



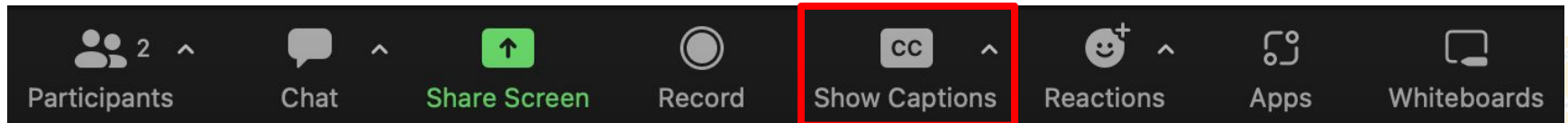
THE PARTNERSHIP
FOR INCLUSIVE DISASTER STRATEGIES

Personal Disaster Preparedness for Disabled People

— www.disasterstrategies.org —

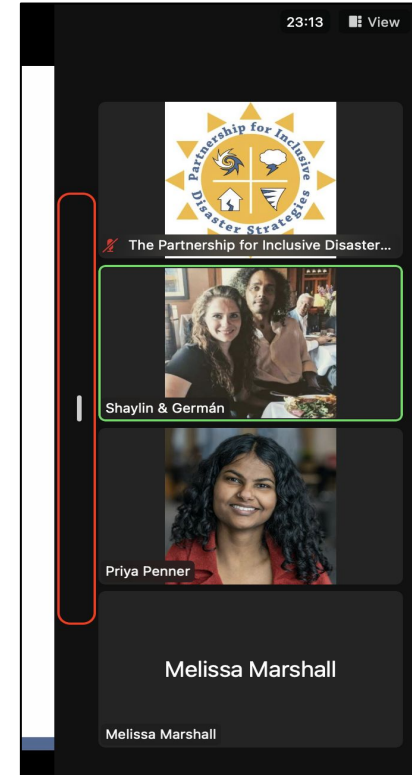
Accessibility for this Presentation

- This training is recorded. An archive of the presentation will be available.
- You will also receive an accessible slide deck of the presentation used today.
- To access the AI captions:
 - Click the button at the bottom of the screen with the “CC” icon to start captions.



Accessibility for this Presentation

- The ASL interpreters are already spotlighted.
- To adjust the size of the slides and speakers/interpreters in Zoom:
 - Drag the divider, inside in the red vertical rectangle in the screenshot to the right, that separates the speakers/interpreters from the slides.



Reminders for this Presentation

To Participate:

- Asking/responding to questions via Zoom: Use the “raise your hand” button, type in chat, or unmute and talk at appropriate times.
- For technical assistance or to alert us to an issue, type in chat/raise hand.
 - Ex. “slow down please”
- If the chat is not accessible to you, please email your questions to Shari@disasterstrategies.org

Reminders for this Presentation

Friendly reminders:

- Please identify yourself before speaking.
 - Ex. "This is Shari, and..."
- Please avoid speaking while others are speaking.
- Please keep yourself on mute when not talking.
- Please define any acronyms you use.

Welcome and About Us

Who We Are: The Partnership

The Partnership for Inclusive Disaster Strategies 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 all planning, programs, services and procedures before, during and after disasters and emergencies.

Your Disability & Disaster Hub



Agreements and Goals

Group Agreements

- Maintain confidentiality
- Ask questions
- Have fun!

Disability Rights in Disasters Review

Disability Rights in Disasters: Review

Whenever disaster-related programs and services are provided to the general public, they must be accessible to people with disabilities.

- Shelters cannot deny you entry because you're disabled.
- You have the right to physically accessible and otherwise ADA compliant shelters.
- You have the right to equally effective communication.
 - Examples: ASL interpreters, large print, Braille, assistive technology

Disability Rights in Disasters: Review

- You have the right to ask that how things are done be changed (reasonable modifications of policies or practices).
- You have the right to bring your service animal with you in a shelter and any other places providing disaster-related programs and services.
- You have the right not to go into a facility if you don't want.

Disability rights are NEVER suspended in disasters!



Today's Goals

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

- When to shelter-in-place vs evacuate
- What to include in your shelter-in-place emergency kit
- What to include in your evacuation go bag
- How to get ready for disasters and emergencies

Disasters in Florida

What Is a Disaster?

