



THE PARTNERSHIP
FOR INCLUSIVE DISASTER STRATEGIES

Personal Disaster Preparedness for Disabled People

— www.disasterstrategies.org —

Check-in

- Name
- Pronouns
- Self Description
- Access Needs
- How prepared do you feel for disasters?
 - 1: Very prepared
 - 2: Kinda prepared
 - 3: Not much at all

Who We Are

The Partnership for Inclusive Disaster Strategies is the only U.S. disability-led organization with a focused mission of equity for people with disabilities and people with access and functional needs throughout all planning, programs, services and procedures before, during and after disasters and emergencies.

Objectives

By the end of today, you will have an overview of:

- What are disasters
- When to shelter-in-place vs evacuate
- What to include in your shelter-in-place emergency kit
- What to include in your evacuation emergency kit
- How to apply this information

Ground Rules

- Safe space
- Ask questions
- Have fun!!!

State of Disasters...

Climate Change to Climate Chaos (Slide 1 of 2)

“There is a 66% likelihood that the annual average near-surface global temperature between 2023 and 2027 will be more than 1.5°C above pre-industrial levels for at least one year.

There is a 98% likelihood that at least one of the next five years, and the five-year period as a whole, will be the warmest on record.”

- [Global temperatures set to reach new records in next five years \(WMO\)](#)

Climate Change to Climate Chaos (Slide 2 of 2)

If we continue on this path, we will have caused irreversible damage to the earth. Specifically, there are a handful of main areas or tipping points that we will not be able to recover from.

Some include:

1. Greenland Ice Sheet collapse
2. West Antarctic Ice Sheet collapse
3. Disruption of Atlantic Meridional Overturning Circulation (AMOC)

Disasters are Increasing

- “Wildfires in the western United States are not only becoming more frequent, but larger in size and deaths.”
 - [States with the Highest Rate of Natural Disasters](#)
- “Extreme heat kills more people per year than any other weather event.”
 - [National Weather Service](#)

Disproportionate Impact (Slide 1 of 2)

“People with disabilities are 2-to-4 times more likely to die or be injured in a disaster than non-disabled people.”

- [United Nations](#)

“Overall, our analysis of NDCs demonstrates that states are neglecting their obligations to respect, protect, and fulfill the rights of persons with disabilities in their responses to the climate crisis.”

- [Status Report on Disability Inclusion in National Climate Commitments and Policies](#)

Disproportionate Impact (Slide 2 of 2)

“During Hurricane Katrina, Black people were 1.7 to 4 times more likely to die than white people.”

- “Disparity in disaster preparedness between racial/ethnic groups”

Disaster (Slide 1 of 2)

“An event that:

- results in large numbers of deaths and injuries;
- causes extensive damage or destruction of facilities that provide and sustain human needs;
- produces an overwhelming demand on state and local response resources and mechanisms;

Disaster (Slide 2 of 2)

“An event that:

- causes a severe long-term effect on general economic activity;
- and severely affects state, local, and private sector capabilities to begin and sustain response activities.”

Classification of Emergencies and Disasters

Emergency managers further classify emergencies and disasters by size and the type and number of issues that need to be addressed.


- Minor Emergencies
- Limited and Potential Emergencies
- Major Disasters

Know Your Risks: Common Disasters in Your Areas

- Severe storms (all seasons)
- Flooding
- Extreme heat
- Wildfires
- Drought
- Earthquakes
- Landslides
- Tsunamis
- Hurricanes
- Tornadoes

How to Prepare for Disasters or Emergencies

What to Do to Be Ready

- ✓ Know your risks
 - ⇒ Stay informed
 - ⇒ Make a plan
-  Know your rights

Follow Emergency Alerts

Types



News broadcast



Radio



Social media



Wireless Emergency Alerts



FEMA app

& Red Cross app



Fire alarm and
carbon monoxide
detector

Make Plans (Slide 1 of 2)

Plans start with having conversations with:



Family



Friends



Support Networks



Place of worship



Coworkers

Make sure you have a plan for:



Sheltering-in-place



Evacuating

Make Plans (Slide 2 of 2)

Shelter-in-place because of:

 Chemical spill  Dirty bomb  Snowstorm

Evacuate because of:

 Wildfire  Earthquake  Building fire

Shelter-In-Place

Shelter-In-Place: Biohazard Tips

(Slide 1 of 2)

- Stay informed and wait for officials to declare it is safe to go out
- Keep doors and windows closed, cover air vents and fireplace openings
- Keep fans, air conditioning and forced air heating systems OFF

Shelter-In-Place: Biohazard Tips (Slide 2 of 2)

- Go into the center-most room with as few windows as possible
- Seal doors, windows and air vents with the plastic sheeting and duct tape

Where are some places you go often?

