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# **“Inclusive Emergency Preparedness: Ensuring Safety for Individuals with Disabilities”**

# Why do we prepare?

Because...

Bad things happen  
to good people.

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# Natural Disasters



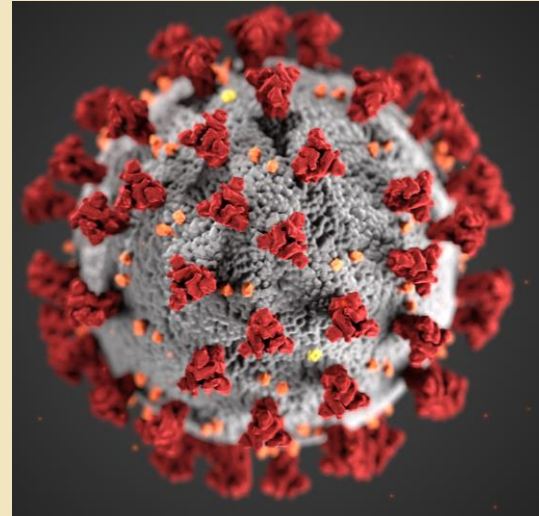
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# Man-caused disasters



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# Personal or family challenges



Anticipating the needs of someone with a disability adds another dimension to emergency planning!



# What's a disability?

- *a physical or mental impairment that substantially limits one or more major life activities...*



# “Major life activities” could include:

performing manual  
tasks

breathing

working

learning

lifting

eating

seeing

concentrating

bending

sleeping

hearing

reading

thinking

standing

walking

communicating

speaking

caring for oneself



*How would challenges with one or more of these life activities impact someone's response to an emergency or disaster?*

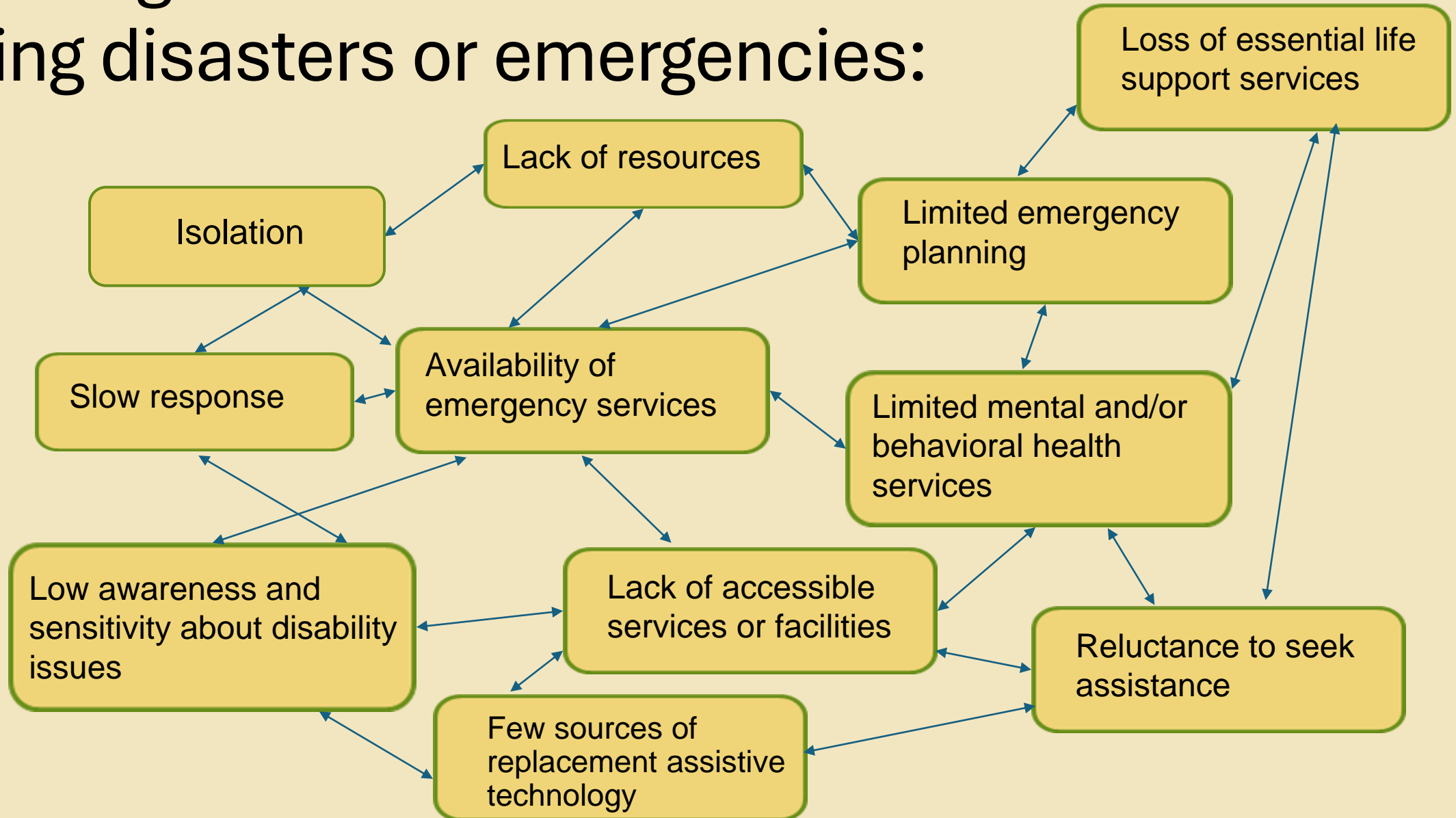
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# How many people have a disability?

