

# Disability Community Preparedness



## Northshore Emergency Management Coalition

City of Kenmore

City of Lake Forest Park

Northshore Fire District

Northshore Utility District



To get a Copy  
of this Presentation

[www.northshoreemc.com/resources/disabilitycommunitypreparedness](http://www.northshoreemc.com/resources/disabilitycommunitypreparedness)



# Free Handouts

## Prepare in a Year




[www.DisasterReadyWashington.com](http://www.DisasterReadyWashington.com)

**1 HOUR** of planning and action each **MONTH**  
leads to successful **PREPAREDNESS**



**2 WEEKS  
READY**

**On-line: [NorthshoreEMC.com](http://NorthshoreEMC.com)**

[www.northshoreemc.com/resources/disabilitycommunitypreparedness](http://www.northshoreemc.com/resources/disabilitycommunitypreparedness)



## 8 Ways People with Disabilities Can Become More Disaster Resilient

<https://www.fema.gov/blog/8-ways-people-disabilities-can-become-more-disaster-resilient>

Release Date

August 26, 2024

Everyone has unique needs that require personal planning before disasters. For people with disabilities and those with caregivers, it is crucial to consider everyday needs and individual circumstances that will require heightened attention during disasters.

Here are eight recommended actions that you and other individuals with disabilities can take to prepare for emergencies and disasters:

### 1 - Create a support network.

- **Ensure your preparedness plan is inclusive and factors in the range of needs within your household.** Keep a contact list of people familiar with your situation who can best help you in a disaster, such as medical providers, social workers, alternative caregivers and family members. Store the contact list in a watertight container or sealable plastic bag in your emergency kit or on your electronic devices.

### 2 - Speak with your medical provider in advance.

- **Know how to meet your personal medical needs in the face of uncertainty.** Consult with your physician to find out the best ways to get refills from different locations other than the pharmacy you usually rely on and ensure caregivers are allowed to pick up medications in your name. In addition, talk to your healthcare provider about how to access an emergency supply of medications if you must quickly evacuate from a disaster.
- **Ensure your medical records are accessible.** Keep a list of information about your treatment facility, medications and dosages in your emergency kit. Add pertinent medical information to your electronic devices for quick access by emergency personnel, if necessary. You can also use the [U.S. Department of Health and Human Services' online tool](#) and other patient-facing sources to locate and access your electronic health records from various sources.

# Drop by our NEMCo Table

# Why Prepare?

- Disasters can occur anytime, anywhere
- First Responders will not be immediately available
- **Preparing is key to remaining connected**



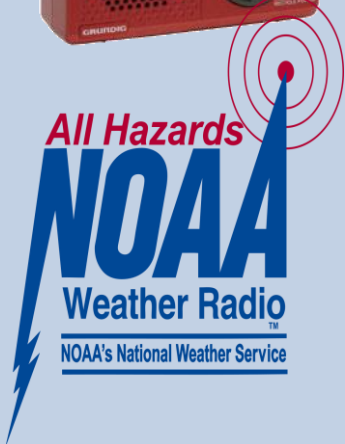
# 4 Steps To Earthquake Safety

1. Be Informed
2. Make a Plan
3. Build Your Kits
4. Become Involved



# Step 1: Be Informed

- Know the Hazards in your Neighborhood, City, and County
- Have methods to obtain information during an event



*Free Alerts*



# Step 1: Make a Plan to Be Safe

- Create a plan
- Decide how to communicate in an emergency



Write down  
emergency  
contact  
information



Texts are  
more likely  
to go through



Have an extra  
cell phone  
charger and  
batteries



An out-of-area  
contact can serve  
as a relay point  
for family  
communication

# Personal Support Team (PST)

- At least 3 people
- Home, work, recreation
- Know your unique needs and plan
- Able to assist after earthquake



# Assess Your Connections

- Assistance you use regularly?
- How do you receive this assistance?
- Use power-dependent equipment?
- Rely on public and/or para-transportation





