

Disaster Preparedness for People of All Abilities

Kathy Simmons

Prince William County
Office of Emergency Management

Susan Rudolph, RN

The ARC of Greater Prince William

November 6, 2010



Planning for Your Preparedness

1. YOU are your best advocate
 2. Get information
 3. Know what disasters can occur in your area
 4. Understand what to do before, during and after a disaster
 5. Assess your personal needs
 6. Establish a Personal Support Network
-

It starts with YOU

- Consider what you can do for yourself and what assistance you might need before, during and after a disaster.
 - Ask yourself what resources you rely on regularly and determine how a disaster might effect your use of them.
 - If you receive regular services (home health care, transportation, dialysis) make a plan with each service provider.
 - Learn about their disaster plans and how to contact them in an emergency.
 - Work with them to identify back-up service providers.
 - Plan to be prepared whether you are at home, work, church, or visiting others.
-

Get Information

- Tone activated NOAA weather radios
- Community emergency alerting programs
 - PWCAN (www.pwcgov.org/pwcan)
- Media
- Personal Support Network or Neighbors



Understand Disasters

- Natural Disasters
- Manmade Disasters
- What disasters are most likely to occur in your community?



Before the Disaster

- How will you get information
 - Contact personal support network
 - Review your plan
 - Yourself
 - Your pets/service animal
 - Your caregiver/support network
 - Emergency Supplies
 - Check and refresh
 - Charge batteries/equipment
-

Before the Disaster

- Transportation
 - Fill car with gas
 - Stay or evacuate
 - Consider leaving before the event
 - Other Protective actions
 - Test smoke alarms
 - Review utility shut-off instructions
 - Check halls, stairs, doorways and windows for hazards that might keep you from moving safely around your home.
-

After the Disaster

- Your independence may be challenged.
 - Emergency resources may be taxed and response times delayed.
 - Utilities may not work.
 - Your home may be in the dark.
 - You may not be able to use equipment that depends on power.
 - Public transportation may be disrupted.
-

After the Disaster

- What will your environment look like after the disaster?
 - Phone service may be disrupted.
 - Debris may block travel routes.
 - Service animals may face unusual conditions.
 - Usual ways of getting groceries, medications or medical supplies may be disrupted.
-

Shelters

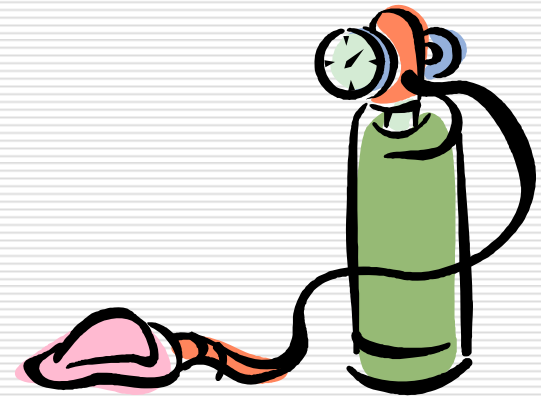
- ❑ Provide basic accommodations and services for a short period of time
- ❑ Temperature may be hot or cold – bring clothes you can layer
- ❑ Bring comfort items
 - Flashlight
 - Books
 - Cell phone
- ❑ Supplies for service animal



Shelters

□ Special medical needs - You need to bring what YOU need:

- Oxygen
- Medications
- Cooler for medicine
- Personal care and hygiene items
- Battery pack for equipment
- Special food
- Medical records (bracelet/key chain with medical information)

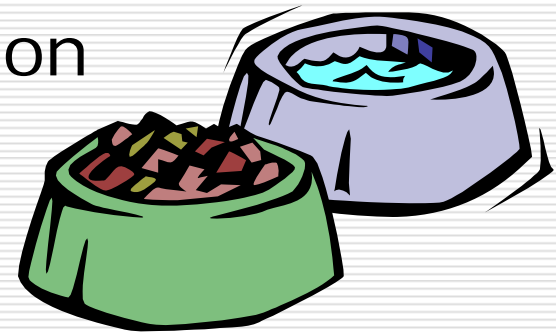


Service Animals and Pets

- ❑ Service animals are allowed in hotels, motels and shelters, however you are expected to care for your animal.
 - ❑ Pets are only allowed in designated, pet-friendly shelters. Check before bringing your pet.
-

Emergency Supplies for Service Animals and Pets

- Collar/harness
- ID tags
- Vaccination records
- Medications
- Veterinarian contact information
- Food and water
- Recent photo
- Comfort items (blanket, toy)
- Supplies to clean up after pet



Personal Assessment



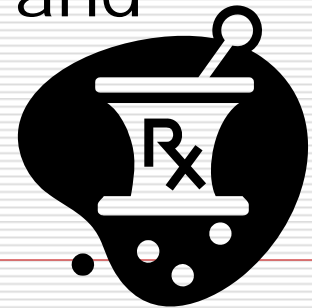
- You are the best person to determine what you need and plan for your safety.
 - What supplies do you need to survive for a week on your own?
 - Your Disaster Kit should include at least 3 days worth of food, water and medicine.
 - Consider your personal care, service animals, special equipment and transportation needs.
 - Make an Emergency Contact list so others know who to call if you are unable to communicate.
-

How Will the Disaster Affect You Medically

- ❑ Stress makes many medical conditions worse
 - Avoid unnecessary risks
 - ❑ Psychological and Emotional
 - Impaired thinking
 - Confusion
 - ❑ Physical
 - Injuries from the disaster event
 - Your condition may deteriorate without access to medications
 - ❑ Conserve medical supplies and power for equipment
-

Medication

- ❑ Work with your doctor to make sure you have enough medicine.
- ❑ Maintain at least a 7-14 day supply.
 - Check with your insurance company regarding refill policies.
 - Ask for a 90-day prescription when possible.
- ❑ Prepare a written list of medications, when they are taken, special instructions and where they are stored.
- ❑ List allergies.