About 1 in 4  
American  
adults (61  
million +)  
have some  
type of  
disability.  
[www.cdc.gov](http://www.cdc.gov)

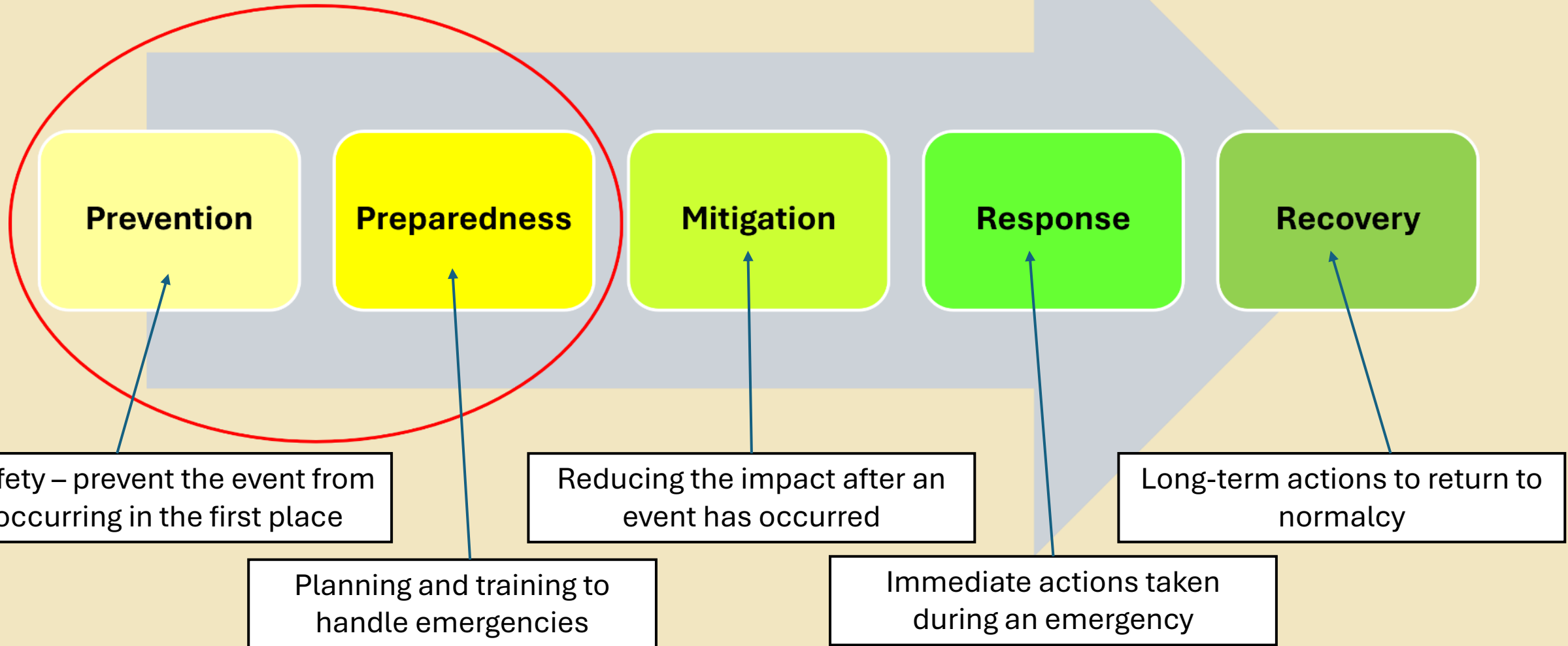


# Challenges for individuals with disabilities during disasters or emergencies:



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# Stages of Emergency Management



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# When & how to start planning for emergencies?



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*Start now and  
start simple!*

