

Disaster Preparedness for People with Disabilities and their Caregivers

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Housekeeping and Introductions

- Welcome
- Chat/Messaging Feature
- Technical Assistance

Training Objectives

- Identify how to prepare for the 10 Impact Areas of Disasters
- Create a plan with the input of a caregiver regarding an emergency/disaster situation
- Understand the necessary steps for Sheltering In Place, Community Sheltering, and Evacuating

Did you know.....?

- Ohio is home to over 1.6 million individuals with disabilities that are not currently residing in an institutional setting which accounts for 14% of the total population.
- Most of the emergency managers are not trained to support special needs populations, which includes persons with mobility impairments.

Did you know.....?

- Beneficial steps for the disability community include persons with disabilities developing individual and disability specific preparedness plans and getting involved in local level disaster planning.

Impact Areas of Disasters

Communication

- Common Communication Methods
- Alternative Strategies



Transportation

- Public Transportation
- Caregiver Transportation



Water and Waste Water

- Water recommendations
- What to do with waste



Medical

- On-hand medication amounts
- Insurance Coverage – what do we know?



Food

- Food on Hand
- Storing and rotating food



Extreme Winter Weather

- Power Outages
- Heat Concerns
- Vehicle Preparedness



COVID-19

- **Stay Home** unless getting medical care or running an essential errand.
- Wash hands with soap & water.
- Cover coughs & sneezes.
- Avoid touching your face.



COVID-19

- Disinfect frequently touched surfaces often.
- Avoid close contact with people who are sick.
- Keep a 6 foot distance from others in public.
- Consider wearing a face covering/mask in public.



COVID-19

- If you get sick...
 - Stay home & monitor your symptoms.
 - Call your doctor if your symptoms get worse.
 - Call ahead before seeking medical care.
 - Separate yourself from others at home.
 - Disinfect your home regularly.



COVID-19

- **How to Prepare**

- Store a two week supply of supplies in case you must stay home to prevent infection or in case you get sick.
- Plan for who will help care for you if you are sick or your caregiver gets sick.



Other Areas: COVID-19

- **How to Prepare**

- Have nonprescription drugs & other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.



Preparation

Why Prepare?

- If you have a functional need, it requires extra planning
- What is familiar will become totally unfamiliar!
- Emergency situations are stressful
(physically/emotionally)
- We cannot always rely on others



What To Do

- Know how you will get alerts
- Help those who help you
- What does preparation mean for me:
 - Sheltering In Place
 - Community Sheltering
 - Evacuating



What To Do

- NOAA radios
- Cell Phone Apps
- Local broadcast news TV/Radio
- Social media
- Neighbors
- Siren



Let's Talk About It!

- Questions?
- Comments?
- Discussion?



Sheltering In Place

What does it mean?

- Shelter in Place = Go INDOORS
 - Shut doors & windows
 - Turn off air ventilation/HVAC systems
 - Seal areas under doors & windows with tarp, towels or blankets.
 - Don't forget pets!

Considerations for Sheltering In Place

- Isolation is common and individuals may have small circles of support
- Likely gaps in service include:
 - PWD without personal support network
 - Between PWD and direct service provider
 - Between families of homebound PWD and home care providers
 - Between several direct service providers caring for the same person with a disability

Developing a Support Group

- Pick at least 3 people who know the person you care for
- Live in the area
- Include these people in all aspects of emergency planning
- Have a high level of commitment to the individual you care for



3 Types of Emergency Kits



- Home kit
- Go Kit – smaller and portable
- If possible a kit for transit, work, volunteer, community program

Items to include

- Water (1 gallon/person/day)
- Food /Formula (3 days)
- Hand crank radio
- Flashlight
- First Aid Kit
- Moist towelettes
- Wrench pliers to turn off utilities
- Can opener
- Local maps
- Cash
- Blankets
- Shoes
- Picture of individual
- Matches
- Mess Kits
- Paper Pencil
- Games, puzzles
- Sanitary supplies
- Diapers
- Plastic sheeting
- Duct Tape
- Whistle
- Gloves
- Important documents
- Change of Clothes
- Calming item

Prepare Service Animals & Pets

- Service Animals vs. Pets
ADA, Title III, 28 CFR Sec 35.104
- Emergency Kit
- Pet/Service animal id

Lisa Jones
123 Any Street
Nashville TN 37215
615-123-4567



Calvin

Vaccinations	Next Due
Rabies	05/01/2009
Heartworm	05/01/2009
DHLP Booster	05/01/2009
Bordetella	11/01/2008
Fecal Exam	11/01/2008

Allergies: None Reported

Breed: Beagle
Color: Brown & White
Birthday: 04/01/1999
Rabies Tag: 123456789
Sex: M Altered: Yes Wgt: 5.40
Microchip:

printed by www.nyphotoidcards.com

What Evacuation Looks Like



Personal Ability Self-Assessment

- Evacuating
 - Building evacuation
 - Building exits
 - Communicating help
 - Mobility aids
 - Ramp access
 - Service animals/pets

Sample Questions: Evacuating

- Does my work/home/apt have a plan using evacuation chairs?
- Are there redundant emergency notification systems in place that are deaf/hard of hearing accessible (vibrating pages, texting, light alarms)?
- Have safe places been identified if evacuation is not possible (stairwells)?

Emergency Contact Information

- Never trust your memory
- Update often!



Specific Disabilities

Specific Disabilities

- Communication Disabilities
- Cognitive Disabilities
- Hearing Impairments
- Mobility Impairments
- Mental Health Disorders
- Visual Impairments



Using Assistive Mobility Equipment

- Plan how individual will evacuate in each type of emergency
- Use a power wheelchair, have a manual wheelchair as a backup
- Does the place where the person spends significant amounts of time have evacuation chairs? and/or individuals identified to help?