# Planning for Individual Needs:

- Label adaptive equipment
- Transportation plan
- Care plan for service animals



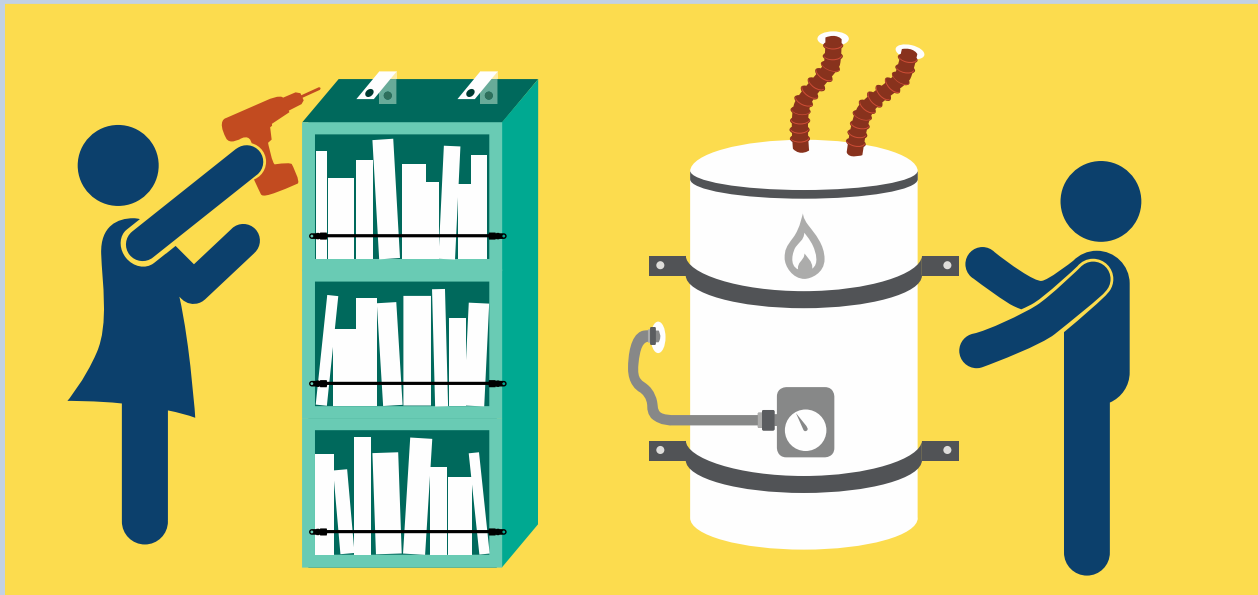
# Minimize Financial Hardship

- Organize important documents
- Strengthen your property
- Consider insurance



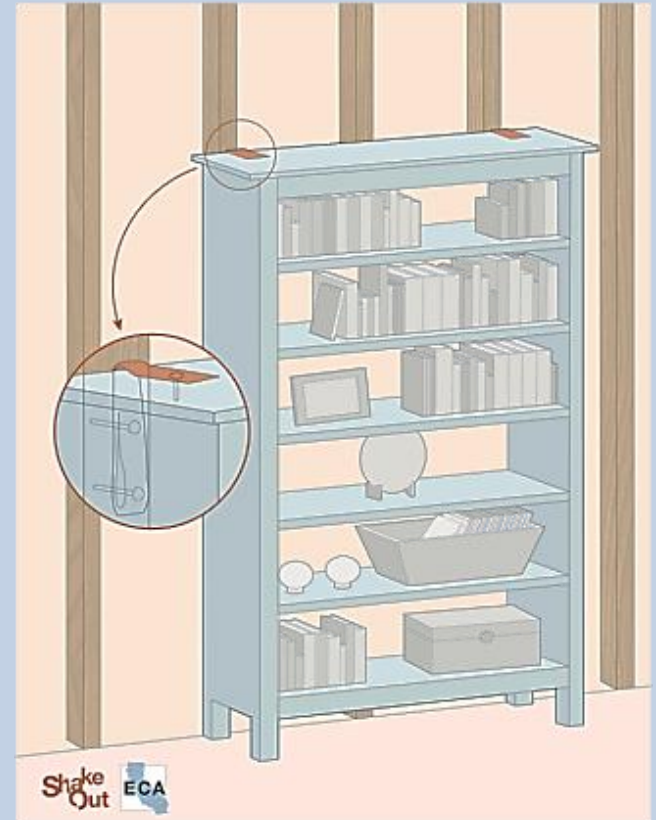
# Hazard Hunt

- Identify hazards
- Secure moveable items
- Reduce Injuries and damage



[EarthquakeCountry.org](https://www.EarthquakeCountry.org)