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# So, how do we start?

*Gather important supplies*

*Create a family emergency plan*

*Practice your plan & keep it updated*

# Gather important supplies

- Inventory what you have on hand already
  - Water
  - Non-perishable food
  - Medications
  - First aid kit
  - Tools and supplies
  - Personal items
  - Important documents
  - Clothing & bedding
- What else do you need?
- Find a “home” for emergency supplies

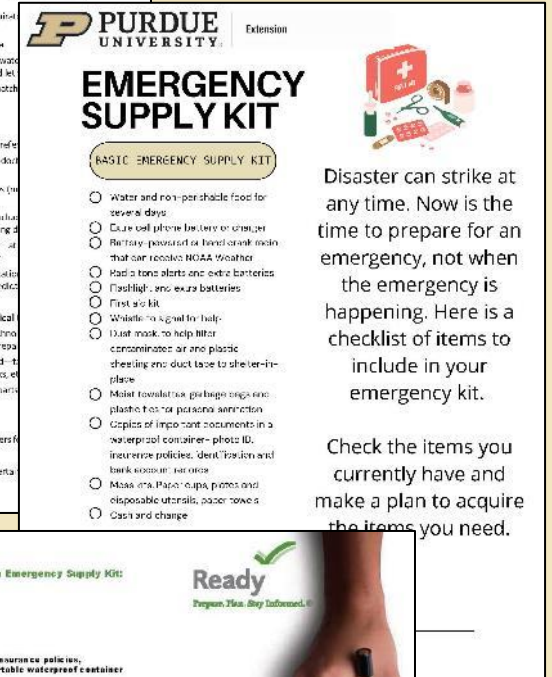
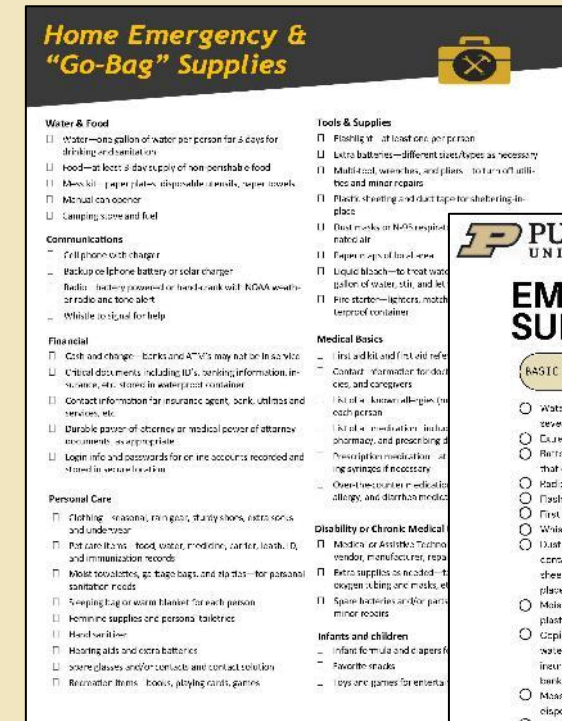