What do their shelter-in-place plans look like?

Building Your Emergency Kit (Slide 1 of 2)

- ✓ **Water** (one gallon per person per day for at least three days, for drinking and sanitation)
- ✓ **Food** (at least a three-day supply of non-perishable food) and manual **can opener**
- ✓ First aid kit
- ✓ Masks
- ✓ Battery-powered or hand **crank radio** and a NOAA Weather Radio with tone alert

Building Your Emergency Kit (Slide 2 of 2)

- ✓ Flashlights and extra batteries
- ✓ Plastic sheeting and duct tape
- ✓ Chargers
- ✓ Moist towelettes, garbage bags and plastic ties
- ✓ Wrench or pliers (to turn off utilities)
- ✓ Local maps
- ✓ Whistle

Important Documents (Slide 1 of 2)

Keep important documents in waterproof bag and saved electronically.

Consider including:

- ✓ List of emergency contacts
- ✓ House/apartment lease, mortgage or deed
- ✓ Health insurance and primary doctor information
- ✓ Copies of ID, birth certificate, and social security card or green card (if applicable)

Important Documents (Slide 2 of 2)

Consider including:

- ✓ Prescription medication details
- ✓ Dietary requirements
- ✓ Information on your customized equipment

Disability Preparedness (Slide 1 of 2)



Think about your equipment

- Wheelchair, walker, white cane, hearing aids, speech device, breathing machines



Think through what needs power to function?

What other supplies do you need to maintain your independence?

- Urinary and/or bowel supplies, wound care supplies, gloves, wipes

Disability Preparedness (Slide 2 of 2)

What are your communication needs?

- ASL, using a communication device, plain language, large print, braille, etc.

What is your communication plan if you are unable to communicate during a disaster?

- Communication board, support network, paper and pen

How will you communicate with your circle of support?

Building Your Emergency Kit (Slide 1 of 2)

When building your kit, remember:

- Build your kit to meet your needs
- Prepare a go bag to survive at least 3 days
- Prepare a 2-week shelter-in-place kit

Building Your Emergency Kit (Slide 2 of 2)



Important reminders:

- Check on and update your supplies (as needed) every six months
 - Consider updating beginning of winter and start of summer
- Keep your kit in a cool, dry place, out of direct sunlight

Question for You

What other things are you considering for your emergency kits?

Questions?

Evacuations

Evacuations (Slide 1 of 2)

From home



Your Go Bag

- ✓ Easy to grab
- ✓ **Add:** power equipment chargers, consumable medical supplies, communication device, fidget devices, a change of clothes, 3 bottles of water

Places you go often



Accessible egress

- Evacuation instructions

Evacuations (Slide 2 of 2)

Where will you go?

- Family, friends, neighbor, shelter, place of worship

How will you evacuate?

- Car, friends, family, public bus, paratransit service

Things to Think About as You Plan

- ✓ How will I know about a disaster or emergency?
- ✓ What is my plan for sheltering?
- ✓ What is my plan for evacuating?
- ✓ What is my plan if power is out for an extended period of time?
- ✓ Who is a part of my support network?
- ✓ What is my communication plan?
- ✓ Do I have what I need?

Create a Culture of Preparedness

- Know that a disaster can happen at any time
- Update your plan regularly
- Make preparedness a part of your routine



**Practice your plan
often!**

Questions?

Your Plan

My Emergency Kit

- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Period hygiene supplies
- Personal hygiene items
- Paper cups, plates, paper towels and plastic utensils
- Paper and pencil, pen, and/or marker
- Books, games, puzzles, fidget devices, or other stimulating or distracting activities or devices



My Disability Preparedness

What equipment do I use?

