Melissa

Thank you, everyone, for joining us here today. I want to welcome you again and it's really great to be back at RRCI for the second time in a few weeks. So thanks for having us and we're glad to be here. I'm Melissa Marshall and my pronouns are she her, hers and I'm an older white woman with and I'm wearing a print shirt that's solid on one side and print on the other today.

And I wear glasses and my silver slash gray slash COVID gray hair is up today. And I'm joined today by not only Priya, but our co-executive directors, Shaylin Sluzalis and GermÃ¡n Parodi and you're going to be hearing lots more for them in a few minutes. So next slide, please. So, The Partnership for Inclusive Disaster Strategies. Who are we? We are we excuse...

I'm using separate technology here and I'm getting lost. The Partnership is the only U.S. disability led organization with a focused mission on equity for people with disabilities and people with access and functional needs throughout disasters and throughout all planning, services, programs and procedures before, during and after disasters and emergencies. So that's The Partnership is that's what we do; next please.

We want to thank our sponsor, RRCI, for having us here today and support their mission of empowering people with disabilities. And so we're just thrilled to be here and we want to really acknowledge your sponsorship and your support. So thank you. Next please, before I get going, I want to give you some ground rules. Now, these aren't serious rules.

You know, we want this to be a safe space. We want everyone to feel comfortable asking questions, answering questions. It's okay to ask the question. There's no such thing as an air quotes, dumb question or a stupid. We don't like to use the word stupid question. There's no such thing as that. And probably the person next to you has that question.

Have it be a safe space? You want to feel free to disclose. We want to know everyone's going to keep everything to themselves here. Kind of like what said, what happens here. It stays here. That makes sense to everybody. Again, ask your questions. Please ask anyone so you can put them in the chat. You can ask them during the time when there's space for asking questions.

And we will get to as many of your questions as possible. You'll if you're on our contact information so you can always get back in touch with us too; third rule. Have fun. You're saying wait, it's a training. I'm not supposed to have fun. People learn better when they're having fun. When they're relaxing and even though disasters are really, really serious, I'm going to ask you to all take ourselves and yourself a little bit less seriously for the next hour and a half.

I bet you can do that to make sure you have fun, I have with me my virtual bag of Virtual Fabulous Prizes; if I was there in person, I'd be giving you these prizes, the prizes that you might get at a kid's birthday party. So if you want a car, it's going to be a miniature car. So it's not of great value and they're not actually real.

Until I go to Utah and give them to people. So ask questions, have fun.

Shaylin

This is Shaylin. Before we move to the next slide, I just want to let folks know, particularly Brenda and Jamie in the room in person, we did mute your audio for now so that the recording has a clear transcript but ask questions as comments come up. Please make sure to unmute and let us know things.

Melissa

Yes, we want everyone's comments. Next, please. So what we hope you understand after you leave today why it's important for you to prepare for disasters, civil rights and disasters, and what they mean to you. Ways to prepare for disasters and emergencies. Using the Disaster Preparedness Plan for people with disabilities, your preparedness responsibilities and some disaster resources. So we're going to be giving you that information.

We hope that's what you come away with today. Happy first day of National Preparedness Month. Anybody, show of hands, and if you could just open up and who knew it was national preparedness - first day of National Preparedness Month? Did anybody happen to know that? How many people did not know that? I see a ton of hands going up in the room.

To all of you that raised your hands, you get an assortment of fabulous prizes. Some of you can get a little Super ball with glitter inside. Some of you can get a very small container of Play Doh in neon colors, and some of you can get small monster finger puppets. Your choice. It's all virtual. Next slide, please. See, it's just for participation. Sadly, disasters increase. Disasters are on the rise across the globe due to climate change. This warming trend amplifies the impacts of Utah's natural hazards.

Higher temperatures lead to drought, increased wildfire risk and flooding. And from extreme participation. And that's from your public safety department. There's a quote we lifted from your door, your Safety Department website and another thing that's important to know is extreme heat kills more people per year than any other weather event. So what's a deadly, most deadly event out there?

Anybody want to call it out? I can't hear you. You're on mute.

RRCI participant

You should.

Melissa

If so. And so what's what's the most deadly weather event? It's on the screen.

RRCI participant

Heat.

Melissa

Extreme heat. Okay. Anyone who said extreme heat, give yourselves a virtual fabulous price. Oh, you're you can all get for this one. You all get a finger, a finger skateboard, little skateboard. You skate with your finger. Next, please? Disasters have a disproportionate impact. People with disabilities are 2 to 4 times more likely to die or be injured in disaster.

And that's from the United Nations and during Hurricane Katrina, black people were 1.7 to 4 times more likely to die than white people. So there's a disparity this in response among racial groups and ethnic groups. And if you're black, brown or indigenous and Asian Pacific Islander, you're more likely to have a bad impact from a disaster as you are if you're someone whose was poor and are experiencing homelessness.

Next, please.

So your disaster is in Utah. You probably know this extreme includes extreme heat, number one, killer drought. I bet you know that right now, wildfires, flooding, winter storms, tornadoes, earthquakes and landslides. So those are the kind of disasters you deal with sometimes. Sometimes you deal with them more than others. Now questions. What questions do you have so far?

So if you can think of a question

Go ahead and ask it. You don't have to speak loudly. How do we prepare for a drought? Because that will be more likely. In this area.

We're going to be talking about that in a few minutes. So we will get to your question. Who is it? Who has that question? Robyn's Robyn gets a matchbox car. That's a yellow Corvette. That's what you get Robyn for asking that. Really great question. Are we getting to talking about, you know, you go home with a new virtual car today, keep them; any other questions?

RRCI participant

We're in a earthquake zone here. How do we prepare for an earthquake?

Melissa

We're going to be we're going to be getting to all of that, I promise. And who asked that question?

RRCI participant

Noell.

Melissa

Noell. You get a blue elephant water squirter, a little one. That's a fabulous prize for asking that. Great question. Any other questions?

RRCI participant

Yes. We're going to assume you're going to answer us.

Melissa

We are. And if we don't if we don't answer then ask them again. Next, please. I want everyone to know if you don't know this already. Disability rights are civil rights. And we have civil rights. We have civil rights and disasters. We can go to next slide, please. I skipped I skipped ahead a slide. Yes. Disability rights are civil rights and our civil rights are protected from disasters.

We're going to take a few minutes to talk about disability rights during disasters and generally. Next slide, please. Now I have some questions for you and this is I would like you to answer this as a group, but you can answer, you know, individually. How familiar do you feel with the Americans with Disabilities Act? If you feel really familiar with it and comfortable with it, please raise your hand now, if you feel like you know a little bit about it, please raise your hand. See, I see a couple of hands. Is that accurate? I can't quite ... okay. And how many people feel like they don't know much about them at all yet?

I see one or two hands raised, so most people around the ADA feel like they know a little or something; is that an accurate reflection of what's going on in the room? From what I can see in your little box, yeah. Okay. What about section 504 for the Rehabilitation Act? How many people feel pretty comfortable; I see one hand?

How many feel like they know something about a little bit. I think I see a hand. Or is that a hand or am I imagining that. Yeah, that's a hand. Oh, there's also a person walking. It's hard for me to distinguish between those two things. Okay. How many feel like they know nothing? I see a lot of hands. Okay. Regardless of what you answered, you get a fabulous prize of your choice.

But if you said you know nothing, you get a car, you get you get the coolest car you want. You can get like a silver Lamborghini or something really fancy or Corvette. You can get that for feeling comfortable enough to say that you don't know anything about it. That's great. And it's really important to say you don't know anything about because it's okay and lots of us don't.