# Top-Heavy Furniture

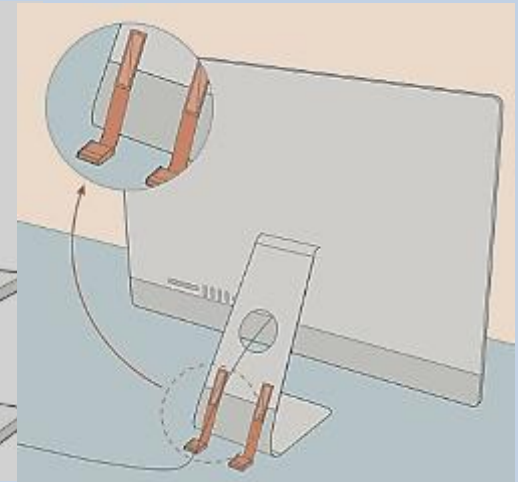
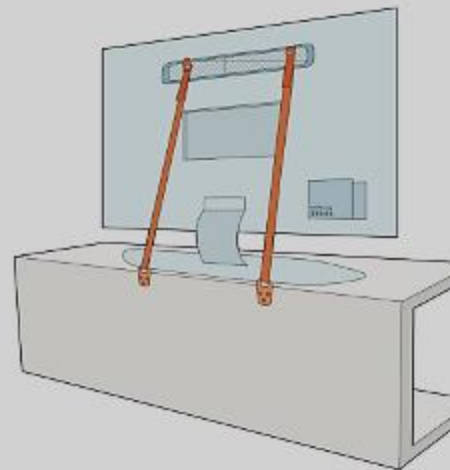


Use flexible nylon straps (buckles or velcro)

# TVs and Electronics



Straps and buckles secured with adhesive and bolted to anchor points



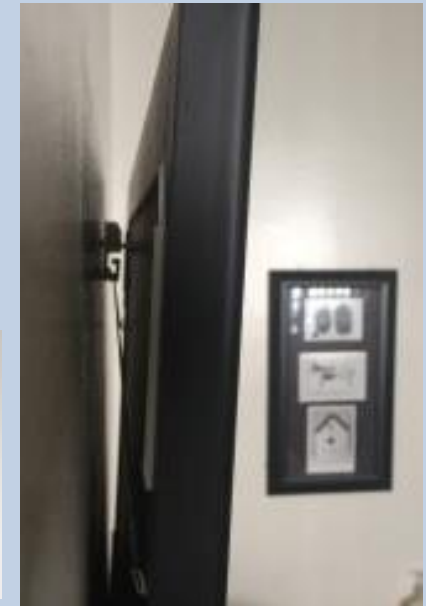
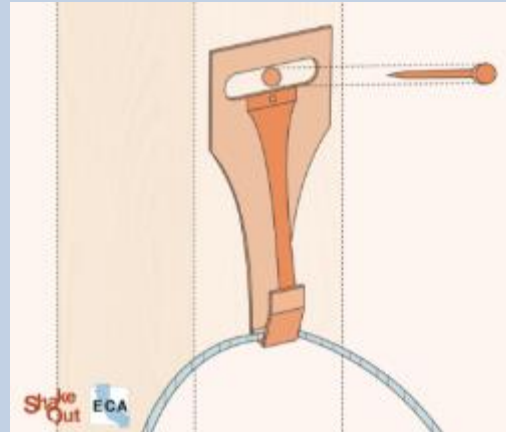
# Essential Equipment

- Oxygen tanks
- Life support devices
- Lifts/hoists (placement)