- | | |
|----------------------------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Wheelchair or scooter | <input type="checkbox"/> Speech device |
| <input type="checkbox"/> Walker | <input type="checkbox"/> White cane |
| <input type="checkbox"/> Hearing aids | <input type="checkbox"/> Commode chair |
| <input type="checkbox"/> Hoyer lift | |
| <input type="checkbox"/> Breathing machine (ventilator, respirator) | |
| <input type="checkbox"/> Oxygen, suction, or home dialysis equipment | |
| <input type="checkbox"/> Write in other | <input type="text"/> |

What equipment needs power to function?

- | | |
|-------------------------------------------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Wheelchair or scooter | <input type="checkbox"/> Hearing aids (batteries) |
| <input type="checkbox"/> Speech device | <input type="checkbox"/> Hoyer lift |
| <input type="checkbox"/> Breathing machine (ventilator, respirator) | |
| <input type="checkbox"/> Medicine that needs to be kept refrigerated (i.e. insulin) | |
| <input type="checkbox"/> Write in other | <input type="text"/> |

What other supplies do I use?

- | | |
|--------------------------------------------------------|----------------------------------------------|
| <input type="checkbox"/> Urinary and/or bowel supplies | <input type="checkbox"/> Gloves and wipes |
| <input type="checkbox"/> Adult diapers | <input type="checkbox"/> Wound care supplies |
| <input type="checkbox"/> Bed pads (CHUX) | |
| <input type="checkbox"/> Write in other | <input type="text"/> |

My Emergency Plan

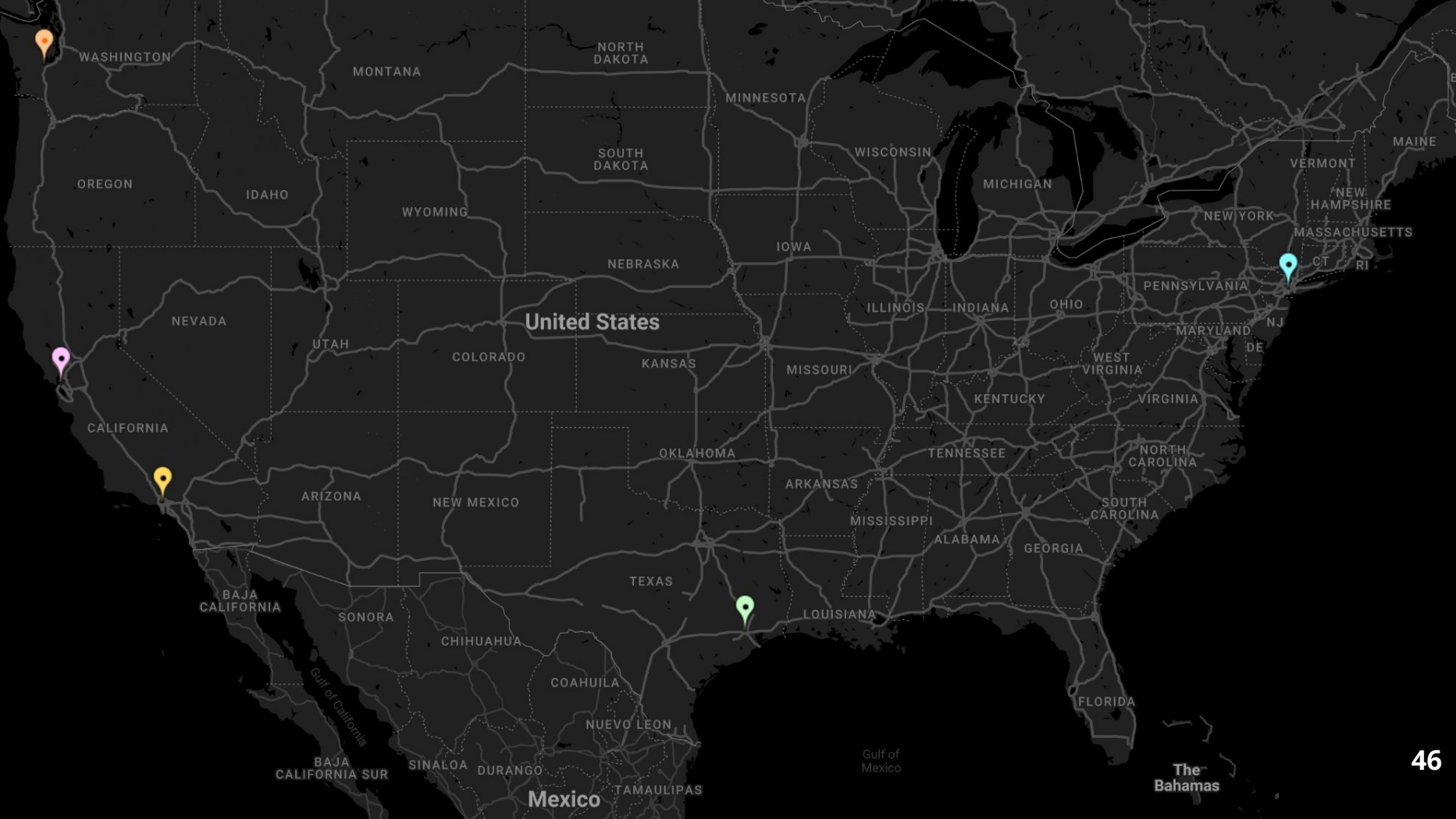
My plan if power is out for an extended period of time

