



Home Emergency Preparedness

*For older adults and persons with
disabilities.*

Overview

What can happen to me?

How would a disaster impact me?

There are Solutions to keep you safe.

Now we know, lets PREPARE!

What this is not

- This is home preparedness and survival
- This is not how to make a emergency kit
- This is what to do when circumstances are difficult, long term and you were unprepared
- This is not a substitute for being proactive.

Introduction

Disasters can happen anytime, anywhere, and sometimes without warning.

Local government agencies will respond when a disaster threatens and after a disaster strikes.

However, they can't be everywhere at once. Being ready for a disaster is a part of maintaining your independence.

Preparedness

Although you may not know when a disaster will strike, if you are prepared ahead of time, you will be better able to cope with the disaster and recover from it more quickly.

Reality

After a disaster, your environment may be very different. Exits may be blocked, sidewalks may be impassable. If you are prepared ahead of time, you will be better able to cope with the disaster and recover from it more quickly.

Facts

- 54 million people in the United States have a disability.
- 61% of people with disabilities have not made plans to quickly and safely evacuate their homes.
- Only 24% of people with disabilities made emergency plan preparations specific to their disability.
- 34.7 million people (12.7% of the US population) are 65 years and older. By 2030, that number will increase to 64.9 million people.

Historical Perspective

During the recovery phase of the 1997 flood and fire in Grand Forks, North Dakota, emergency service workers found they needed to pay special attention to people with disabilities in impacted areas to minimize further distress.

One man who used a wheelchair and lived independently was flooded out of his accessible home. After the waters receded, the home needed major repairs and cleanup. The man was offered temporary accessible housing, but it was 250 miles away and would have removed him from his support network.

Local emergency planners responded and involved a Volunteer Organizations Active in Disaster (VOAD) member group, which arranged for accelerated, professional repairs and cleanup of his home.

UNDERSTANDING DISASTERS

Considerations

- What kinds of disasters may occur in your area?
- How are residents informed of possible disasters?
- What are the effects of disasters on you and your community?

Lehigh Valley Hazard Identification

2006 Lehigh Valley Hazard Mitigation Plan

1. Floods
2. Winter Storms
3. Tornadoes (Average of 10 per year)
4. Sinkholes
5. Droughts
6. Wildfires
7. Earthquakes (35 since colonial period)

Important Questions

- What is it like to be a person with a disability during and after an emergency?
- Can YOU hear or understand the warnings?
- Can YOU quickly exit a home or workplace?
- Can YOU move about the community after evacuating?
- Are there necessary or even vital daily items (medicines, power supplies, medical devices) that are not likely to be available in emergency shelters?
- Are basic services, like rest rooms and showers, available and accessible to people with disabilities?
- Does the person require assistance from a caregiver

Maintaining Independence

- Individuals requiring support to be independent in daily activities may lose this support during an emergency or a disaster.
- Such support may include consumable medical supplies (diapers, formula, bandages, ostomy supplies, etc.), durable medical equipment (wheelchairs, walkers, scooters, etc.), service animals, and/or attendants or caregivers.
- Supplying needed support to these individuals will enable them to maintain their pre-disaster level of independence

Communication

- Individuals who have limitations that interfere with the receipt of and response to information will need that information provided in methods they can understand and use.
- They may not be able to hear verbal announcements, see directional signs, or understand how to get assistance due to hearing, vision, speech, cognitive, or intellectual limitations, and/or limited English proficiency.
- Consider a communications plan with a list of important numbers / contacts for assistance. Who would you call / email / text in an emergency?

Transportation

- If you cannot drive or who do not have a vehicle may require transportation support for successful evacuation.
- This support may include accessible vehicles (e.g., lift-equipped or vehicles suitable for transporting individuals who use oxygen) or information about how and where to access mass transportation during an evacuation.

Supervision

- Before, during, and after an emergency individuals may lose the support of caregivers, family, or friends or may be unable to cope in a new environment (particularly if they have dementia, Alzheimer's or psychiatric conditions such as schizophrenia or intense anxiety). If separated from their caregivers, they may be unable to identify themselves; and when in danger, they may lack the cognitive ability to assess the situation and react appropriately.

Medical care

- Individuals who are not self-sufficient or who do not have adequate support from caregivers, family, or friends may need assistance with: managing unstable, terminal or contagious conditions that require observation and ongoing treatment; managing intravenous therapy, tube feeding, and vital signs; receiving dialysis, oxygen, and suction administration; managing wounds; and operating power dependent equipment to sustain life. These individuals require support of trained medical professionals.

Service Animals

- During emergencies, service animals must be permitted into shelters so that they can remain with their owners, and efforts must be made to meet their basic needs (i.e., providing them with food, water, veterinary care, etc.).
- However, prior to disaster, emergency managers should encourage people with disabilities to prepare emergency kits for their service animals. Kits should include a leash, vaccination records, food, and identification.

Home Sweet Home

Do you know what to do when a advisory or other message is broadcasted about an upcoming storm or incident?

