

Disability Community Preparedness



Northshore Emergency Management Coalition

City of Kenmore

Lake Forest Park

Northshore Fire District

Northshore Utility District



To get a Copy
of this Presentation

www.northshoreemc.com/resources/disabilitycommunitypreparedness



Prepare in a Year




www.DisasterReadyWashington.com

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



**2 WEEKS
READY**

Free Handouts



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**



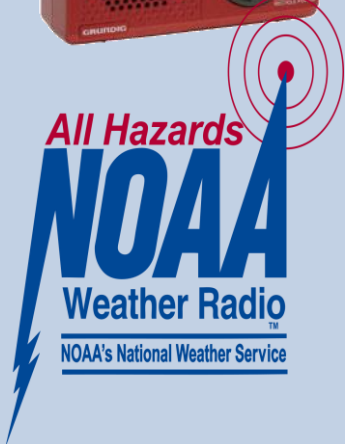
4 Steps To Earthquake Safety

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



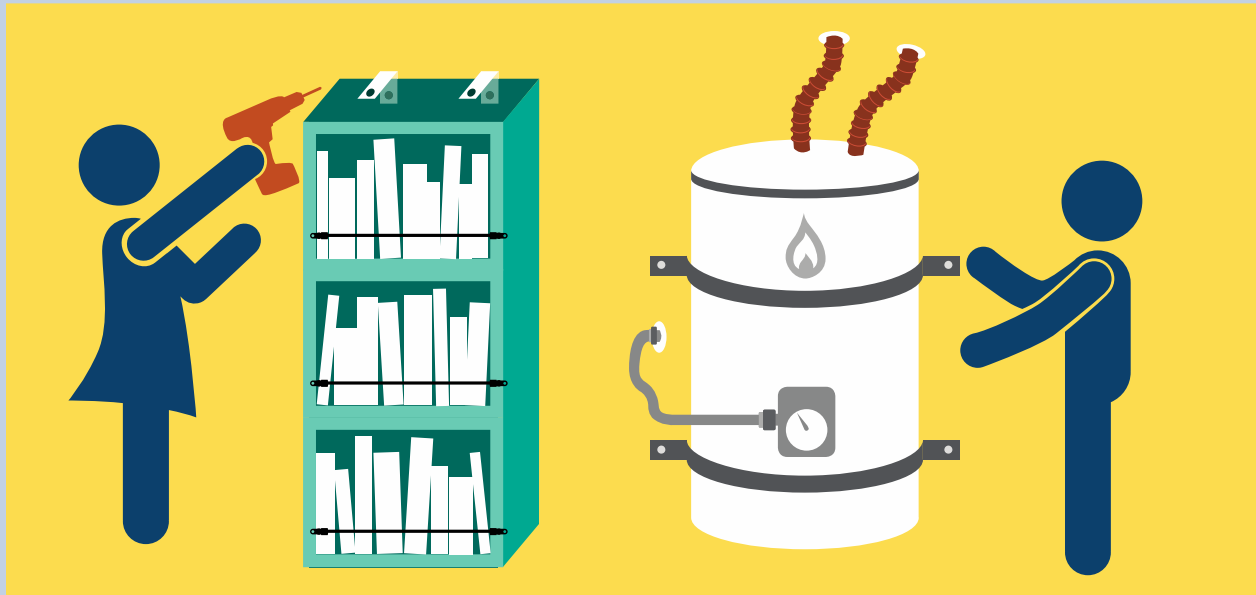
Minimize Financial Hardship

- Organize important documents
- Strengthen your property
- Consider insurance

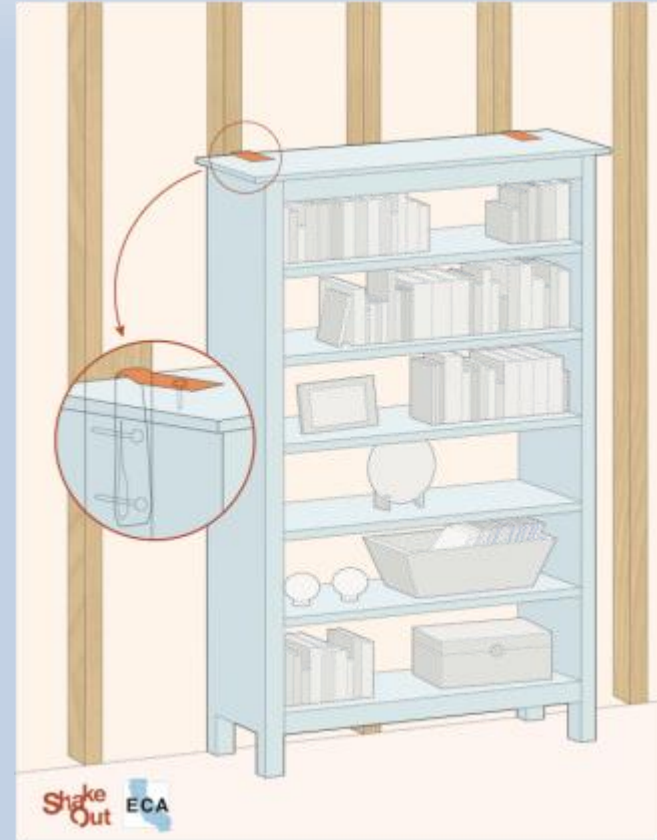


Hazard Hunt

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



Top-Heavy Furniture

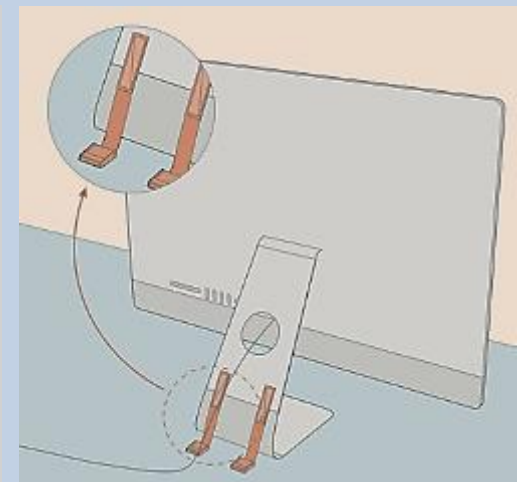
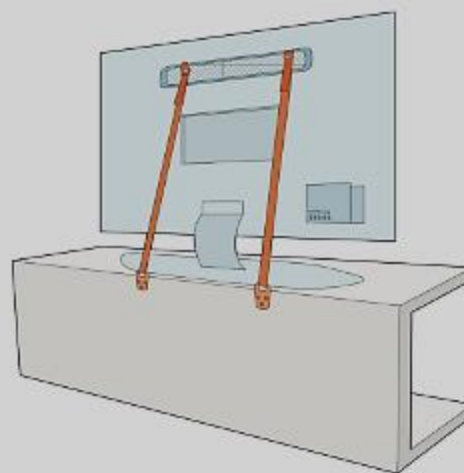


Use flexible nylon straps (buckles or velcro)

