

# Disaster Preparation for People with Disabilities

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Emergency Management



# Planning

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1. Understand Disasters
  2. What can happen after the Disaster
  3. Personal assessment
  4. Establishing a Personal Support Network
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# Understanding Disasters

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- What is most likely to occur in PW County
- Natural Disasters
- Manmade



# After the Disaster

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- What will your environment look like after the Disaster?
  - Phone
  - Debris
  - Service animals
  - Usual ways of getting groceries, medications or medical supplies may be disrupted
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# After

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- Utilities may not work
  - May be in the dark
  - May not be able to use equipment that is dependant on power
  - Public transportation maybe interrupted
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# How will the Disaster affect you Medically

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- Stress may affect your disability
  - Stress makes many medical conditions worse
  - Psychological and Emotional
  - Thought
  - Physical
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# Personal Assessment

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- Disaster Kit 7 days worth of food, water, medicine
- How will you get along in an emergency for 7 days



# Establish a Personal Support Network

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- 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.
  
  - Needs to be more than one person.
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# Seven things to discuss with your network

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1. Make arrangements to be checked on
  2. Exchange keys
  3. Show where you keep emergency supplies
  4. Copies of relevant supplies
  5. Practice a communications system related to contact
  6. Always notify your network when each other is going to be out-of-town
  7. The relationship should be mutual
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# Health card

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- Emergency Health Card
  - Cell phone ICE
  - Emergency health info about medications
  - Multiple copies
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# Emergency Contact list

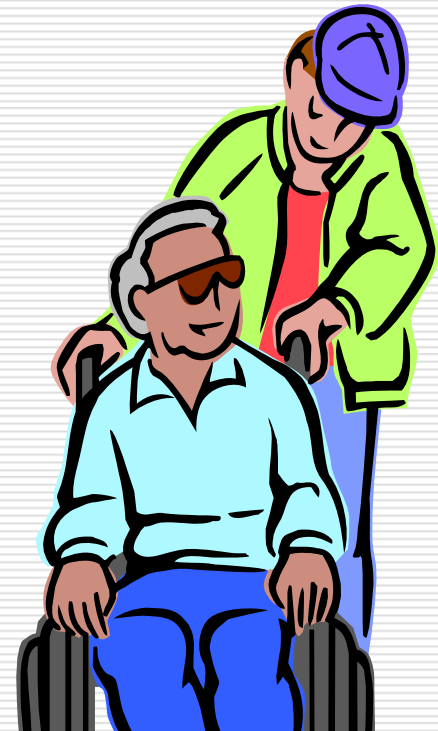
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- People at least 100 miles away
  - Emergency documents
  - Insurance card
  - Medical Insurance info
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# Communication

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- ❑ Be assertive
- ❑ Give very specific, clear and concise instructions
- ❑ If you communicate with a laptop computer consider purchasing a power converter that will allow your computer to be plugged into a cigarette lighter in a car.



# Medication

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- Maintain at least a 7-14 day supply
  - Work with your Doctor to make sure you have enough medicine
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# Carry-on/Carry-with-you supplies

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1. Emergency Health Info card
  2. Instructions on personal assistance needs
  3. Copy emergency documents
  4. Essential medications
  5. Copies of prescriptions
  6. Flashlight
  7. Signaling device
  8. Small battery-operated radio
  9. Cell phone
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# Traveling

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- ❑ Staying in Hotels let the front desk staff know that in an emergency you will need assistance and what you need.
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# Shelters

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- O2
- Medicine shelf life
- No heat
- No air conditioning
- Bring cooler for medicine



# Equipment Assistive Devices

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- Keep important equipment and assistive devices in a consistent, convenient and secure place so you can quickly and easily locate them after a disaster
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# Notification

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- Tone activated NOAA weather radios
  - Neighbors
  - 9-11 center
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Planning after the Disaster doesn't  
work well

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# Resources

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- [www.nod.org/emergency](http://www.nod.org/emergency)
  - [www.ready.gov](http://www.ready.gov)
  - [www.prepare.org](http://www.prepare.org)
  - [www.tdi-online.org](http://www.tdi-online.org)
  - [www.afb.org](http://www.afb.org)
  - [www.unitedspiral.org](http://www.unitedspiral.org)
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