Medical Information Card

- Medical Information Card
 - List of medications and dosages
 - Special instructions for taking medications
 - Allergies
 - Insurance provider information
 - Doctor's name and phone number
 - Multiple copies
 - On you
 - At home
 - In your vehicle
 - Personal support network
-

Special Medical Needs

Make a list of every diagnosis and what supplies you will need to meet the needs that go along with that diagnosis/condition such as:

- Your child has a G-Tube or Button
 - Supplies needed: pump, bags, tubing, formula, syringe, cleaning solutions and dressings for site care, extra button or g-tube.
 - Have written instructions on how you care for the site and infuse the formula so that another person can do this if you are not there. Include specifics about the things you do to keep the child comfortable.
-

Special Medical Needs

- You have a urinary catheter:
 - Supplies: Catheter bag and tubing, extra catheters, alcohol pads, urinal to empty the bag.
 - Written instructions on size of catheter, insertion and care instructions.

 - You have diabetes:
 - Insulin or oral medications: glucose tablets
 - Cooler with dry ice or special carrying case (may want to purchase to have)
 - Glucometer, test strips, alcohol wipes, hand sanitizer, band aids
 - Protocol for treatment of high and low blood sugars
-

Special Medical Needs

- ❑ If you have Controlled Medications such as Narcotics, Psychotropic's, or Seizure Medications bring:
 - A locked container
 - Physician prescription
 - ❑ If you have medication that needs to be refrigerated or needs to be crushed:
 - Consider synthetic form of medications that does not require refrigeration
 - Bring a cooler with your dry ice pack
 - Bring pill crusher or other equipment needed for medication administration
-

Special Medical Needs

- Bring all these supplies with you in a well marked bag with your name and an itemized list.
 - Keep these items readily available together at home so you can grab them and go and not have to try to remember to locate all of the items needed during the emergency.
-

Establish a Personal Support Network

- ❑ A Personal Support Network is made up of individuals who will check with you in an emergency to ensure that you are OK and give assistance if needed.
 - ❑ Your Personal Support Network needs to be more than one person.
 - ❑ Consider family, friends, neighbors, co-workers or care-providers.
-

Seven Things to Discuss with Your Network

1. How your network will check on you
 2. How to exchange keys
 3. Where you keep emergency supplies
 4. Where you keep copies of relevant documents
 5. How you will communicate
 6. Instructions about medication or equipment you depend on
 7. Always notify your network when someone in the network is going to be out-of-town
-

Emergency Contact List

- Personal support network
 - Include one contact person at least 100 miles away
 - Cell phone ICE (In Case of Emergency)
 - List your emergency contacts under the heading ICE
 - Emergency documents to provide:
 - Insurance card
 - Medical insurance information
 - Medical Information Card
-

Communication

- ❑ Let people know how they can help you.
- ❑ Give very specific, clear and concise instructions.
- ❑ Have instructions written out in advance.
- ❑ If you use an assistive communication device ensure that emergency information is programmed and updated regularly.



Communication

- ❑ If you communicate with a laptop computer or any other assistive device, consider purchasing a power converter that will allow your computer/device to be plugged into a cigarette lighter in a car.
- ❑ Develop low tech alternatives like picture or word cards.



Assistive Devices

- Keep important equipment and assistive devices in a consistent, convenient and secure place so you can quickly and easily locate them after a disaster.
 - Label the equipment with your name and attach basic instructions for use.
-

Traveling

- If possible, check in advance to see what kind of accommodations are available.
 - When you check into a hotel let the front desk staff know that in an emergency you will need assistance.
 - Be clear about the kind of assistance you will need.
 - Wear medical alert tags such as bracelets, dog tags, etc.
-

Carry-On/Carry-With-You Supplies

1. Medical Information Card
 2. Instructions on personal assistance needs
 3. Copy of emergency documents
 4. Essential medications
 5. Copy of prescriptions
 6. Flashlight
 7. Signaling device (whistle)
 8. Small battery-operated radio
 9. Cell phone and charger
 10. Water bottle
-

FEMA Challenge

- ❑ **THE CHALLENGE:** To come up with ideas on how we can all help prepare our communities before disaster strikes and how the government can support community-based activities to help everyone be more prepared.
 - ❑ Submission Period:
 - **Start:** Oct 28, 2010
 - **End:** Jan 02, 2011
 - ❑ To enter go to <http://challenge.gov/fema/87>
-

Resources

- ❑ National Organization on Disability
 - www.nod.org/emergency
 - ❑ US Department of Homeland Security
 - www.ready.gov
 - ❑ American Red Cross
 - www.redcross.org
 - ❑ Prince William County
 - www.pwcgov.org/emergency
 - ❑ Community Emergency Preparedness Information Network
 - www.cepintdi.org
-

Resources

- ❑ Centers for Disease Control and Prevention
 - www.cdc.gov
 - ❑ Inclusive Preparedness Center
 - <http://inclusivepreparedness.org>
 - ❑ Assistance Dogs International
 - www.adionline.org
 - ❑ International Association of Assistance Dog Partners
 - www.iaadp.org
-

Planning AFTER the disaster
doesn't work well.

Be Ready – Make a Plan!