TVs and Electronics



Straps and buckles secured with adhesive and bolted to anchor points



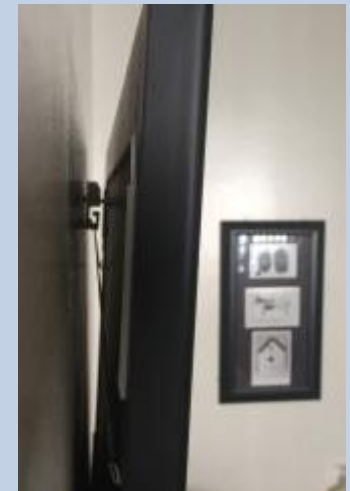
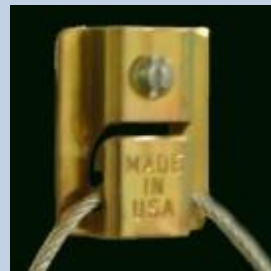
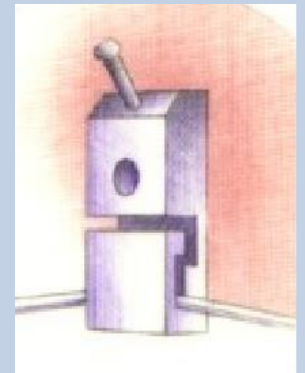
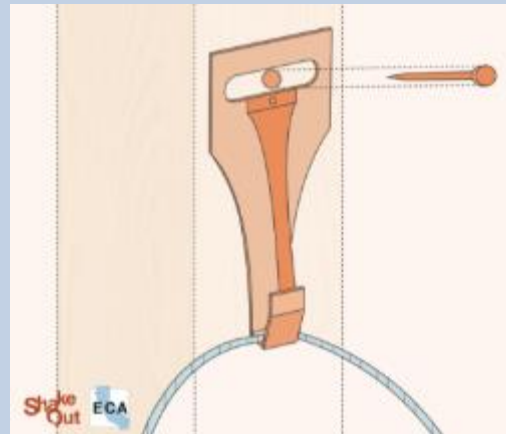
Essential Equipment

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



Wall Hangings

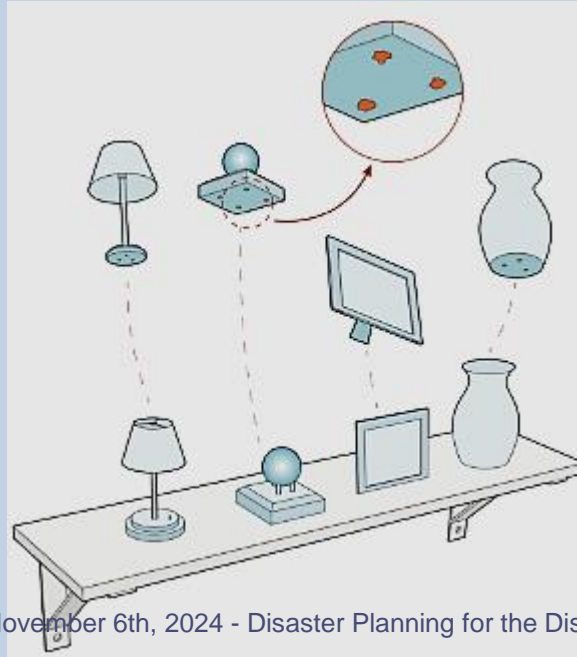
- No glass above beds
- Use closed hooks