# Wall Hangings

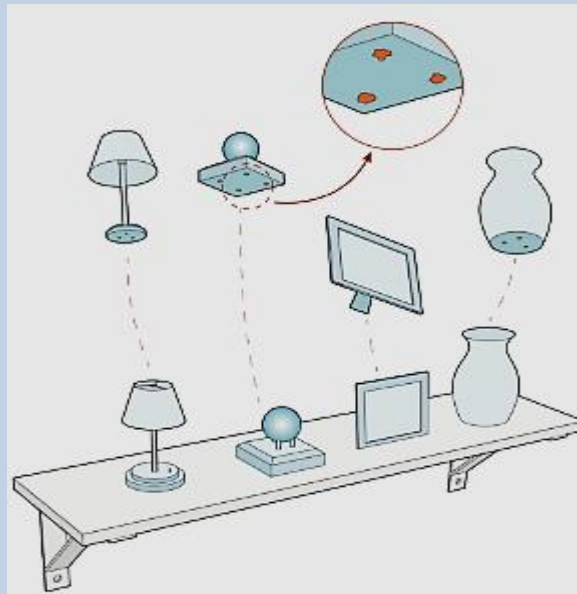
- No glass above beds
- Use closed hooks



# Smaller Items

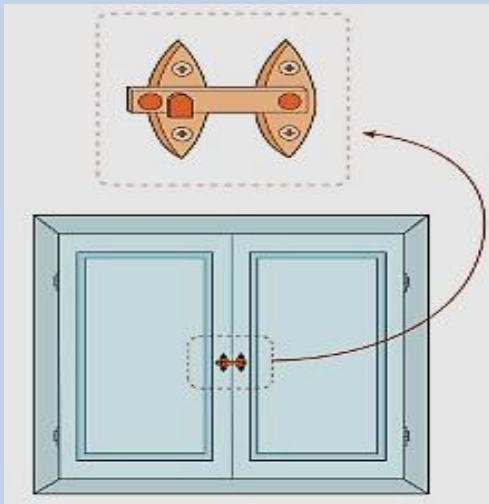
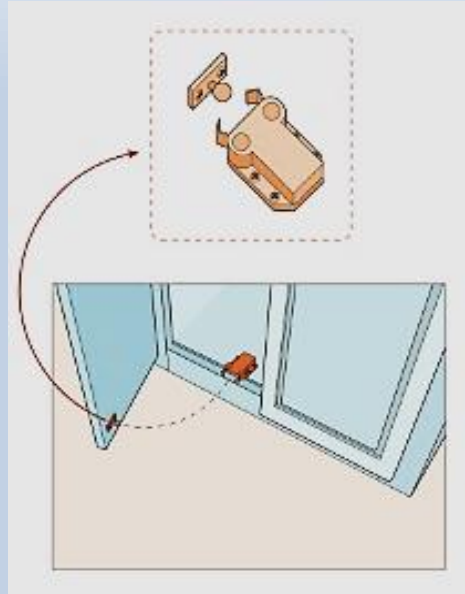