Next, please. So you are going to learn a little bit about rights. We have disasters and rights under the ADA and 504 set of the rehab act. This is good news In disasters, you have the exact same rights you did before the disaster. Civil rights aren't suspended ever, especially including during disasters. They can't say to you all, we know you have this right under the Americans with Disabilities Act.

But you got to understand, it's a disaster. We can't protect your civil rights. Our rights are never suspended, especially during disasters. Does that make sense to people? Any questions? Let's go to next slide, please. So we're going to look at some laws that protect disabled people. And the first one is the Americans with Disabilities Act, the ADA. And the other one is Section 504 of the Rehabilitation Act of 1973.

Anybody happen to know how long the ADA has been in effect, the Americans with Disabilities Act.

RRCI participant

Thirty-three.

Melissa

Someone said 33.

RRCI participant

Yeah, we yes we celebrate it here.

Melissa

32. You're really close. You get the fabulous prize! You get the fabulous prize; you get, you get up a neon push ball that you squish, a stress ball. So any color of your choice. The ADA is 32 years old, so it's not a new thing. So someone says to you that their job is to know about the ADA and they don't know about that.

They need to learn it by now just to say ... next please. So again, the ADA protects the rights of people with disabilities, including during disasters. You had a right to a sign language interpreter therefore you have a right to one a during the disaster. We're going to talk about that in a few minutes; next please. The Rehabilitation Act of 1973, you should talk about is 504.

What that does is if you get any federal money, you can't discriminate against people with disabilities. So if you're a recipient, you know, you get the money or sub recipients or some money comes through the federal government, goes to one group, then goes to another group. That other group still has obligations. They still have obligations under Section 504 of the rehab act.

So if you get it directly from the feds or indirectly from the feds, guess what? You still have obligations under Section 504 of the Rehab Act.

And the obligations we'll talk about those in a second. Not going to get ahead of myself. I try. Next please. So we're going to look at the overarching goals of the ADA and Section 504 the Rehabilitation Act. And as we think about what the ADA means, what 504 means, think are we moving closer to these goals?

Or further away? What if you move closer to these goals? You're probably on the right track. And if you're moving further, where you might want to think about that, the goal of the ADA and Section 504 of the Rehabilitation Act is to create a level playing field for people with disabilities, so to create parity and creating a level playing field for people with disabilities through integration, full participation and equal opportunity.

It doesn't give us extra benefits under the ADA. It doesn't say you have to hire more people with disabilities; sometimes under the rehab act it does, but it doesn't under the ADA. It doesn't say you have to do things more. There's no money we get under the ADA. It's getting treated equally and sometimes to be treated fairly you have to do something different for people with disabilities. The building has to be accessible. The material has to be an alternative format. Someone has to have a quiet area, those kinds of things. But it doesn't give us extra benefits. Next slide, please. So who has a disability? It's different than Social Security. It's a whole different definition under the ADA and section 504 of the Rehab Act, people with disabilities are people that have a physical or mental impairment that substantially limits one or more major life activities, has a record of having that impairment, was regarded as having that impairment.

So what all might that all mean? And there's been thousands and I mean, thousands of court cases on these. That's a physical or mental impairment that substantially limits, means compared to everyone else. So am I substantially limited in the major life activity of walking? If I get tired after I walk a mile? Not really, because the American public is in really good shape and that's not a substantial limit in a major life activity.

Am I substantially limited in the major life activity of walking if I get tired walking and exhausted walking 20 feet to my car, yes, then I probably am. So they look at and it's not the list of things that you have, it's how steps, how limited you are, how substantially limited you are. Major life activities are things like learning and walking and breathing and hearing and speaking and there's a whole list of major life activities, or if you have a record of it, and they discriminated against you because you used to have cancer and you don't anymore, or you're regarded as having an impairment

Someone thinks you have HIV AIDS and you don't, and they discriminate against you and do those things. You're protected under the ADA and 2008 we noticed people with disabilities are pretty much the only group of people that have civil rights where they have to prove they belong to that group first. And a whole lot of people weren't being protected under the ADA.

There's some bad court decisions. So what we did is under the ADA, we passed the ADA amendments Act. I'm going to talk to you a little bit about this for 1 second, as the speakers note here. And they expanded it to include to say that major bodily functions, major life activities or anything that could limit a major bodily function, its functions of the immune system, normal cell growth, digestive bowel, bladder, neurological brain, respiratory circulatory, endocrine and reproductive functions.

So if you have HIV/AIDS, if you have cancer, if you're getting kidney dialysis, if you have severe Crohn's disease, any of those kinds of things, if you have diabetes, any of those things that substantially limit a major life activity, you're protected under the ADA. Next slide, please. Questions. Who has questions? I don't see any. Are there hands in the back? Brenda?

RRCI participant

What's that? You mentioned diabetes, right? Yeah. Yes, my sister has diabetes, how can she prepare for high or low.

When Shaylin and German start talking what they're going to do is the section of preparedness. I'm going to tell you about what the laws are and what your rights are. And they're going to tell you what your sister and other people and you can do.

RRCI participant

Okay, fine.

Melissa

And anyway, even if they don't have a disability, can do. Okay, next slide, please. So, ADA, the Americans with Disabilities Act has five sections. The first one is title one. That means applies to employment. They can't discriminate against you in your job. Title two is for state and local government. They use the fancy word entities. What that means is counties, towns, cities.

If your water department is separate, your water department, anything run by the government, it applies to. Title three and disaster shelters are going to be covered by state and local government entities in some circumstances. Title three Place of Public Accommodation. And maybe it's a private disaster shelter. It's a private nonprofit you go to your center for independent living is is a place of public accommodations.

It's your bank, it's your doctors, it's your lawyers, it's the mall, it's the movie theaters, the restaurants, those kind of places. And then Title four is Telecommunications. We're not going to be talking about that, but just established the national relay system and title five is miscellaneous kind of random stuff that we're not going to get to today. I would talk to you about this for five days if you would let me and I have sometimes.

So I'm sparing you that. Today we're just talking about title two state local government entities, and title three places of public accommodation. Okay, next please; section 504 prohibits discrimination on the basis of disability by recipients and sub recipients of federal funds. So anybody that gets money from the federal government, that's an organization, can't discriminate against people with disabilities. So this means that any city, town, state organization or business that gets any federal money can't discriminate against disabled people.

And the obligations are nearly the same as Title two of the ADA is. They're really, really worried about one law. That's that's the big thing here. You're only thinking about one law. That's why disaster related programs and services can't discriminate against people with disabilities. Let's look what that means. What's a disaster related program? Disaster related programs are include things like planning, meetings, exercises where you practice for disaster, emergency alerts, notifications like you might get on TV or through your phone, transportation.

They might provide if you have to evacuate and leave your home; shelters, a place you can go to be protected and stay overnight when a disaster happens or an emergency happens; and disaster recovery centers and that is a place, that information, what you register for, FEMA do those kinds of things. Those are disaster related programs and services and they can't discriminate against people with disabilities.

Let's go to the next slide, please. So they can't discriminate against disabled people. They must provide something called equal effective communication to people. Communication disabilities. We're going to talk about that in a minute. And they must their structure, the buildings must be accessible, including an accessible bathroom. If they have showers, the showers have to be accessible. They need to have a quiet space.