A disaster is an event that:

- causes a lot of people to die or get hurt,
- damages or destroys buildings and homes,
- makes it really hard for local and state governments to respond to people's needs,
- negatively affects the economy for a long time, and
- makes it very hard for local governments and businesses to help out right away.

Common Disasters in Florida

- Severe storms
- Flooding
- Extreme heat
- Wildfires
- Drought
- Hurricanes and storm surge
- Tornadoes
- Landslides

How to Get Ready for Disasters

What to Do to Be Ready

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

Follow Emergency Alerts

Types of alerts:



TV



Radio



Social media



Wireless Emergency Alerts



FEMA app



Fire alarm and carbon
monoxide detector



Red Cross app

**Plan for disasters and
emergencies now.**

When to Plan? As Soon As Possible!

Planning now:

- Can help keep you safer during disasters
- May help lower anxiety

If you wait until a disaster is about to happen or happening, you:

- May be more overwhelmed
- May be unable to get supplies
- May have a harder time connecting with friends/family

Make Plans

Plans may start by having conversations with:



Family



Friends



Support Networks



Faith community



Coworkers

Make sure you have a plan for:



Sheltering in place



Evacuating

Make Plans for...

Sheltering in place because of:



Chemical spill



Dirty bomb



Severe weather

Evacuating because of:



Wildfire



Hurricane



Building fire

Starting to Plan: First Steps

Coming to this training is a good first step in planning.

Next Steps:

- Focus on getting ready for disasters that happen most often in your area.
- Plan knowing that disasters and extreme weather can and will change.

Review: The Partnership's [General No-Cost Preparedness Tips](#) for some ideas.

Deciding How You Want to Plan

- Create a social network (friends/family) to assist you, if you want.
- If you are planning with other people, decide how often and when you want to meet. Put dates/times in your calendar.
- If you're planning on your own, put dates/times in your calendar so you'll remember to plan.

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 a long time?
- ✓ Who is a part of my support network?
- ✓ What is my communication plan?
- ✓ Do I have what I need?

Starting a Plan and What You'll Need

- Decide what is most important or easiest to do first.
- When assembling supplies for a go bag and shelter-in-place kit, consider prioritizing your food and water supply.
- Once you have enough food and water for every person in the household, then move to other necessities:
 - Batteries
 - Flashlights
 - Blankets
 - Portable charger
 - Etc.

Staying Ready

- Go over your plan at least once a year, and make changes as needed.
- Check to see if items in your kit have expired. Replace any that have expired.
- Make sure everyone you want has your and each other's phone numbers, email addresses, and home addresses.

When You Need a Shelter-in-Place Kit

When a disaster makes it unsafe to leave where you are because:

- Air quality may be unsafe because of smoke, chemicals, radiation
- High winds or flash flooding may already make it unsafe to get to other places
- Roads and sidewalks may be damaged or blocked
- There is a danger of being hit by falling or wind blown objects

When You Need a Go Bag

When a disaster makes it unsafe for you to stay where you are because:

- The place where you are may flood
- Strong winds may damage roofs, windows, doors
- Power outages may last a long time

Activity: Evacuate or Shelter-in-Place?

Would you evacuate or shelter-in-place in these disasters?

- Hurricane
- Building Fire
- Wildfire
- Earthquake
- Flooding
- Tornado
- Radiation Leak/Dirty Bomb
- Tropical Storm

Shelter-in-Place or Evacuation

Do what local authorities advise if you have that information.

Shelter-in-Place as a Disabled Person

What is Shelter-in-Place

Shelter-in-place means staying where you are when a disaster happens. This could be your:

- Home
- Work place
- School
- Day Program
- Car, if you have one

Consider having an emergency kit at all these places.

Evacuation as a Person with a Disability

Evacuation

From home



Your Go Bag

✓ Easy to grab

Places you go often



Accessible ways out

- Evacuation instructions

Make sure to include:

- ✓ power equipment chargers,
- ✓ consumable medical supplies,
- ✓ communication device,
- ✓ fidget devices or other sensory items,
- ✓ a change of clothes,
- ✓ local map, and
- ✓ 3 bottles of water

Evacuation

Where will you go?

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

How will you evacuate?

- Car, friends, family, public bus, paratransit service
 - What are backup plans if paratransit and other public transit is not operating, or if personal vehicles become inoperable?

Doing What You Can With What You Have

You may not have enough money, time, or other resources to put together an emergency kit.