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# Create a “Go-Bag”

- Prepare to “bail out” for a few days
- Use a checklist
  - Ready.gov
  - Purdue Extension ([inprepared.org](http://inprepared.org))
  - Many others
- Prep for 72 hours minimum
- Easily accessed
- Keep updated
  - Food, medicine, supplies can go bad!
  - Rotate supplies regularly



# Prepping for People with Disabilities

- Medical supplies
  - Extra stock of meds, medical devices
- Mobility aids and assistive technology
  - Extra batteries
  - Tools or parts for maintenance and repair
- Communication
  - Appropriate and accessible
- Plan ahead
  - Arrangements with neighbors
  - Communication with emergency responders before something happens



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# Family Emergency Plan

- Designed to help families create a custom emergency plan for their home
- Basic “starter” plan
- Get everyone involved!
- Consider everyone’s abilities
- Share the plan with
  - Fire department
  - County EMA



## Who, Where, and How to Contact

- Date the plan!
- Designate an emergency meeting place
- Name, address, phone numbers
- Alternative and out-of town contacts
- Detailed directions!
- Family member listing
  - List everybody that is regularly at the home!
  - Ages, phone numbers, schedule (if applicable)
  - Indicate disability or health concerns (details on page 2)

# Family Emergency Plan

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<b>Emergency Gathering Location</b>		<b>Date Plan Completed</b>	
<b>Family or Homeowner Name</b>			
<b>Address</b>			
<b>City, State, ZIP</b>			
<b>County</b>			
<b>Township</b>			
<b>Primary Contact</b>			
<b>Phone Number</b>			
<b>Alternate Contact</b>			
<b>Phone Number</b>			
<b>Out-of-town Contact</b>			
<b>Phone Number</b>			

**Directions (start at major intersection and write directions to the home that can be read to dispatcher):**  
*Important:* Please include any site issues or features that could impact emergency responders unfamiliar with the property. These could include which door to enter, a narrow driveway, dogs that might greet the responders, locked gates, etc.

<b>Family Members at this Home<sup>1</sup> (anyone who lives or is regularly at this home)</b>				
Name	Age	Phone #	Times likely to be at this location <sup>2</sup>	Special concerns: health issues or disabilities <sup>3</sup>

1. List anyone who lives at this address. Also, include anyone who regularly spends time at this home such as grandchildren being cared for while parents work, college student children, employees, etc.

2. For those who do not live at the home full-time, indicate when they are likely to be present (e.g., M-F, 7:30 am–5:30 pm).

3. If an individual at this home has a disability or special health concern, indicate so on this form. Additional considerations can be detailed on page 3.

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# Emergency Plan Page 2

***Special considerations, critters, and good stuff to have on hand***

- Disability and Health Considerations
  - Provide details about the health or disability challenges indicated on page 1
- List your pets – they are family too!
- Emergency Resource Inventory
  - List what you have on hand (or what you need!)
  - Know where things are at – it's no good if you can't find it when you need it!
  - Not every useful thing will fit in your "Go-bag" – list it here!

**Disability or Medical Concerns**—List each individual identified on page 1 who has specific medical or disability challenges that might impact emergency response. Provide details as mobility issues, critical medicines or equipment, diet restrictions, etc.

Name:	Special Considerations

**Pets**—List family pets and likely location to find them in an emergency situation.

Species	Description	Name	Location

**Emergency Resources Inventory**—Complete the following emergency resources inventory for your home. Add any items not listed that you think might be useful in an emergency.