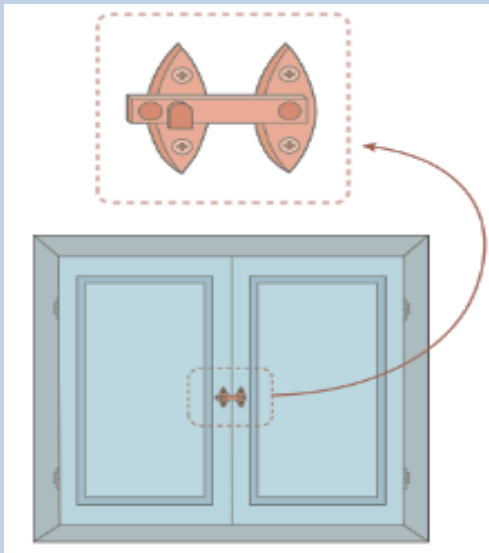
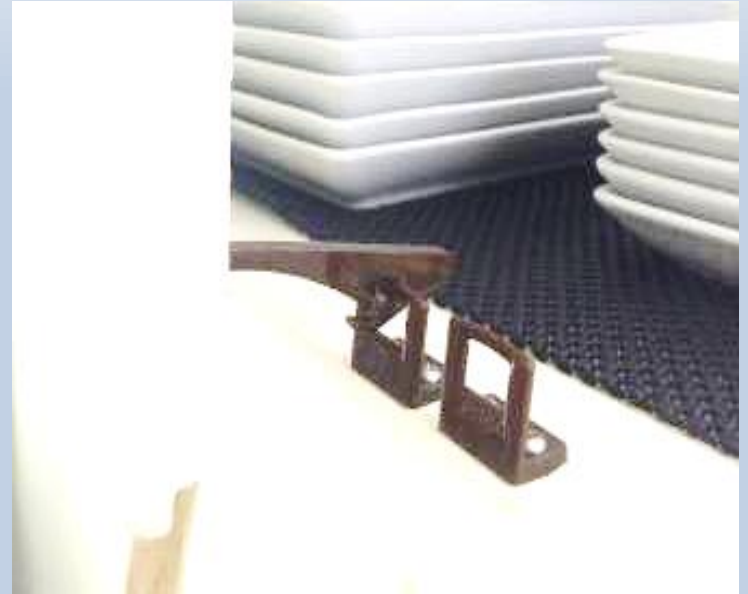
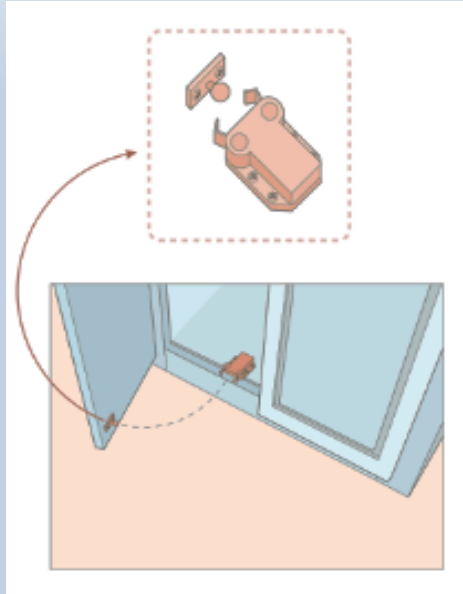
Smaller Items