My communication plan (support network and contact information)

Tabletop Exercise!

Ground Rules

- Your response should be based strictly within the parameters of the scenarios that will be presented.
- Please be respectful and open to others viewpoints even though you may not necessarily agree with them.
- Please participate! This a no pressure activity and there are no right or wrong responses.



Tabletop Exercise: Slide 1 of 4

Background:

An unexpected massive coronal mass ejection (CME) causes a widespread geomagnetic storm that disrupt satellite communications, power grids, and radio transmissions across the continental United States (CONUS).

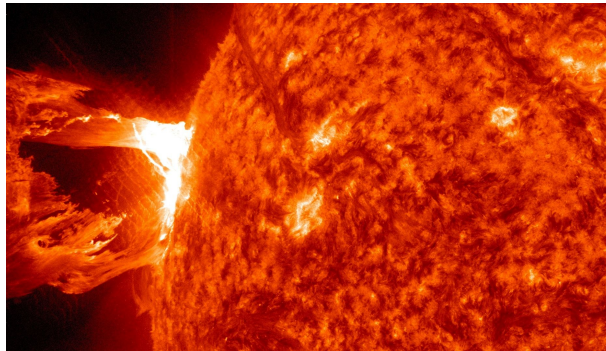


Image credit:
NASA

Tabletop Exercise: Slide 2 of 4

Background:

- Cell phone networks, internet services, and landline phones are overloaded or unavailable.
- Public information and warning systems are also affected by the communication disruption.
- The storm has also triggered auroras that are visible as far south as California and Texas.

Tabletop Exercise: Slide 3 of 4

What do you do the first couple of hours after you notice all systems are down?

Tabletop Exercise: Slide 4 of 4

It's been 12 hours since the onset, communication systems are restoring but power has not restored.

How are you doing? What is your plan?

Tabletop Debrief

- What went well?
- What did you learn about yourself?
- What did you learn from others?
- How would you apply what you've learned to a real life situation?

Reflection Questions

How prepared do you feel for disasters?

1. Very prepared
2. Kinda prepared
3. Not much at all

Resources

- Alerts: [How to Opt in to Wireless Emergency Alerts](#)
- Download the [FEMA App](#)
- Download the [Red Cross App](#)
- Finding a [shelter near you](#)
 - Text SHELTER and your ZIP Code to 43362
(Example Text: "Shelter 98499")
 - Call Red Cross 1-800-733-2767
- [Ready Resources](#)
- [Poison control](#): Call 1-800-222-1222

Resources

- [The Partnership for Inclusive Disaster Strategies](#)
 - **Disability & Disaster Hotline:**
 - Call / Text: +1 (800) 626-4959
 - Email: hotline@disasterstrategies.org
- [Federal Emergency Management Agency \(FEMA\)](#)
 - [FEMA Regional Disability Integration Specialists](#)
- [211](#)
- [Find your Region ADA Center](#)
- [Find your local Red Cross Chapter](#)

Resources

- [Washington Emergency Management Division](#)
- [California Governor's Office of Emergency Services](#)
- [Texas Division of Emergency Management](#)
- [New York Office of Emergency Management](#)
 - [NYC Emergency Management](#)

Resources

Sign up for local emergency alerts

- [Thurston County, Washington Alerts](#)
- [Alameda County, California Alerts](#)
- [Los Angeles County, California Alerts](#)
- [City of Houston, Texas Alerts](#)
- [New York Alerts](#)



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Thank you!

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