Do you know what to do immediately if you are in danger because of some natural or man made disaster?

Home Survival: What You Can Do

- Unless it's a flash flood, these are usually not a surprise or shouldn't be a surprise.
- Do you have some means of information / being alerted for severe weather or other emergency messages?
 - Weather Radio
 - Cell phone alert app
 - Email notification

What You Can Do

- If a flood occurs or there is flooding from another event (hurricane, severe weather) would you be impacted?
- Do you live in a high-rise on a hill and there has historically never been flooding?
- Or do you live in a single story home or apartment where the basement might get wet? Does flooding in your area back up into your house?

What You Can Do

- Just because the water doesn't meet you at your doorstep, it doesn't mean your clear and dry.
- Other “services” that you may count on simply might not be available.
 - Electricity
 - Communications
 - Transportation



What You Can Do

- Winter storms are predictable. These give adequate warnings to allow you to prepare to potentially ride out the storm without any assistance.
- Tornadoes are occurrences that come from severe thunderstorms. Usually they will have some hail associated with the pre-tornadic event.



What You Can Do

- We know something is coming..
- Generically, lets consider day to day activities for someone in a elderly apartment complex?
 - Wake Up, Eat Breakfast, Take Medication
 - Visit with your friends in the community room
 - Have Lunch, watch the news, afternoon free time
 - Have Dinner, evening medications, snack and bedtime.

What You Can Do

- Critical VS Non Critical Activities
 - We need to eat food and drink water.
 - Healthy person can go 8 weeks without eating.
 - Water, 3-5 days! Dehydration to Shock ending in death.
 - Mayo Clinic *adequate intake* of water is;
 - Men 3 Liters or 13 Cups or .78 Gallon
 - Women 2.2 Liters or 9 cups or .57 Gallon

Water Water everywhere, but not any to drink!

- If you know that there is a storm coming, or proactively in a readiness mode, have extra bottled water handy.
- 24 – 8 OZ bottles
- 1 Liter = 34 OZ
- 102 OZ per day for a man
- That is HALF of this case!



Water Water everywhere, but not any to drink!

- Larger Bottles are 16.9 OZ
 - 6 Bottles per day for Adult Male.
 - 4.5 Bottles per day for Adult Female
 - 11 Bottles per day for a couple
 - 1 Case is good for 2.1 days!



Water Water everywhere, but not any to drink!

- Where else in your home can you find water?
 - Toilet tank, not the bowl! – 1.6 Gallons
 - Hot water heater – 50 Gallons
 - Where else?



Food

- Consider food items that meet the diet needs of the person who will actually eat the food.
- Food that requires no preparation.
- If it is canned items, does that person have a can opener? Non electric?



Food & Sanitation

- Wash your hands with clean water or use hand sanitizer before preparing or eating food.
- Food borne illness or poor sanitation practices could kill you in a disaster.

Electricity and Lighting

- If your home lost power, can you still function? Do you require electricity as a basic need for support devices?
 - Electric Wheel Chair
 - Compressor for breathing treatments
 - Oxygen condenser
 - Communication Device

Electricity and Lighting

- Electric Wheel Chair
 - Charge your chair before and keep it topped off. Minimize its use.
- Compressor for breathing treatments
 - Newer units can be powered from a car cigarette lighter socket. Also nebulizer can be done with O2 VS compressed air (talk to your supplier about this).
- Oxygen condenser
 - Portable O2 Tanks!
 - D Size Tank is 425L. 2 LPM = 3.5 hours duration
 - Do you know how to change tanks?



Electricity and Lighting

- Communications Device
 - Charge your cell phone
 - Limit its use – Texting VS traditional voice call
 - Consider a power pack
- Flashlights NOT candles
 - Extra batteries
 - Spare flashlights
 - One in each room



Electricity and Lighting

If you choose to use a small portable generator learn how to use it safely!

To Avoid Hazards:

- Always use generators outdoors, away from doors, windows and vents.
- NEVER use generators in homes, garages, basements, crawl spaces, or other enclosed or partially enclosed areas, even with ventilation.
- Plug appliances directly into generator or use a heavy-duty outdoor-rated extension cord. Make sure the entire extension cord is free of cuts or tears and the plug has all 3 prongs, especially a grounding pin.
- NEVER plug the generator into a wall outlet. This practice, known as back feeding, can cause an electrocution risk to utility workers and others served by the same utility transformer.



Electrical and Lighting

- If the electricity is out, how your stair lift chair work?



Heat Or Cold

- If you are cold, dress in layers.
- If you are warm, consider removing layers for comfort.
- If your condition required environmental controls for temperature, consider proactive relocation.
- Do not use fires indoors, be cautious of fireplaces post disaster. Gas ovens used to heat a home is dangerous.

Your Home's Exterior

- Are there things you can bring inside or secure so they do not become airborne for an upcoming storm? Hurricane winds can be over 70 MPH!
- Do you have resources to care for the exterior to bring life back to normal post event?



Thank You