You also might not have enough space for big items like cases of water, canned food, extra mobility equipment, etc.

That's okay!

Any planning is better than no planning.

First Things to Put in Your Kit

If you have any amount of money to use buy at least a three-day supply of important things like:

- water (one gallon per person per day, for drinking, brushing teeth, washing, mixing powdered foods),
- canned or packaged food that won't go bad and a battery-powered or hand-operated can opener,
- flashlights and batteries, and
- first aid kit.

Things You Can Add to Your Kit

- Masks
- Solar-powered battery charger for phones or other devices
- Hand crank radio or a National Oceanic and Atmospheric Administration (NOAA) weather radio
- Plastic sheeting and duct tape
- Moist towelettes, garbage bags, and plastic ties

Other Things for Your Kit

- Wrench or pliers (to turn off utilities)
- Whistle, air horn, or smartphone apps that make loud alarm sounds

Planning Without Using Money

Not having money does not mean you can't do any disaster planning.

- Review our [General No-Cost Preparedness Tips](#).
- Find free things for your go bag and shelter-in-place kit.
 - Find out if food pantries, faith-based groups, or other nonprofits in your community can help.
 - Watch for preparedness events put on by your CIL, Red Cross, health organizations, etc.

Important Papers

Keep important papers in a waterproof bag, *and* save them electronically, if possible.

If you have them, include:

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

Other Important Papers

If you have them, include:

- ✓ Prescription medication details
- ✓ Dietary requirements
- ✓ Information on your personal equipment
- ✓ Service animal or pet vet records and/or microchip information

Disability Readiness: Equipment and Supplies

- **Think about your equipment**
 - Wheelchair, scooter, 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 Readiness: Communication

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?

Planning for Disasters when You Live Alone and Use Attendant Services or Direct Support Staff

It is important for disabled people to have the option to live independently by themselves. Living alone makes it more critical to plan with your disability in mind.

Plan for how you would meet your daily needs if you had no attendant or direct support staff there.

Planning for Disasters when You Live Alone and Use Attendant Services or Direct Support Staff

Planning with your disability in mind may look like:

- Building relationships with people nearby, such as neighbors
- Having food that you can easily eat and that meets your dietary needs in your emergency kit

Questions?

Planning for Disasters with and without Social Networks

Plan for Disasters with a Social Network

Planning with your social network includes working with:

- Friends
- Family
- Neighbors
- Coworkers
- Service providers
- Other people in your life

A social network can be valuable in preparing when it exists or if you want one.

Plan for Disasters without a Social Network

You may not have or want a social network.

You can still plan for disasters.

Consider how a disaster might affect your daily life, and how a disaster might disrupt your routine.

Planning for Disasters Alone

Some questions to think about include:

- What would you do if you lose water, electricity, cell phone connectivity, and/or internet access for several days?
- Would you be comfortable sheltering in place by yourself?
 - Do you have the supplies you need to shelter-in-place?
- If you decide to evacuate, will you need help? Do you have a plan for how you would get to a shelter?

Planning with a Social Network

Ideas for planning with a social network:

- Build relationships with neighbors. This allows you to exchange contact information, or agree to check in on each other in disasters or extreme weather.
- If you live alone and need assistance with tasks of daily living, consider making a plan with a neighbor for help in an emergency.

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?

What Did Your Plan Look Like During Ian?

How did you prepare for Ian?

What needs did you have after the hurricane?

What would you have done differently?

Your Plan

Personal Preparedness Checklist

- ✓ Staying Informed Resources
- ✓ Emergency Kit Checklist
- ✓ Disability-related Preparedness Checklist
- ✓ Your Planning Guide

Personal Preparedness Checklist,

Pg. 3

Staying Informed Resources

Sign up for local emergency alerts

Download the FEMA App

Available on Google Play and Apple App Store.

You can also download the app via text message.

Android device: text ANDROID to 43362.

Apple device: text APPLE to 43362.

Learn more at <https://tinyurl.com/a9rjfxfd>

Download the Red Cross Emergency App

Available on Google Play, Apple App Store, and Amazon Appstore.

Or you can text: "GETEMERGENCY" to 90999.

Learn more at <https://tinyurl.com/3hchyd6y>

Personal Preparedness Checklist, Pg. 5

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

Personal Preparedness Checklist, Pg. 5

Build your kit to meet your needs.

