/had quality education.	0	1	2	3	4
29.	I can receive necessary health services when I have a physical health condition.	0	1	2	3	4
30.	I can receive necessary health services when I have a mental health condition.	0	1	2	3	4
31.	I think I can receive necessary social services to live in the community when needed.	0	1	2	3	4
32.	I can choose my work if I want to.	0	1	2	3	4
33.	My work environment is/would be OK (If I work).	0	1	2	3	4
34.	My standard of living (food, clothing, and housing) is adequate.	0	1	2	3	4
35.	I have access to clean water and toilets.	0	1	2	3	4
36.	I can access/enjoy culture and the arts	0	1	2	3	4

	(including music, films, theatres, museums, libraries, etc.).					
37.	I can access/enjoy sports.	0	1	2	3	4
38.	I can enjoy tourism and leisure when I want to.	0	1	2	3	4
39.	I have freedom to keep my culture and religion.	0	1	2	3	4

Q1, 2, 3, 4, 12, 14, 17, and 18 should be scored in reverse.

Disaster Preparedness for Resilience Checklist (DPRC)

Following questions ask about your thoughts on disasters. Please read each question and **circle the number on the scale that best reflects your perspective.**

	No	Not yet, but I will	Yes
1. I know how to protect myself when disaster occurs.	0	1	2
2. I know how to protect my loved ones, including my family and pet, if any.	0	1	2
3. I know where to evacuate to and how to reach there.	0	1	2
4. I have a stock food and water for possible emergencies.	0	1	2
5. I have prepared an emergency toilet.	0	1	2
6. I have ways to contact my loved ones in emergency situations.	0	1	2
7. I have identified sources of reliable information during crisis.	0	1	2
8. I am aware of predicted disasters in my area.	0	1	2
9. I have a network of people, such as family, friends, and community member, who can support me.	0	1	2
10. I have ideas on how to ensure privacy for myself and others in crisis settings.	0	1	2
11. I know how to access health services in crisis settings.	0	1	2
12. I am prepared to avoid risky drinking or unprescribed medications.	0	1	2
13. I know rest is important.	0	1	2

14.	I have my own methods to feel better when distressed.	0	1	2
15.	I can utilize my past experience to overcome difficulties.	0	1	2
16.	I am flexible and able to adapt to various situations.	0	1	2
17.	If something is beyond my capacity, I can ask for support.	0	1	2
18.	I understand I do not need to resolve every problems.	0	1	2
19.	I can provide support to others when needed.	0	1	2
20.	I know that being pressured to talk right after crisis can be harmful.	0	1	2
21.	I know that with time, most people recover well from distress.	0	1	2
22.	I have cultural resources (music, religion, traditional events, etc.) that promote my well-being.	0	1	2
23.	I am aware of needs of marginalized populations and the importance to include them.	0	1	2

Rights of Persons with Disabilities Knowledge Questionnaire (RDKQ)

Please check the best correct answer (yes or no) for each statement below.

1.	15% of the world's population (1 billion people) live with disabilities.	Yes	No
	United Nations "Convention on the Rights of Persons with Disabilities" is ratified		
2.	by more than 180 countries where all laws and practices must be in consistent with the Convention.	Yes	No
3.	Discrimination against persons with disabilities is against the law.	Yes	No
4.	Disability results from the interaction between persons with impairments and environmental barriers. This concept is called "medical model."	Yes	No
5.	Persons with disabilities are receivers of help, rather than contributors to their community.	Yes	No
6.	Persons with disabilities need to rely on help, and it is abusive to assume their independence and autonomy.	Yes	No
7.	"Nothing about us, without us" is a slogan which symbolizes importance to include persons with disabilities in decision-making on what concerns them.	Yes	No
8.	Persons with disabilities deserve unified services regardless of their impairments.	Yes	No
	Accessibility must be ensured for buildings, transportation and other facilities		
9.	including rest rooms. Information, services and attitude should be made accessible too, if resources are available.	Yes	No
10.	If family members accompany a person with disabilities, the family members are the primary contact as well as decision-makers.	Yes	No
11.	Persons with disabilities include those who have long-term physical, mental, intellectual or sensory impairments regardless of social barriers.	Yes	No

12.	“Communication” can include written, audio, plain-language, display of text, Braille, tactile communication, large print, accessible multimedia as well as human-reader and augmentative and alternative means of communication, including other technology.	Yes	No
13.	“Discrimination on the basis of disability” means any distinction, exclusion or restriction on the basis of disability.	Yes	No
14.	“Reasonable accommodation” means necessary and appropriate modification and adjustments not imposing a disproportionate/undue burden to ensure to equal rights of persons with disabilities.	Yes	No
15.	“Universal design” means the design of products, environments and services to be usable by all people, without the need for adaptation.	Yes	No
16.	Persons with disabilities have diverse needs. It can include more time, more rest, straightforward expressions, quiet space, extra space and others.	Yes	No
17.	Since disabilities are always visible if looked closer, it is important to detect them to better support.	Yes	No
18.	It is sometimes necessary to force some persons with disabilities be removed from where they want to be in order to protect them due to their disabilities.	Yes	No
19.	Persons with disabilities are susceptible to discrimination but rarely to sexual violence.	Yes	No
20.	Persons with disabilities must be separated from others since they need special protection, in various settings including in evacuation sites.	Yes	No
21.	If a person with disabilities have some limitations in mobility, others must carry them.	Yes	No

22.	Assessment, monitoring and statistics should include disability-disaggregated perspectives. It can be done through working with persons with disabilities.	Yes	No
23.	Due to lack of accessibility (infrastructure, information, etc.), persons with disabilities tend to die more in emergency settings.	Yes	No
24.	Specialized knowledge is great. But even without it, asking their needs can be good enough and if needs are beyond one's capacity, linking with someone who might be able to support is useful.	Yes	No

Correct Answers:

1. Yes, 2. Yes, 3. Yes, 4. No, 5. No, 6. No, 7. Yes, 8. No, 9. No, 10. No, 11. No, 12. Yes, 13. Yes, 14. Yes, 15. Yes, 16. Yes, 17. No, 18. No, 19. No, 20. No, 21. No, 22. Yes, 23. Yes, 24. Yes.