And ultimately, the government is responsible. The private nonprofit, if it's in a private nonprofit, might have some responsibility for it. But ultimately it comes back to the government's obligations and that's going to be in a shelter. It's going to be your your your your town, your city, your county, possibly your state. Okay. And disaster related programs, services can't discriminate, must provide equally effective communication, must be physically accessible.

Like I said, everybody get that? Next one please. They must allow people with disabilities to participate in programs and services they can't charge people with disabilities more money to participate, and they must make reasonable accommodations to policies and practices when necessary. What's that mean? Next please, let's give you some examples of examples of modifications to policies and procedures to make them more accessible for people with disabilities.

If you have a specific diet because you have a disability, so you can't have sugar because you have diabetes, you can't have lots of salt or sodium because you have high blood pressure. You can't have gluten because you have celiac disease. They need to provide you with a specific diet. They also need to allow service animals in the shelters, disaster covers, recovery centers and other programs.

Service animals have to be required into places all the time. You don't have to get special modification. They just have to be let into anywhere. Okay. You always get to have your service animal with you. Your service animal is a dog or a miniature horse that is trained to do things for you as a person with a disability. Okay.

Next, please.

RRCI participant

(difficult to understand)

Melissa

She has what?

RRCI participant

Comfort animals?

Melissa

A comfort animal can go into a shelter because. Because it's considered housing, comfort animals, emotional support animals sometimes they call them aren't allowed under ADA, but shelter is considered housing. So it is allowed there. Thank you for asking that question. You get a fabulous prize and you get a very small water balloon with rainbow colors. Okay. Next, please.

Any other questions? Now, I talked about equally effective communication. Equally effective communication means public entities. By that I mean any places in this case, it's your towns, your cities, your governments, your shelters must communicate with people with disabilities in ways that are as effective as communications, as people with disabilities, as people that do not have communication disabilities.

So let me say this again. Now, all I'll say without tripping over my tongue, maybe it good effective communication means public entities must communicate with people with disabilities in ways that are as effective as communication with people that don't have disabilities. Disaster related programs and services must provide equally effective communication to people with visual, hearing and speech disabilities. In other words, a person with a disability needs to fully understand what's being communicated to them and is understood when communicating to others.

I'm going to take a look at that now.

RRCI participant

Please.

Melissa

So let's look at some examples of equally effective communication for people who are deaf and hard of hearing and things like you might provide might be required to provide or emergent American sign language interpreters, tactile interpreters for people that are deaf, blind, oral interpreters who interpret orally without using sign language, video remote interpreters, via communication access, real time transcription.

Or CART.

Assistive listening systems or something really simple like, you know, we do all the time like using a microphone. So those are some examples of how to provide equally effective communication to people with hearing disabilities, people that are deaf and hard of hearing. Next. Please.

Sorry. Next, we're going to look at examples of accommodations for people, speech, disabilities, a disabled person using a communication board or speech synthesizer, listening to them use a speech synthesizer, taking the time for them to type in their message, listening to it just taking the time to do that. Allowing extra time to understand someone sometimes using a pen and paper.

Sometimes if someone can write or using a screen that could look like a phone, that could look like a computer, that could look like a tablet or any other kinds of things. Next, please. And examples of accommodations for people with visual disabilities might be having things in large print because just because you have a disability doesn't mean your visual disability is you're totally blind.

It could mean having a reader just have someone read something that - sure - it could be using braille. It could be using screen reader compatible electronic material. So in other words, the website needs to be set up or the screen needs to be set up so a screen reader can read it to the person was using with the visual disability of the person who doesn't read print.

Next please Priya? Questions. I don't see hands up. Is that accurate?

RRCI participant

I think we're good.

Melissa

You think you're good? Okay. Very good. I'm glad you're good. Let's go to the next slide, please. Now we're going to talk about something really important and institutionalization during and after disasters. Disabled people end up in institutions, sometimes during disasters. And I'm not saying that to scare anybody. I'm saying this so we can all get prepared so it won't happen to us.

And if it does happen, we'll know what to do about it. And by institutions, it could be a psychiatric institution. In this case, we're talking a lot about nursing homes to nursing facilities to and I don't call them homes because nursing facilities aren't anybody's home. They're institutions. When people go to nursing facilities and other institutions, we lose our independence.

We lose our friends, our social networks, our families, our jobs and our homes. Sometimes our families lose track of us. We lose track of them. We can get sick, as has been proven during COVID 19 and what was also proved during COVID 19 that we knew before that, but it's kind of you can't argue it anymore is that we die more frequently and younger.

That's what happens when disabled people go to institutions during disasters. Next slide, please. Now, I want you all to know that disabled people have rights under the ADA through the Olmstead Supreme Court decision. It's not in the ADA, but the Supreme Court said this is how we see the ADA. When the Supreme Court says this is how we see the ADA that rules, that goes.

You go with what the Supreme Court says and the Supreme Court said, and it's a decision called Olmstead that people with disabilities have the right to get services in the most integrated setting appropriate to their needs. What does that mean? Mostly it means most people, they're saying, if they want, have the right to services in the community, if they can get the services in the community.

We all know we can get services in the community as good as we can get this institution. This means if you don't want to go to a nursing facility, you don't have to go there. If you don't want to go if you want to go, fine. But if you don't want to go there, you have the right not to go there.

Next please. So we're going to give you some tips. Instead of a nursing facility, know your rights, you're learning them right now. You're in the right not to go into a facility if you don't want to. If you go to a shelter, try not to separate from your loved ones. Keep a contact list of friends, family and advocates with you with their phone numbers so you can text them or email.

And you want to have that, just keep that with you. Maybe want a physical paper copy of it in case you lose contact with your phone. But keep it in your phone. Keep in a couple of places, have a plan for Non-Institutional places you can evacuate to in a disaster unless you have a medical need to go to a hospital like having a heart attack or having you having an asthma attack that's really bad.

You know, sometimes you have a broken leg that needs to be set. Unless you have a medical need to go to hospital, don't go there. By all means, if you need your appendix taken out; you know, if you're really sick, if you have pneumonia, something then absolutely go there. But if you don't have the need to go there, don't go there because they've got no better place to put you. Next.

Just now, we're going to do a review. Next, please. So I'm going to go over some of the things that I talked about. And you could make a few questions and know that Shaylin and German are going to talk about planning right after this section. So disability rights in a disaster: whenever disaster related programs and services are provided to the general public, everybody else, they must be accessible to people with disabilities.

They must include people with disabilities. They must be inclusive, accessible to, usable by people with disabilities. A shelter can't deny you entry because you're disabled. You have a right to enter shelters that are physically accessible. An ADA compliant shelter should be accessible and ADA compliant. That means they meet the requirements of the ADA. You can get in, you can get out, there's accessible bathroom, there's accessible shower, all of those kinds of things.

You have the right to equally effective communication that includes ASL interpreters, sometimes large print, braille, assistive technology. Those are some examples of how you can get equal effective communication. Not all of them by any means at all. Next please. You have the right to request a reasonable modification of policies and practices. Notice I said reasonable but something that is not reasonable

is out of their budget or out of their does not practical for them to do. They don't have to do it necessarily. You have the right to bring your service animal with you in a shelter, disaster recovery center or other public places providing disaster related programs and services. You have the right not to go into a nursing or other facility or institution if you don't want it.

And the most important thing that I want you to leave here with today is disability rights are never, ever suspended during disasters. Questions.

RRCI participant

Question Does a comfort animal have the same rights as a service animal?

Melissa

A service, no, a service animal is only required to be in shelters. Housing. And in transportation.

RRCI participant

Okay, I'm talking about her.