Prepare a go bag to survive at least 3 days.

Keep your kit in a cool, dry place, out of direct sunlight.

Prepare a 2-week shelter-in-place kit

Check on and update your supplies (as needed) every 6 months

Know escape routes and places where disaster services are provided. In a fire or other emergency, you may have to suddenly evacuate.

Personal Preparedness Checklist, Pg. 6

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"/> |

Personal Preparedness Checklist,

Pg. 6

What equipment needs power to function?

Wheelchair or scooter

Hearing aids (batteries)

Speech device

Hoyer lift

Breathing machine (ventilator, respirator)

Medicine that needs to be kept refrigerated (i.e. insulin)

Write in other

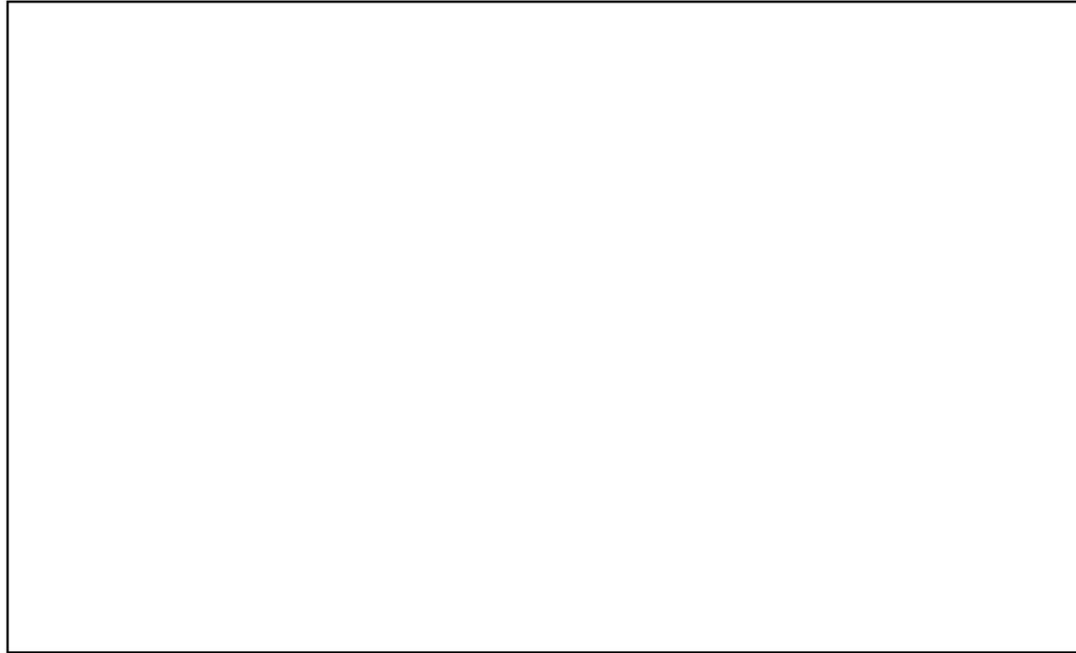
Personal Preparedness Checklist, Pg. 8

My Emergency Plan

My plan for sheltering-in-place is

Personal Preparedness Checklist, Pg. 9

My communication plan (support network and contact information)



Questions?

Resources

- Alerts: [How to Opt in to Wireless Emergency Alerts](#)
- Download the [FEMA App](#)
- Download the Red Cross App for [iPhone](#) and [Android](#)
- Finding a [shelter near you](#)
 - Text SHELTER and your ZIP Code to 33901
(Example Text: "Shelter 33901")
 - Call Red Cross 1-800-733-2767
- [Ready Resources](#)

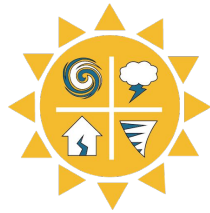
Resources

- [Disability & Disaster Hotline:](#)
- Call / Text: +1 (800) 626-4959
- Email: hotline@disasterstrategies.org
- [American Red Cross Central Florida Region](#)
- [211](#)
- [Southeast ADA Center](#)
- [Disaster Tips](#)

Next Training

- 5/30 at 1pm ET - FEMA Individual Assistance (IA) Reforms





THE PARTNERSHIP
FOR INCLUSIVE DISASTER STRATEGIES

Thank you!

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