- Earthquake Putty
- Microcrystalline Museum Wax

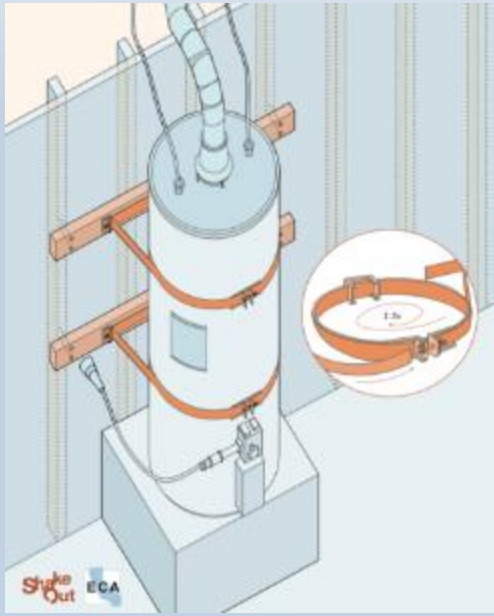


Kitchen Cabinets

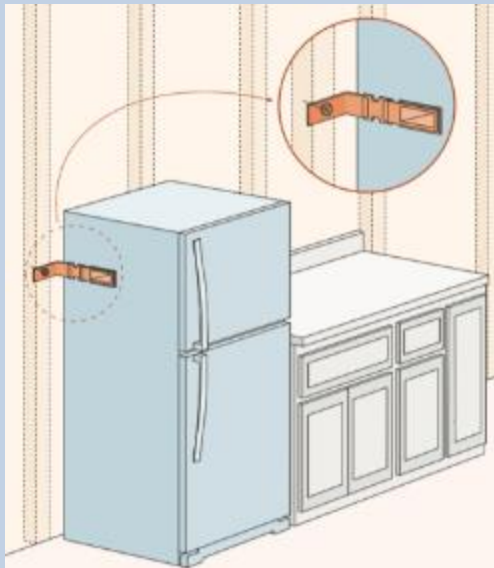


Many options
available at
hardware stores
and online

Water Heaters and Large Appliances

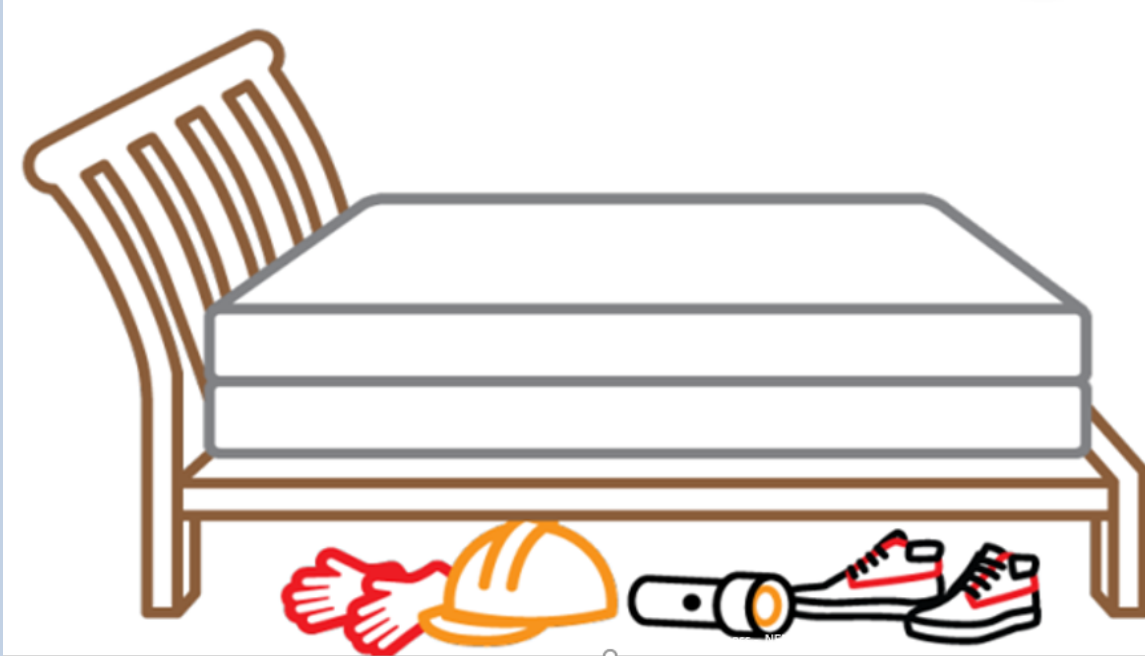


- Use flexible stainless-steel gas connectors
- Secure large appliances to wall studs



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

Not a Doorways

EarthquakeCountry.org/disability

Have a Plan – then Practice

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



Organize Disaster Supplies

- Prescription & critical medications
- Non-perishable food & a manual can opener
- Water: 1 gallon per person per day (for up to 2 weeks)
- Flashlights, batteries or alternate power source
- First aid kit
- Shelter – Tent, Camper, Van, Car



Supplies to Go Camping

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



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!)



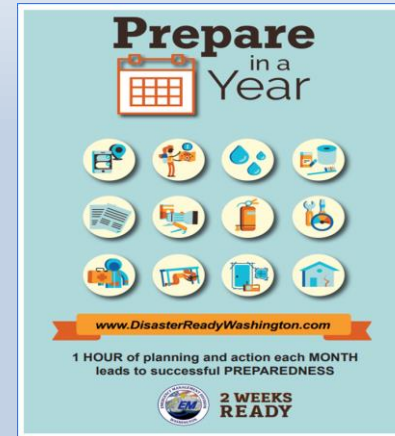
Step 4 : Get Involved

Prepare:

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

do 1 thing

do1thing.com



Training:

- Community Workshop – NEMCo, Dec.7th,9:00am
- ACT First Aid & CPR
- Stop The Bleed
- First Aid CPR
- Community Emergency Response Team (CERT)
- Amateur (Ham) Radio License

Get Involved



- **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