Melissa

Comfort animal doesn't have the right to go to the store with you. You're talking about. I'm sorry, what was that?

RRCI participant

Was that a comfort animal? Like a small dog or cat or rabbit or ... That person has for comfort. No need for a service animal that has owner. Right.

Melissa

That you can take that with you to a shelter, but you can take that with you if you're in your housing. You can have that if you're in if you're an apartment, you can have that. And if you're in transportation, you can have those things. You don't you can't bring them other places. So it doesn't have the same rights.

RRCI participant

If you had a comfort animal can you take it on a train, or a plane or a bus?

Melissa

Yeah. And transportation's gonna change changes frequently what it considers okay for comfort animal and it changes on a monthly basis sometimes. Makes sense?

RRCI participant

(Difficult to understand)

Melissa

See your hand.

RRCI participant

(Difficult to understand)

Melissa

I'm sorry. Say that again.

RRCI participant

These aren't kill shelters, right?

Melissa

Oh, no, no. These aren't shelters for animals that - no, nothing gets killed. Nothing gets killed. A shelter. It stays with you the whole time. Nothing gets killed. This would be the animal with you.

RRCI participant

Well, you said shelter, so I wanted to be sure.

Melissa

I'm talking about a disaster shelter. It's the human with their animal. Nobody gets killed.

RRCI participant

I want to be sure.

Melissa

Thank you. Thank you very much. And what's your name.

RRCI participant

(Difficult to understand)

Melissa

Thank you so much for bringing that up. And you get bubbles, soap bubbles, a small amount of soap bubbles to play.

RRCI participant

Cool.

Melissa

That's your virtual, fabulous prize.

RRCI participant

Other questions. Okay, Robin, we want to ask, do you have a question? No, I'm okay. We're good. Lester. So I had an interesting call the other day and don't know if it's disaster related, but I got a call saying that there is a blind lady getting evicted from assisted living because she is blind. Her blindness, she is going blind.

RRCI participant

And they told her that she can't live there anymore because she is blind. Who does that person need a call we can talk about?

Melissa

We can talk to you offline. I'd file a complaint.

I'd file an ADA complaint I'd file a Fair Housing Act amendments complaint. You can file complaints, but please get in touch with us offline and we can give you some specific ways to contact people that definitely do it because that's not legal.

RRCI participant

Thank you.

Melissa

Thank you for asking that great question. And you get a little pinwheel.

RRCI participant

A what?

Melissa

Pinwheel, those things that you used to carry as a kid that blow in the wind.

RRCI participant

Cool.

Melissa

I'll take you all to go in to show people is just showing people the fabulous prizes. What I need to start doing now with this, I'm going to turn it over to my co-executive directors of The Partnership for Inclusive Disaster Strategies German Parodi and Shaylin Sluzalis. And they're taking us through the next section. So thank you so much.

I'm going off camera and thank you. Germán and Shaylin?

Shaylin

This is Shaylin and thank you so much, Melissa. That was a great, wonderful overview of our rights in disasters. Certainly is the first step to preparedness as we start getting into that conversation. Next, just to introduce myself, my name is Shaylin Sluzalis. I am a younger, light skinned complexioned woman with long brown curly hair wearing a yellow top today.

Germán

My name is Germán Parodi. I am a disabled, brown skinned man sitting in my wheelchair today wearing a red polo.

Next slide, please.

You have today, you know, we are beginning to get ready now. You've learned your rights in disaster and it is the most important piece, knowing your rights, if nothing else. After this, we will go over what the what are the best recommendations too for personally to prepare. But if nothing else, knowing your rights and after this you will get the slide deck and a personal preparedness checklist. you have that you know your risk. You talked about the drought and the earthquakes and we'll go over medication. You know how to prepare for these. And we know that a lot of the things that we're going to go over next may be difficult to acquire due to economic reasons. I mean, we are all disabled people.

We work with people on SSI, SSDI, we know that we're going to go over first what it is suggested to have in a best plan and then talk through how can we achieve that.

Shaylin

Next slide, please. So first, we're going to talk about the types of ways to stay informed through emergency alerts and the different types of alerts that you may be able to receive to access, such as news broadcasts, having TV news where the governor may come on the screen and give a public announcement that a disaster or an emergency is coming, or to evacuate a certain area because of a disaster.

You may get these notices also on the radio. You might also find them on social media like Facebook and Twitter and Instagram or other online sources. One area and this will be certainly included in the materials that you'll receive is a local alert system which you can register for called 911 registered dot com. And these are alerts that come to your cell phone on just disasters and emergencies that may be on their way or may potentially occur or that are happening or different alerts for disasters and emergencies.

And then also another way to get alerts and warnings is by downloading an app on your phone. If you have a smartphone or smart device like an iPad or a tablet, you can download the FEMA app. And we do have instructions on that later on on how you can do that on either the on an android, you can download it on the Google store and on Apple you can download it in the Apple store.

And there's a couple other ways that you can download that. And I'm sure folks at RRCI would be glad to help as well. If anyone needs that assistance and other alerts that you all may be a little bit more familiar with is fire alarms in our homes and the carbon monoxide detectors.

Germán

Now with a quick show of hands, do you all have fire alarms or carbon monoxide detectors at home?

Shaylin

See hands going up.

Germán

At the end. We have a resource for how to contact the American Red Cross and your local American Red Cross has programs for free fire alarm and carbon monoxide detectors. And sometimes they can even come and help you install it.

Shaylin

And just as another note, sometimes disasters such as earthquakes may a very short warning notice or come with no warning at all. All of the sudden our house starts to shake and and in those cases, sometimes we may need to evacuate because the home may not be stable or the building that we're in.

Germán

And in other situations, you may need to shelter in place after an earthquake. It depends. If the structure does not seem to have damage, we will go over different types of evacuation and sheltering in place, recommendations.

Shaylin

Next slide, please. So now we talked about how we stay informed, how we know when disasters are going to happen, how we are going to know when they're what to do or what is the notice in our area so we know how to stay informed. Next, we're going to talk about making a plan and making plans. Start with having conversations in our communities and with our networks, having conversations with our family members.

And when we are at family members, households, what we would do in different situations when you are with friends and what you would do with your friends in different instances, if an earthquake were to happen, if flooding was to come suddenly talking with other people in your support network, this can be people like the personal assistants or direct support workers that may work with you, with service coordinators, with the staff at RRCI, with people that you are in the community with and see regularly.

Also neighbors, other people that you are regularly in communication with and often together and talking together and also places of worship when we are at temple and and how we would evacuate in the instance of the in the temple and what is the best way to get out or if that may be a place that you might go if you need to evacuate your home and you know that they will be ready or that they plan to have the temple open for folks to come to and also at places where we work.

Talking with our coworkers, with our employees. What is the emergency plan for the building at our place of work? What is the plan for the workers? How will you get out of the building if you are on the second floor and maybe you use a power wheelchair and the elevator is out, and how will your coworkers know to help you and what will be that plan in that setting?

And in each of these conversations, we want to talk about both instances sheltering in place, staying in one location, either in your home, in the building that you're at. And what we would do if we needed to evacuate where we would go, how we would get there, and who would help us if that's needed. Next slide, please. So as we talk about making a plan for sheltering in place, these are some examples as to why you might need to shelter in place.

Maybe there is a chemical spill, maybe there is a dirty bomb.

Germán

The dirty bomb is a bomb that has nuclear material in it, but it is based on an explosion type of bomb.