Emergency Resource	Location
Prepared "Go-bags"	
Drinking/Cooking Water	
Non-perishable food ~3 day supply	
Flashlight(s)	
Medications—prescription and OTC	
Batteries	
Cell phone power bank or solar charger	
First aid kit / supplies	
Wrenches, pliers, other tools for minor repairs	
Pet care—food, medication, leash, carrier	

Emergency Resource	Location
Critical documents—ID, medical, insurance, etc.	
Cash	
Manual can opener	
Weather radio	
Medical equipment/ Assistive Technology	
Medical Equipment/ Assistive Technology	

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# Emergency Plan Page 3

## *Other stuff to consider and important phone numbers*

- Additional concerns or resources
  - What haven't we covered – what else is important to know?
  - Describe any unique challenges or resources unique to your home that might impact an emergency response
- Emergency Contacts
  - List important emergency phone numbers
  - Very important if someone else needs to handle your affairs

**Additional concerns or resources**—note any other situations that might impact an emergency response to your home. This could include issues such as a home-based business that brings additional guests to your home, or potential resources such as a pond or dry fire hydrant for firefighting water sources.

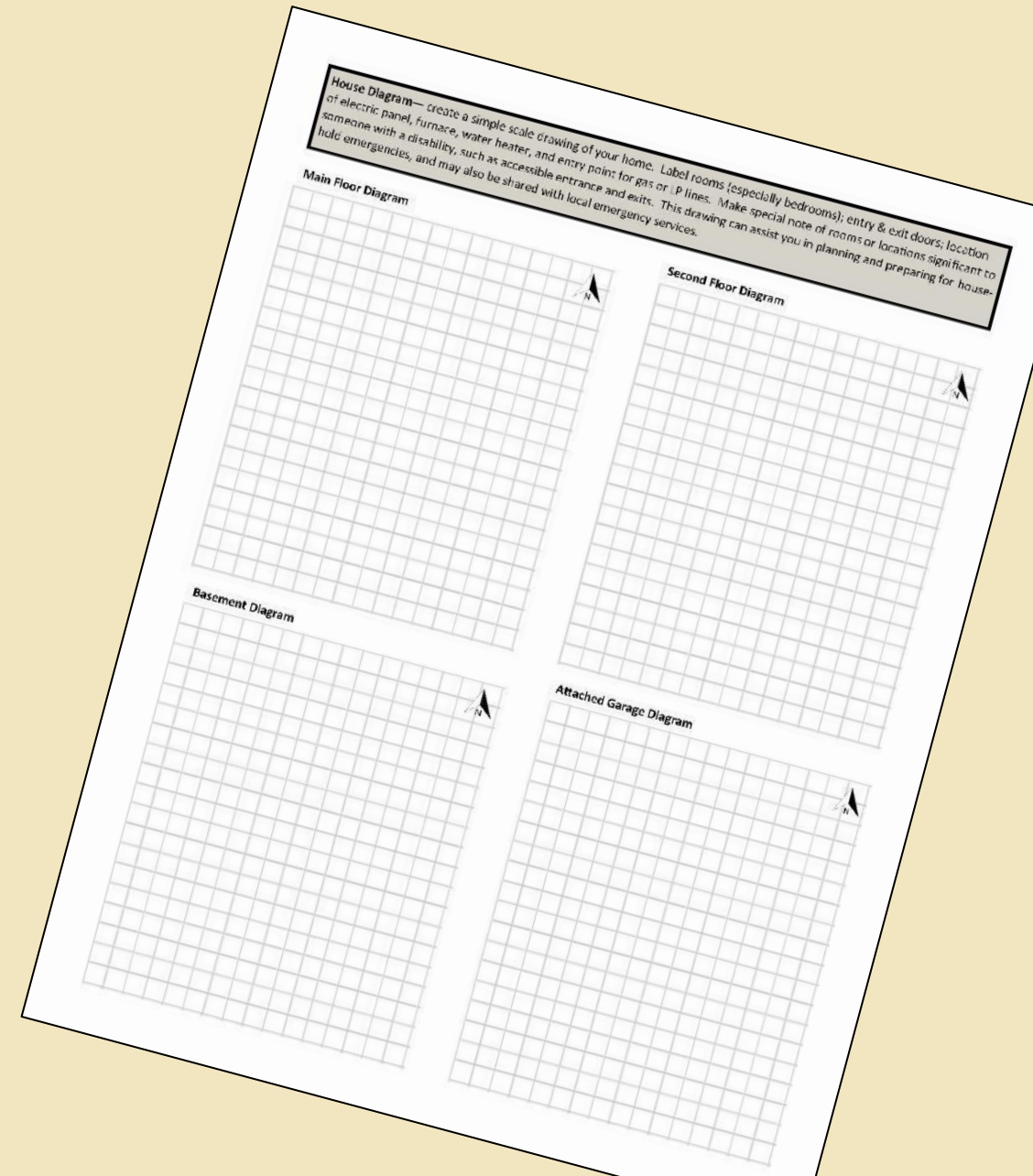
**Emergency Contacts**—enter appropriate names and phone numbers into the contact list, and add any that are appropriate. Select trusted friends, family members, or neighbors not listed as a contact on page one who can assist in an emergency.