- Earthquake Putty
- Microcrystalline Museum Wax



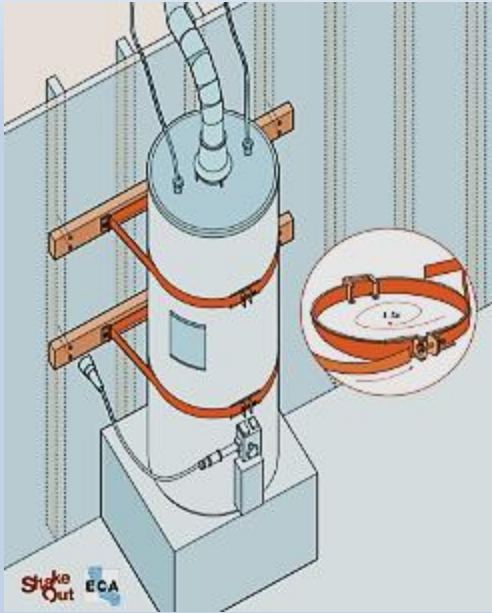


# Kitchen Cabinets

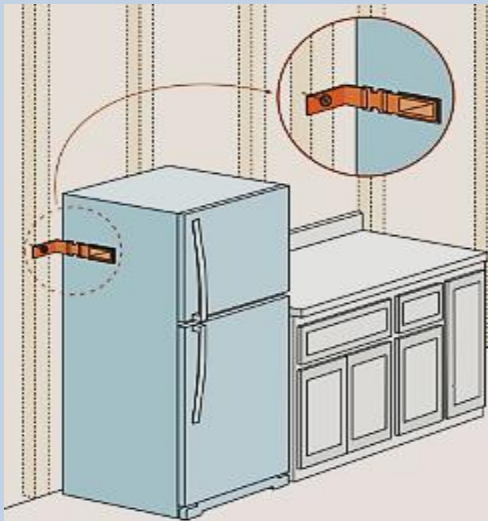


Many options available at hardware stores and online

# Water Heaters and Large Appliances

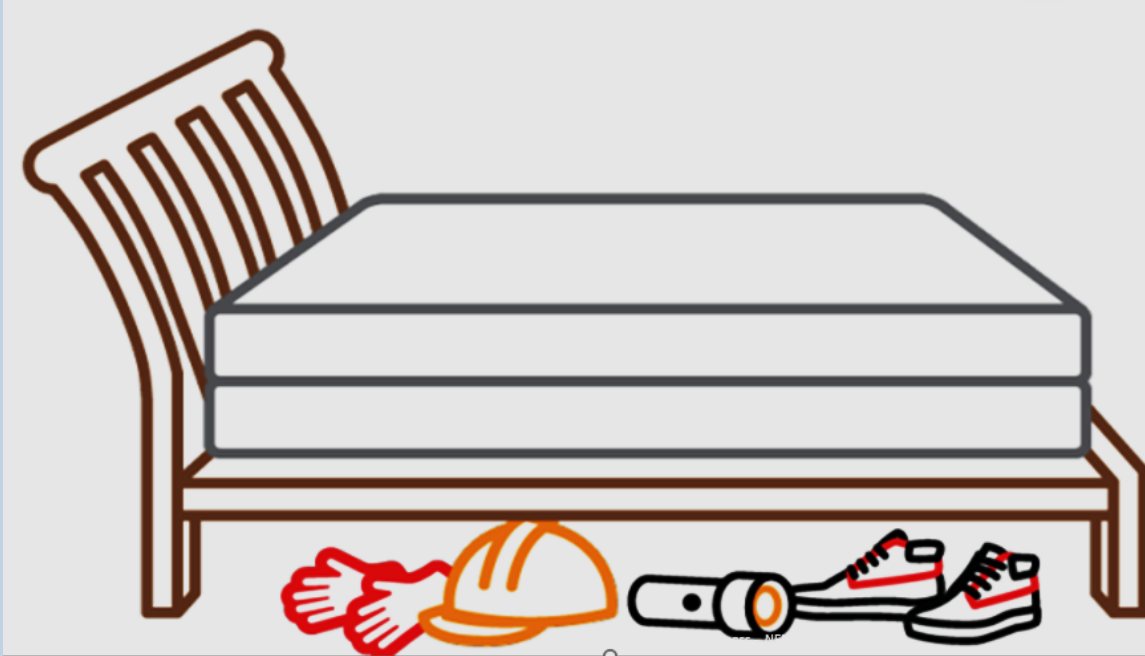


- Use flexible stainless-steel gas connectors
- Secure large appliances to wall studs



# Improve Safety

- Prepare items in a bag under your secured bed



- Shoes
- Flashlight
- Gloves
- Pry bar
- Ok/Help Card
- Whistle
- Hard Hat

## Service Dog Considerations:

- Service animal may be frightened or injured
- May not be able to work immediately
- Increased risk of injury to paws from broken glass or debris

# Drop/Lock, Cover and Hold On

- Protect Yourself
  - falling objects
  - falling to ground
- Don't get down, If you can't get back up
  - Bend over and cover your head and neck with your arms/hands
- Instruct others how to assist you
- Practice is key