Shaylin

And maybe you need to shelter in place because a sudden snowstorm came and dumped a lot of snow on the front of your house and the areas that you get out of your house and staying in place until that snow goes away a bit or is removed and making a plan to evacuate. Some examples would be if there is a wildfire in your community and you hear about it through the alerts and warning systems that you signed up for, or perhaps you look out your window and a few miles away you see smoke or fire and flames and and knowing that that is a wildfire in the community needing to evacuate your home for safety. Another example is, as we talked about just a moment ago, if an earthquake happens, if your house is shaking, the building that you're at is shaking, you may find that it starts to become unstable and we need to leave the building and exit the building, as well as another example that we might be a little bit more familiar with is if there is a fire in your building in the house, perhaps while you're cooking.

Accidents happen all the time, but sometimes when they do, they can get out of hand. And we need to make sure that we put our life and our safety first and evacuate our home as things can be replaced.

Germán

These are different possible scenarios to give you some food for thought. As for having conversations with your friends and support networks.

Shaylin

Next slide. Please.

Germán

Now, FEMA, the Federal Emergency Management Agency, has a list of items to make sure people have in an emergency. These items we're going to go over where you're going to hear us after we read the list out. Think of these items, what you will keep if you have to shelter in place. That's one kit and what we call it, "go bag" items that you can set in a bag that you can quickly evacuate with.

And as we're reading these items and we will then cover additional recommendations. Towards the end, we will start asking you to think of what would you add and we will, once we go over a number of these, will certainly go over items like what to do with medication that needs to refrigerate.

Shaylin

So just want to first start by saying there is a document that will be available. And I just want to make a note to Jamie and Brenda that is in your email inboxes. Now, if there's time to print and give that out to folks before they leave, today is certainly available following as well and electronically. And this document which we will go over in a little bit.

It does include these pieces that we're about to look at here. So no need to frantically write down any notes that all of this information will be available for you afterwards in a checklist where you will be able to mark off the items that you do have and maybe circle the items that you need to get.

And as we go through this, start thinking about maybe if you know that you have some of these items or not. So some of the suggestions to building your emergency kit, one, having water at the suggestion is to have one gallon per person per day for at least three days. And this is water for drinking and sanitation.

Germán

Now, the stuff earlier ... someone asked about water. And so right now not only that news throughout the Colorado River basin and your states are having to cut back drastically on water usage over the next few years. And the droughts happening in Lake Mead, Lake Powell, it's on the news. You're hearing that situation right now in Jackson, Mississippi, where 250,000 people have no running water.

So you might recommend you have at least 72 hours and we will speak more on that later on of being able to be self-sufficient. Now, that doesn't mean you have to do everything in your own, but make plans, have a support network to be able to survive for at least three days without support in Mississippi, even though it's the capital we have just now.

And we do relief work connected with folks that can do home deliveries to people that cannot get to points of distribution for water. It's been over four days now. It is difficult. That is why it is encouraged for you to independently prepare. But know that unless it's a major catastrophe and Hurricane Katrina, Hurricane Maria did present situations where there was no support for number of weeks from the government.

But having those close networks of who you're going to work with, where you're going to, where you're going to evacuate to, is it your friends, your neighbors and out-of-state friends, or our colleagues, family and your social clubs, your church? You may go to know that they may be places that can support.

Shaylin

So other items that in your emergency kit having food at least a three day supply of nonperishable food. Some examples of nonperishable food or canned food items like canned tuna, canned meat, dried vegetables or canned vegetables, peanut butter, cereal.

Germán

These and food is various but can be very specific knowing if you have a diet that you can only eat certain things like Melissa was speaking earlier, these are the general recommendations. But think if you do have dietary restrictions, what can you eat? What will you eat for a number of days?

Shaylin

And also I suggested since we mentioned a lot.

Germán

And I want to add that, you know, when you're thinking of this, that there is food that can last without power.

That's very important. And a lot of these foods tend to come in cans often. So it's important to have a manual can opener. As for mindset to be ready for, if you do not have power, other items for your emergency kit. A first aid kit like you can buy at dollar stores or Walmarts perhaps, but basic first aid Band-Aids and those types of first aid items.

Shaylin

Having masks, certainly we know for COVID, but also having the same type of KN95 or N95 masks that are suggested for best protection are also really helpful if there is dust or debris in your home. Other items are battery powered or hand-crank radio. And NOAA, which stands for the National Oceanic and Atmospheric Administration Weather Radio, with a tone alert.

Germán

Just so people sometimes people ask you, you can get a crank radio at a store online for 10 to $30 and it gives you your F.M. or AM radio waves. But the NOAA weather radio is static on one channel and it's providing national and to your area local weather and emergency alerts.

Shaylin

Having flashlights and extra batteries, having plastic sheeting and duct tape. This may be to cover the areas in your home like vents or the doorways, if there is large dust cloud, if there is a chemical reason. And we'll go into some of that in a bit as well, having chargers for all the different devices we use now.

Right, phone, tablet, computer, your wheelchair, all of these chargers that we use, having things like moist towelettes, garbage bags and plastic ties being read, having those things, being ready to not have water, not being able to clean up our items and keep things ready to clean and having items like wrench or pliers to turn off utilities if there is a leak or any reason that we need to make sure that our utilities like water power, is turned off also for when we are evacuating, having local maps, printed copy, local maps in case there is no connectivity or GPS or other ways to navigate and having things like a whistle or a bell to be able to signal for help if you maybe are stuck in your home and can't leave the exit of your home, but you are in your home and you need someone to come in and do that search and rescue so that you can alert people that you are there.

Next, we're going to go to the next slide. Some things to keep in mind in your emergency kit is having a section of your important documents. And it's really important to keep your documents. The printed copies of your documents in a waterproof bag can be a plastic bag or and safe a Ziploc bag and saved electronically on the computer on a cloud system where it is always able to be reached as long as you have access to the Internet. So those are important of these items and some important documents that FEMA suggests, as well as some additions from us at the partnership. And certainly this list is customized to your needs. So think about your important documents as well. But it's important to have a list of your emergency contacts, your friends, family, neighbors, those people in your support network, what their names are, what their phone numbers are, and maybe what their addresses are.

And an email as well. Having information on your house, deed, your mortgage or your lease, those papers around your house, having insurance and your primary doctors information in case you need to contact them, in case you need to use your health insurance or proof your health insurance having information on yourself like your birth certificate and Social Security card sometimes and if applicable, sometimes applications may need this type of information.

It's important to have it ready and having information on your prescription medications and those details, the specific name, exactly how it's written on the bottle, the amount that you are prescribed and who prescribed it. Those specific details that are on the bottle of your medication, having that ready in a document. Also, as we've talked about already, having the information on your dietary requirements, if you are only able to eat certain foods or if you are not able to eat certain foods, if you're allergic to certain things, this type of important information and the information on your customized equipment like your wheelchair, your walker, your hearing aids, your white cane for people who are blind, your speech devices, the information that you get when you first receive these pieces of equipment on the details, what kind of equipment it is, the make and model and and the size of all of these pieces are really important in case you lose or these pieces of equipment are damaged in a disaster, when you try to either get new or replacement equipment next.

So when we think about our personal disability preparedness, we talked about our essential items. You talked about things that we need to make sure that we have in our go kit and what we need to have ready to shelter in place those essential items. And we talked about the important documents that we want to make sure are handy and safe and ready to use.

But we want to think about our specific disability related needs. So when we think about our equipment, like our wheelchair or our walker, our white cane, our hearing aids, speech device, breathing machines, other pieces of equipment that we use, what are they, make sure we have a list of them so that we know exactly what our equipment is.