Blind or Visually Impaired

- Practice various exits, way finding methods and alternative alert methods
- Extra glasses, canes, other aids
- Do you have a plan for your service animal
- Tools for while in a shelter



Deaf or Hard of Hearing

- Keep extra batteries for hearing aids with emergency supplies
- Alternative alert methods
- Communication plan



Communication Disabilities

- Store paper, writing materials, copies of a word or letter board and preprinted key phrases in emergency kit (backpack)



Emergency Communication 4 ALL Picture Communication Aid

FREE SPACE (for your custom message)

I can't speak but I can hear and understand you.

My technology needs to be charged.

My vital information is on the back on this page.

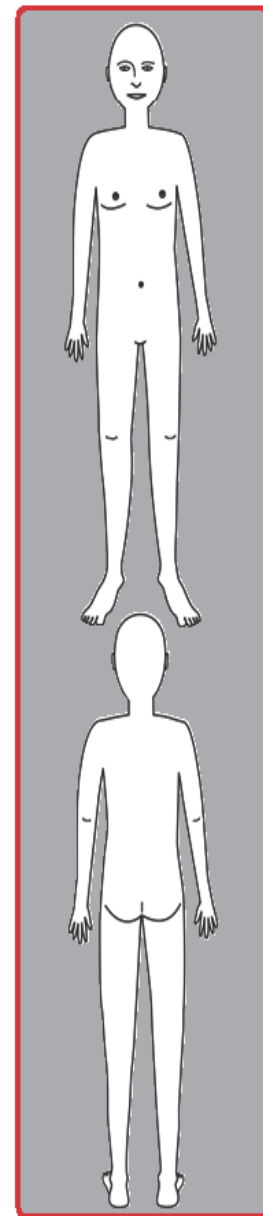
Please contact my family.

Ask me questions if you need to, but please wait patiently for my replies.

I will point to where I hurt. →

MY NAME IS 	I, me, my 	Bleed 	Infect 	Allergy 	Disability 	Help 	Bathroom 
WHO 	You, yours 	Broken 	Need/Want 	Blanket 	Disaster 	Home 	Walker 
WHERE 	She, her, hers 	Burn 	Rescue 	Clothes 	Emergency 	Hospital 	Wheelchair 
WHAT 	He, his, him 	Choke 	Spell 	Cold 	Family 	Sick 	Wind 
WHEN 	They, their, theirs 	Communicate 	Talk 	Damage 	Fire 	Pets 	Worried 
WHY 	We, ours 	Evacuate 	Understand 	Danger 	Flood 	Shelter 	Worse/Worst 
HOW 	YES 	Hurt/Injure 	Wait 	Communication Device 	Heat/Hot 	Seizure 	NO 

0	1	2	3	4
5	6	7	8	9
A	B	C	D	E
F	G	H	I	J
K	L	M	N	O
P	Q	R	S	T
U	V	W	X	Y
Z	?	.	!!	SPACE



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Intellectual / Developmental Disabilities

- Practice, Practice, Practice
- Practice leaving places where individual spends time
- Have the individual practice how to tell someone about their needs
- What would a rescuer need to know, write down statements and keep written copies in your Emergency Kit



Mental Health

- Anticipate reactions individual may have. Plan strategies for coping with these reactions
- Think through what a rescuer might need to know about an individual, keep a written copy with them for example:
“I have a psychiatric disability. In an emergency I may be confused. Help me find a quiet corner and I should be fine in approximately 10 minutes”
- Include a coping mechanism in Emerg. Kit

Common Concerns: Medications and Medical Supplies

- Keep an extra 7-14 day supply on hand
- Order refills as early as possible
- Talk to your physician/pharmacist/durable medical supplier about medications/supplies
- Have copies of the prescription, name, address & phone number of the prescribing health care professional/insurer/supplier
- Remember to watch expiration dates

Common Concerns: Power Medical Equipment

- Register with utility company
- Alternate power source (generator/ plan how to recharge batteries)
- Regularly test and back up power supply
- Teach support group how to operate and safely move your equipment (instruction cards)



Common Concerns: Oxygen Users

- Store a full backup O2 cylinder that will last at least 48-hrs
- Contact O2 supplier supply refills during emergencies
- Consult PCP on flow rate adjustments (record # on O2 tank)
- Alternative options: battery-powered home pulse oximeter to conserve O2



Emergency Papers

- Guardianship documentation
 - Style/Serial Numbers of Medical equipment/devices
 - Insurance documentation
- Storing Emergency Papers



Practice and Review: Checklist

- ✓ Do you have a current care plan and list of medications from your physician?
- ✓ Do you have emergency information forms filled out?
- ✓ Do you have a minimum of 1-2 week supply of medications and supplies?
- ✓ Do you have back up systems or plans for medical equipment that requires electricity?

Practice and Review: Checklist

- ✓ Have you filled out your Smart911 Safety Profile to designate your unique needs?
- ✓ Do you have an emergency plan at home, school, job, and/or other locations?

Helpful FEMA Resources

- www.Ready.gov
- Fillable plans & cards available online at www.ready.gov that help you collect important information so that it is in one easy-to-find location.
- For individuals with disabilities or those with access and functional needs, visit: www.ready.gov/disability for specific tips and helpful instruction about emergency preparedness.

Planning and Imagination



**Preparing
does take time and effort.
So do a little at a time, as your
energy & budget permit**

Evaluation

- Please click on the link in the chat box to complete the evaluation.
- 5 minutes
- Return for questions



QUESTIONS?



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