## Protect Yourself During Earthquakes!

IF  
POSSIBLE



USING  
CANE



USING  
WALKER



USING  
WHEELCHAIR



[www.EarthquakeCountry.org/disability](http://www.EarthquakeCountry.org/disability)

**Not in a Doorway**

[EarthquakeCountry.org/disability](http://EarthquakeCountry.org/disability)

# Have a Plan – then Practice

**Practice:** an evacuation, go to school, send a text, **GO CAMPING!**



# Step 3: Build Your Kit

- Home Supplies Kit
- Grab & Go Kits
  - ✓ Adults
  - ✓ Child/Infant
  - ✓ Pets, Service Animal
- Vehicle Safety Kit



[www.ready.gov/kit](http://www.ready.gov/kit)



# Considerations

- Medications (prescription, over-the-counter medications)
- Plan for refrigerated medications
- Paper copies of prescriptions
- Medical supplies
- Medical/Health information
- Medication list
- Communication supplies
- Power Station to charge items





# Supplies for Specific Needs

- Hearing aid batteries
- Eye glasses
- Walking stick
- Oxygen or nebulizer supplies
- Blood glucose tester
- Hygiene Equipment
- Catheter supplies
- Feeding equipment
- Hygiene Supplies
- Soothers/calmers



# Service Animal Supplies

- License and ID tags
- Copies of service animal documentation
- Immunization records, medications, and veterinarian's contact information
- Extra animal food, water, and bowls
- Extra harness and/or leash
- Booties (practice using them!)



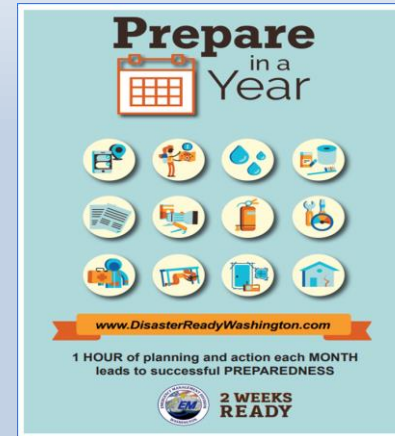
# Step 4 : Get Involved

## Prepare:

To get a monthly email from the "do 1 thing" website, click on the logo:

**do 1 thing**

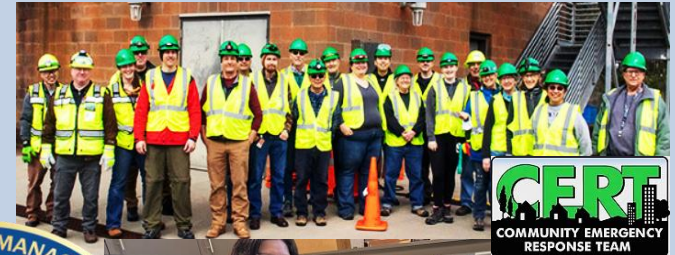
[do1thing.com](http://do1thing.com)



## Training:

- Community Workshop
- ACT First Aid & CPR
- Stop The Bleed
- First Aid CPR
- Community Emergency Response Team (CERT)
- Amateur (Ham) Radio License

- **Community Emergency Response Team (CERT)**
  - 3 classes a year
  - Monthly “all volunteer” meetings
- **Community Workshops**
  - 2 per year
- **Amateur Radio**
  - Training classes, FCC License
  - Monthly trainings
- **Drone Program**
  - Training classes
  - Aid Search & Rescue,
  - Support Hazard Assessments



# Emergency Preparedness Chair Role

- The PTSA/PTA plays a volunteer **supporting role**; we **can help** the district, administrators, staff, emergency coordinators, nurses and principals **with their permission**.
- Opportunities include:
  - PTA/PTSA grants, fund raising, asking for donations, parent education, observing/supporting school drills / safety team, purchasing supplies, inventory audits, restocking, disposal, overall organizing, documenting, and newsletters.**

# Together We Prepare

- Start preparing *TODAY!*
- Share information with your family, friends, Personal Support Team & the community
- Become engaged in community preparedness & other stakeholder opportunities



**Investing time in disaster training and preparedness today will save countless lives tomorrow**