What do we need in order to use them? If there's anything, maybe your breathing machine needs extra supplies handy. Maybe you need to make sure that you have ability to have extra batteries for your hearing aids or extra chargers for a speech device, thinking about what our equipment is, what it needs to function or work and any other pieces that may accommodate our pieces of equipment, those extra supplies that go with them, thinking about what they are writing them down, making sure we know that, and then thinking through what pieces of equipment or devices need power to function.

Getting ready for if power is out for an extended period of time, what would we do if we use a power wheelchair? Is our chair charged before an event happens? Hopefully we have enough notice to know that we need to charge that beforehand. But maybe prioritizing to make sure that your chair is always charged at night or in the morning.

So that it you know that it has a full battery all the time thinking through if you use a breathing machine, if it can function without power and how or how you would move, evacuate, get to access to power, maybe you go to a shelter right away as soon as the power goes out. Don't waste time waiting for it to come back because we sometimes don't know how long it will be.

Germán

And then you will think power generators, solar batteries. These are more expensive equipment and we can talk more about that if you're interested. But you know, they can be from hundreds of thousands of dollars. But knowing your community, if someone in the neighborhood may have a power generator, a power plant, knowing like, hey, if the power goes out for too long, can I come charge the chair here for a period of time and with the power generators is not only about purchasing it, but the gas that to keep it running, understanding the wattage and the safety hazards that come along with power generators and carbon monoxide.

Shaylin

And then thinking through what other supplies do you need to maintain your independence? Things like urinary or bowel supplies, having wound care supplies like gauze and tape, things to make sure our wounds are being maintained and taken care of and clean, having gloves and wipes, maybe a commode chair, these types of other supplies or equipment that we use to make sure that we can stay in our own homes, live independently and and continue to maintain that independence through a disaster, making sure we have these supplies ready or handy or extra if you're able to.

And sometimes it is hard to have extra supplies. Sometimes it's hard to afford extra supplies, or sometimes you just can't get extra supplies because it's a prescribed item that the doctor says, we do not have extras or you can not get an extra power chair charger. But some things to think about is if you don't use all of your supplies, maybe you don't use all your wound care supplies in one month and or all of your medication in one month.

Maybe you accidentally skip the day by accident or for any reason, and having and keeping those extras in your go bag or in your shelter in place kit, having the extra items that you know that you don't need for that time after the month is over or beginning of the month and keeping them to the side, it can be a little bit harder.

But there are some creative ways we can think about how to keep extra supplies ready in our bags.

Next slide, please.

So other disability related considerations.

RRCI participant

Only one thing you have not mentioned is turning off utilities in case of a disaster. So you always know how and where to turn off the utilities.

Shaylin

And that's really important. Thank you for that. And I would also add to follow the instructions of the local authorities, maybe waiting if you need to if you're not sure if you should turn off your utilities, looking at your local emergency management or Red Cross website to see if they're suggesting turn off your water and likely they will have other instructions on how to.

That's a really, really important piece. Are there any other questions or comments.

RRCI participant

Yes we had another question. I'm thinking about medication, like things like everything shut down for a period of time, I know there's a lot of people out there that like need medications. What about doctors, would you suggest like talking to your doctor and being like I need a month's worth of medication in case anything happens to me.

Germán

Yeah so it that does a great point and it is an issue that we know and it is an issue systematically. Shaylin gave some few examples in conversations in preparedness. Have conversation about preparedness with everyone with your doctor. Yes. How can I have an extra set of month for emergencies? We hear sometimes that works not only for the doctor and the insurance.

Germán

Most times it doesn't. Sometimes a three month supply is an alternative program. Now another good suggestion in case you've prepared, you have your medicine for a period of time. But it got destroyed. You cannot reach it. You were outside of your house when this happened and you didn't have it with you. It is easier if you are using a pharmacy that has a franchise like CVS Walgreens.

I'm not sure if you have other franchises in your area because speak to each other. And we find that when you use a pharmacy that is, you know, mom pop's pharmacy is this one on its own and it gets damaged. No, its records get damaged. It will take longer to confirm that your prescriptions were there and they just don't have the same level of support from a franchise to help them recover quicker.

So another option is to having a franchise type of pharmacy and we find that oftentimes they can quicker get the supports. Then lastly, the Red Cross can in times access specific medications. So having access to a Red Cross shelter and you don't have to be staying here but accessing one, letting them know of your medical needs.

We find that that can also hasten getting medication, not only medication. Let's think about oxygen; in disasters, there's always a massive problem. So if you are someone who uses oxygen, have conversations with your oxygen supplier on how to access them directly during a disaster, and when you have those one on one conversations with your oxygen supplier, oftentimes they will give you a direct phone number of someone to call.

Shaylin

And these are important contacts to have on your emergency contact list so that you have them ready when you need them. And really important question. And this one is one that is a bit tougher because as GermÃ¡n said, it is a systemic problem. A lot of times it's it's based on her insurance company and what they allow in these different pieces.

But another to think about is if we have notice of a disaster and we get an alert that a disaster may be on its way, we can check our supplies and how many medications we have on hand and contacting your doctor right away and saying, hey, this event is on its way. I only have a couple pills left and I'm nervous that I won't have them if I need to shelter in place for a long time, or if I evacuate on these types of things.

And really talking to everybody about your preparedness plans and how they can support in that.

Germán

Now, sometimes for all these reasons, it's important to have your documentation so you can help them get your what you need quicker in whichever way. But sometimes FEMA does provide a program with the state immediately after disaster to provide people their medication without prescription. But that entails that it's a franchise that you go in, you say your name, they look up and you record, and they can just give you a quick medication without any cost.

If there would have been a cost otherwise. Important questions any other questions?

RRCI participant

Yeah, most insurance companies will let you pick up your prescription five days early so you can talk to your pharmacy, build up a supply amount over a couple of months. Just figure out what day, 45 days, and order again.

Germán

Yes, if you use medication that sometimes it's this is not the more common types definitely suggest you talk to your pharmacy about the longevity of their stock and their it's another word we don't want to talk about here but the "COOP" Continuity of Operation Plan and that's where they write all this and practice it. And if they don't know what it is, that's a problem.

Shaylin

Any other questions or comments?

It just wanted to circle back really quick when we were talking about thinking of the items that we need that use power to function. I just wanted to add to that thinking about medications that use that need to be refrigerated and thinking these other pieces of equipment or supplies that maybe need power in some way in order to be effective and useful.

And also, when we talk about the medications and storing or saving the extra ones that we can as we can, it's also important to note down the expiration date of those specific prescriptions so that we're keeping that in mind as well, because certainly we know expiration dates are important and they apply to medications for diabetes.

Germán

And so one of the best recommendations is to have a have a cooler have ice packs ready. And we have heard that the best long long lasting type of cooler for medications right now is being used is YETI - not promoting the brand, but we've heard good reviews. Y-E-T-I like like sasquatch yeti. If that is one of the preparedness things I need to add to your personal preparedness plan.

Shaylin

All right. So we're going to talk about communication just for a moment. And this goes into our disability preparedness plans and thinking through what our communication needs are. If we use American sign language to communicate, we use a communication device. If we need things plain language, easy to read or easy to understand information or having information in large print or in Braille.