<b>Fire Department</b>		<b>Electric Company</b>	
Emergency #	911	Phone	
General phone		My Account #	
<b>Police/Sheriff</b>		<b>Gas/LP Supplier</b>	
Emergency #	911	Phone	
General phone		My Account #	
<b>Ambulance</b>		<b>Water/Sewer</b>	
Emergency #	911	Phone	
General phone		My Account #	
<b>Preferred Hospital</b>	911	<b>Other Utility</b>	
Emergency #		Phone	
General phone		My Account #	
<b>Poison Control</b>		<b>Insurance Co./Agent</b>	
Emergency #	1-800-222-1222	Phone	
<b>Family Doctor</b>		<b>Veterinarian</b>	
Phone		Phone	
<b>Other Doctor</b>		<b>Bank</b>	
Phone		Phone	
<b>Other Doctor</b>		<b>Neighbor/Friend</b>	
Phone		Phone	
<b>Med. Equipment/Assistive Technology</b>		<b>Neighbor/Friend</b>	
Phone		Phone	
<b>Med. Equipment/Assistive Technology</b>		•	
•		•	

# Emergency Plan Page 4

## *Draw some diagrams*

- Make a scale drawing of your house
  - Show the floor plan for each story of your house
  - Label rooms
  - Indicate entrances/exits
  - Mark utility locations (electric panel, gas line shutoff, water shutoff, etc.)
- Highlight issues or features important for individuals with a disability
  - Accessible entrances (or inaccessible)



**House Diagram**— create a simple scale drawing of your home. Label rooms (especially bedrooms); entry & exit doors; location of electric panel, furnace, water heater, and entry point for gas or LP lines. Make special note of rooms or locations significant to someone with a disability, such as accessible entrance and exits. This drawing can assist you in planning and preparing for household emergencies, and may also be shared with local emergency services.

**Main Floor Diagram**

**Second Floor Diagram**

**Basement Diagram**

**Attached Garage Diagram**

# Practice and Update Your Plan

- Review and update your Family Emergency Plan at least annually
- Keep your emergency supplies and Go-bag ready
  - Rotate your supplies
  - Check batteries
- Practice your plans!
  - Simulated evacuations
  - Fire drills
  - Live out of your Go-bag for a weekend
- Remember, bad things happen to good people. Be ready!



Photo by Roger Brown: <https://www.pexels.com/photo/first-aid-and-survival-kits-5125690/>

# Discussion Scenarios

- You live alone, and due to an ice storm, the power goes out in your home. The power company suspects it will be out for 3 days. How can you stay safe?
- You live with your significant other and 1 pet. There is a fire in another unit but your smoke detectors are going off. What should you do? How can you stay safe?
- Weather channels are predicting blizzard like conditions. You have many chronic health issues that require electricity devices. How should you prepare for the upcoming weather?
- There has been an outbreak of a bacterial infection due to unsafe water. What should you do to keep yourself safe?

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# Thank you!