Those are some examples of what type of communication related needs you might have, and important to write that down on your list so that not only your keeping in mind those items that you need to communicate, but also if you're sharing your communication needs or if you're not able to communicate during a disaster, being able to be ready for that, maybe you have an extra or a spare communication board, a simple piece of paper with some pictures or images on it to identify, help or water or I'm part of these types of simple picture items you can point to in a disaster in emergency, if you're unable to communicate for any reason for a period of time and talking through what you would do in event how you would contact your support network, how would you tell your friends, family, neighbors, assistant personnel, assistants, service workers, your neighbors, colleagues and coworkers? How would you tell them and communicate with them that you are safe or that you need help or any other related need in communication and also having a paper and pen in case you are not able to communicate and needing to to write down what you are needing to say or if somebody else needs to write down what they're saying.

And so think about how you will communicate with your support network. What will you do; will your first action be call your uncle or maybe call your neighbor? Or maybe you will send a text message just through how you will do that and what you need to communicate. Next slide. Please.

Germán

Now in building your kits, which, again, we mentioned earlier, you're getting you will be receiving a checklist that discusses all this in just ten pages, very concise. So building your kits to your specific needs and there will be arrows for you to write in, not just list to check.

To prepare your go bag to survive at least three days. And as you're preparing your shelter in place Kit think about trying to achieve two days or two weeks worth of items and check on them, update your supplies. It is recommended at least every six months. So if you are putting away medications that will help with not keeping them expired, water is also something that when stored in plastic bottles, most are the plastic with heat does contaminate the water.

Germán

So if you have to keep things in your kits in cool, dry spaces outside of the direct sunshine sunlight and do check the expiration dates of the bottles if that's what you're using. Water doesn't expire, but water bottle does, and your food storage.

Shaylin

And it's also important as you're building your emergency kit to think about and know what your escape routes are and where you would go and what places may be available to provide disaster services. And if a in a fire or in an emergency, you might have to suddenly evacuate. So keeping this in mind, as you're building your kit, what would I need to grab and go really quick or what would I need to be able stay in place for two weeks having these that are customized to what you need and knowing that this could happen at any moment.

Next slide, please. Some questions.

RRCI participant

How do you get ready for a flood?

Germán

I heard flood.

Shaylin

How do you get ready for a flood?

Germán

How do you get ready?

RRCI participant

How do you get ready for water flooding your house?

Germán

And in southwest Utah in the coming years. And you may have experienced them in small in the past, but certainly from monsoon seasons, you will see more and more flooding and possibly from quick snowmelt as well, knowing your evacuation routes, it's very important knowing where the local shelters will be at; now, knowing if your house or where you stay is under in flood prone zone.

Being informed and flooding is something that the you have to survive. No one's coming during the flooding. So if you are in a flood prone zone in your store, it may be and we know some colleagues in the Caribbean islands that do keep the foam; the long foam that you put under the arm to hold yourself up in a pool.

Shaylin

Oh, like a noodle.

RRCI participant

Yes.

Shaylin

A noodle in the pool.

Germán

Some people do keep. More. Extra if they just in case that that is the most immediate solution, it is going to be problematic. Not having friends that you can call. We heard this on the news. Can you pick me up? Can I come over that one on one? Direct contact is going to be the most useful in that immediate moment. And I am I'm sorry, we're painting a bit of a dire picture, but.

But we're people with disabilities are living life every day with all the discrimination in access; in disasters, it gets worse, but it's not as bad as it used to be that during Katrina our services were ignored. It's not all the way better that last year, during Hurricane Ida, more than 800 people from seven facilities were just put in a warehouse.

It was coined the warehouse of death. Awful. But in most what is most needed and something we should earlier we have been training your CIL colleagues here on how to best advocate, how to get your seat at the table and just communicate your needs to your local emergency management. If they don't see us, they don't think about us.

Shaylin

Important questions to recap and just want to also add that we will be talking more about evacuations. And I just want to go to the next slide, please, Priya. Thank you. And when we talk about places, we go often having accessible egress, a clear space of travel, having our evacuation and destructions of those places you go often. And from your home, when you evacuate from your home, having your go bag ready, that's one way you can prepare.

Flooding is having your go bag ready, but also having it in a place that is dry. That can be maybe a higher up in case flooding does or water comes into the house and being ready for that as well as where will you go? Next slide, please.

Germán

We want you to think so we've been talking to you, hearing this now repeatedly. Where will you go? How will you get there? And you have this conversation with your friends, families. Do they know how to pick you up? Do you know your bus route and maybe paratransit? Sometimes this helps evacuate people in the sense of they're going to go a little bit, not read everything on the side to make sure we cover all the important points that we haven't said yet.

Shaylin

So we're going to talk about where we will go and we will get there and having our support networks assist us in that next slide, please. So some sheltering in place, tips, staying informed and wait for officials to declare it is safe to go out if you don't know if it is safe. Keeping doors and windows closed, covering air vents and fireplace openings if you have them keeping fans air conditioning and forced air heating systems off when sheltering in place, going into the center most room with the least windows as possible and with the sheeting and duct tape that we talked about in the essential emergency supply kit, using that plastic sheeting and duct tape to seal doors, windows and air vents and think about what places you go after and what do their shelter and plans look for shelter in place plans look like? Do you know what they look like? And maybe you can start asking them, What do we do if we need to shelter in place? Next slide, please. We're going to go to the next slide after this and I'll come to this question for you all.

But just to recap.

What we want to think about, things to think about as you plan. And this is the section that German mentioned is in the checklist that you will be receiving, that you can fill out the answers to this as you think about it, thinking through, how will I know about a disaster emergency? Remember, we are going to sign up for those alerts through 911 register or the FEMA app.

Different ways knowing and thinking through what your plan is for sheltering, having that kit ready, knowing that your supplies are up to date and that you are ready. If something were to happen and you need to stay in place knowing and thinking through what your plan is for evacuating, where you will go, how you will get there, what your plan is for power.

If it is out for an extended period of time, how you will be able to access power or what you will do, and who is a part your support network. We talked about that a lot. Friends, family, others in your networks, what your communication plan is with them and what your communication plan is generally to communicate and if you have what you need.

So we're going to skip two slides ahead right there.

Germán

Think through all this and it is a lot. There's no reason why in the future we can just have come in and do group talks. So as you think more about this, but we are here to create a culture of preparedness. Now we know that we know disasters are happening at any time. Your plan is not a one-and-go; update them regularly, maybe twice a year.

Make preparedness plans, a routine and all of this. Practice it often twice a year. Shay earlier said when you go to your friend's house asking, Well, how would we get out if a fire happens? And just having making it fun, those have to be, well, what are we going to do? But having those conversations and begins that development, a culture of preparedness.

Shaylin

Practicing the plan is the most important part because if you don't practice, you don't know what doesn't work and what you need to fix in order to make sure your plan works best for you.

Germán

There is scroll down to a couple more slides just to give you a preview of what the

Shaylin

checklist looks like.

RRCI participant

So we just.

01:22:29:07 - 01:22:31:23

Shaylin

We're going to go down to slide seventy-two.

Apologies, and everyone will get access to these slides. So the checklist will go over similarly, as we did today, your disability rights and disasters, your staying informed resources, your emergency kit checklist, your disability preparedness checklist and your planning guide. Now we're just going to give you a sneak peek of what that looks like in the next slide, next few slides.

The first one shows the emergency kit, a page of it with the suggestions that we mentioned on keeping it up to date, having at least three days for your go bag, having two weeks for your shelter in place, and knowing your evacuation routes. And so you'll be able to click off those items that you do have. Next slide, please.

And Then we have a section specific to your disability preparedness. What are your items that you can click off or write additional than what equipment needs power to function? So you know what you need to have ready and what you need to do and what other supplies you use so you can make sure you have them ready and in your kits and bags.

Next slide, please. Now, the last section of the checklist is really important because this is where all of what you've learned today. And as you continue to talk with your support network on your plan and what you would do, this is where you will write down what you and your support network have decided and will do and what your plan is.

So it will talk about what your plan is for sheltering in place, what your plan is for evacuating, what your plan is. If power is out for an extended period of time and your communication plan.

Germán

If the interpreters could just hold for two more minutes.

Shaylin

I think we have the interpreters for an extra 10 minutes. Great.

Germán

So towards the end you will see additional resources at the end of the slide deck. And since we have a little bit more time with the interpreters and if you are interested, we would want to see throughout all this, what are your lingering questions? Things that you would like to hear more about or more information on.

RRCI participant

In particular that you might have to ask or want to know about? Yes, sandstorms? What? Sorry sandstorms is what occurred.

Germán

So for sandstorms.

RRCI participant

The mask.

Germán

I'm sorry?

RRCI participant

That's good; go on.

Germán

The mask; very important if that if you're concerned about sandstorms, possibly goggles, because you may need to evacuate. There may be a sandstorm in other issues happen. There could be a fire for some reason. So if you need to evacuate, you need to be ready and if you have you when you have, you go bag, make sure your things are sealed because it's going to get into things in case of a sandstorm, unless it catches you outside and does try to get inside as quickly as possible.

In this country, we don't see them creating disasters long term, not something that if the power may go out because of the wind, for example, it's not prolonging.

Melissa

This is Melissa. I just want to add that you don't have to do your planning alone. You can do with your support network. Maybe you can get together groups maybe want this group wants to get together and do the planning together. You don't have to do this by yourself and you can think and share ideas.

RRCI participant

Thank you for the question.

Shaylin

Are there other questions or comments.

RRCI participant

You want to add a thing for my former recertification, I was given this pamphlet with a bunch of different paperwork and one of them asked me if I needed accommodation for something and it ended up for I think it was I ended up being for something happening at the apartment and I'm hard of hearing and I cannot hear knocking on the door because I have a door that closes.

And even if the door was wide open to my bedroom, I would not be able to hear them. Should I get them? Should I get a copy of this paperwork in case something happens? Because I'm I live on the top floor and some people do not heat up their apartments the correct way. And, you know, like and, you know, stuff like that.

So I just wondering if I should get a copy of the paperwork. I think you guys signed two pieces of paper that explained about me needing accommodation with that.

Germán

So I can answer that one. I am not sure about the paperwork specifically that you may have seen, but you are a low of hearing or have hearing loss and someone who is deaf having visual alarms or visual doorbells would just help notify you instead of knocking or screaming from the doorway. That is one alternative.

RRCI participant

Yeah.

Germán

And if you are on a medicaid waiver, maybe it could cover this piece of I.

RRCI participant

Guess we can help out with that. Also, RRCI will help with those things. We okay? Yeah. I can't even hear people. I have a screendoor and we knock on it. I can't even hear them knocking on the door and I've had people knock on the door, you know, they did. And I can't even hear. We can help.

RRCI participant

Great, thank you.

Germán

Because I really are. We also I think that's why we're having this conversation, having these with each other bring solutions.

RRCI participant

Well, it got really bad.

Shaylin

In the last ten years, and I didn't know I.

RRCI participant

could get these services.

Germán

And also.

RRCI participant

Thanks now, I got some.

Germán

Also to consider when you are searching for fire alarms and carbon monoxide alerts that they have strobing lights for you to be aware of the emergency. Okay and when you're if you if you go towards your local Red Cross for these emergency types of alerts and they don't have it, let us know. We can jump in from this side.

01:30:07:12 - 01:30:59:19

RRCI participant

Okay. Thank you, guys. Other questions, comments. This one, I don't think we understand the importance of knowing for the utility turn-offs are; as an example. My daughter went to her son's place two weeks ago to babysit; the her her son and daughter in law went away on a vacation while they were gone. My daughter went into the bathroom and there was a water he reached under the water was could not turn off what he was doing that he learned to type in the pipe broke off.

So the water's gushing out, she had to call my son in law, my grandson in Hawaii to find out where the water shut-off was in the house. It's important that everybody in the house know where the shut offs are for the gas, the water and electricity. So those kind of risk or no matter.

RRCI participant

If I could have known that the gas shut off required a special tool. And so you have to have these are very important.

Everybody who's old enough in the house should know where those items are.

Germán

So it's absolutely a good point that we could go over disaster specific preparedness, which would be hour and a half presentations by themselves. This is a more all sorts of reasons why we have the plier and the plastic sheeting, the pliers part those tools. But certainly, as the colleague mentioned, for gas, it can be very specific in an immediate disaster.

You guys are evacuating and you would not have time to do that. But if you're sheltering in place and the local emergency alerts are telling you to shut them off, you should at least be ready and equip and thank for covering that with us today. And sorry to hear that happened to your family member.

RRCI participant

The maintenance guy is not there on the weekend with people who live in apartments.

Shaylin

I'm sorry, what was that?.

RRCI participant

That the maintenance guy is not there at the apartments on the weekend so you have to call even if you're disabled, you don't know, you know, you don't know what that is in your apartment or it's another piece of the apartment building. You have yet to do that.

Germán

So that is a failure of the management for not having continuity of operations. They need to someone there at all times.

RRCI participant

Okay.

Shaylin

Are there other areas that that maybe you have other questions on or would like to talk about a bit more? Are there other items maybe in your kits that maybe you didn't hear us say today that you'd like to add?

RRCI participant

I think as you can, you should extend that 2 week food kit to at least three months, maybe six months, some people every year. And it would be a gradual thing. But you can do it if you discipline yourself.

Germán

Store dry fruits Shaylin, and meat; and your aunt does this and

Shaylin

She freeze-dries a lot of foods and items and she's able and knows how to do that. That's a whole different skill set. But then she's able to ship a lot of that to us. She lives in New Mexico so and we are in Pennsylvania. And so also talking with your support network, maybe there's people in your family, friends, network that that does things like freeze dry items and foods to send and have in and adding to your preparedness kits.

Germán

By the time you're prepping this state, you're not beginning to create a culture of preparedness. You're living it and knowing as others hear about this, your friend here, you seem into this and having these conversations with each other can share information and knowledge.

01:34:39:16 - 01:34:39:20

RRCI participant

Mm hmm.

Shaylin

Starting to run a little on time. I want to just check if there's other questions that we can address.

RRCI participant

We need to wrap things up now. So thank you so much for all of that great information. We'll get things passed out. We've got the checklist printed out and ready to go.

Shaylin

I'm so excited. And also Jamie and Brenda we'll send the PowerPoint slide to you. Following this as well was just dealing with some accessibility pieces that now is fixed. And certainly if there's any questions or, comments that folks think about as you start looking through the preparedness document, certainly we are here to assist. I know folks at RRCI are ready to as well, but we really look forward to hearing your feedback and thinking about the creative solutions that you think through as you continue to plan.

RRCI participant

Wonderful. Thank you.

Shaylin

Thank you all so much for your time. Stay safe. Happy National Preparedness Month. Let's get ready together. And many thanks to our interpreters Cynthia, Brenda and Kenya, who all assisted in making this an accessible event today.

RRCI participant

Thanks, everybody.

Shaylin

Stay safe. Take care.

Melissa

Bye bye.