



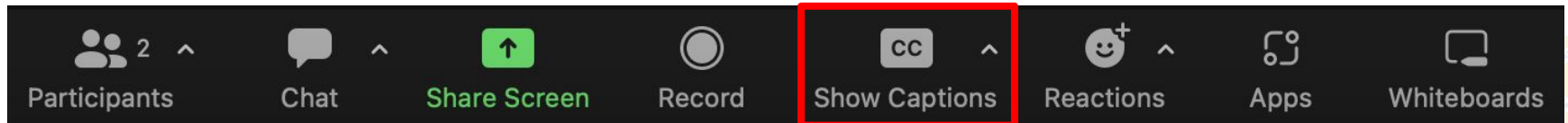
THE PARTNERSHIP
FOR INCLUSIVE DISASTER STRATEGIES

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.



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 priya@disasterstrategies.org.



Reminders for this Presentation

Friendly reminders:

- Please identify yourself before speaking.
 - Ex. “This is Priya, 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



Ground Rules

- Maintain confidentiality
- Ask questions
- Have fun!!!



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

State of Disasters...

Climate Change to Climate Chaos

“Climate change in 2023 and the years to come is only expected to get worse... there is a [93% chance](#) that one of the years between 2022 and 2026 will be the warmest year to date; breaking the previous record held by 2016. This has already happened in [summer 2023, with multiple record-breaking temperatures](#) around the world having been recorded.”

- [“Climate Change in 2023: Where Do We Stand?”](#)

Disasters are Increasing

- “Florida is the fourth highest disaster impacted state.”
 - [Palm Beach Post](#)
- [“In Florida, billion-dollar disasters are up 92% in the last 20 years.”](#)
 - Between 1984 and 2003 , there were 25 of those billion-dollar natural disasters.
 - Between 2004 and 2023, that number jumps to 48.
- “Extreme heat kills more people per year than any other weather event.”
 - [National Weather Service](#)

**People with disabilities
are 2-to-4 times more
likely to die or be injured
in disasters than
non-disabled people.**

Disproportionate Impact

“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](#)

“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”](#)

What is a Disaster?: FEMA's Definition

“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; ...”

What is a Disaster?: FEMA's Definition

“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.”
- [Federal Emergency Management Agency \(FEMA\)](#)

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
- Flooding
- Extreme heat
- Wildfires
- Drought
- Hurricanes
- Coastal erosion
- Tornadoes
- Landslides
- Tsunamis

How to Prepare for Disasters or Emergencies

What to Do to Be Ready

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

Follow Emergency Alerts

Types of alerts:

 News broadcast  Radio  Social media

Wireless Emergency Alerts

-  FEMA app
-  Red Cross app
-  Fire alarm and carbon monoxide detector

**Plan for disasters and
emergencies now.**

When to Plan

Planning now:

- Can help keep you safer during disasters / emergencies
- May also help lessen disaster-related anxiety

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

- Will be more overwhelmed
- May be unable to secure supplies
- May be less able to connect with your support network

Make Plans

Plans start with 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

Attending this training is the first step in planning.

Next Steps:

- Focus on preparing for disasters that happen most often in your area.
- Plan with the understanding that disasters and extreme weather can and will change.

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

Starting to Plan: First Steps

First steps in developing your disaster plan can include:

- Deciding how often you want to plan for disasters, emergencies, and extreme weather and note this in your calendar.
- Beginning to create a social network to assist you, if you want one.
- Exchanging updated contact information with your social network if you already have one.

Starting to Plan: First Steps

First steps in developing your disaster plan can include:

- Setting times to review your plan and rotate items so that your emergency kit does not contain expired items.
- Setting priorities: decide what is most important or most manageable to you.
 - If you can't complete some of these steps, consider modifying them to meet your needs.

Starting to Plan: Setting Priorities

Some priorities to consider:

- 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, such as extra medication (as possible), batteries, flashlights, blankets, etc.

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?

Shelter-In-Place

Preparing with Few Resources

Not everyone may be able to have the time, money, or space to gather all items suggested for an emergency kit.

This is okay!

Any planning is better than no planning.

Preparing with Few Resources

If you have any amount of money available, buy essentials like:

- water,
- shelf-stable food,
- flashlights and batteries,
- solar-powered battery charger for phones or other devices, and
- a hand crank radio or a
Atmospheric Administration (NOAA) weather radio.

Preparing with Few Resources

Not having money does not mean that you cannot do any disaster planning.

You can:

- Review our [General No-Cost Preparedness Tips](#).
- Look for free items for your go bag / shelter-in-place kit.
 - See if food pantries, faith-based groups, or other nonprofits can help.

Preparing with Few Resources

It is often difficult for disabled people to have enough money for day-to-day survival, let alone extra to prepare for disasters.

This is not your fault.

Building Your Emergency Kit

- ✓ **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

- ✓ 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

Keep important documents in a waterproof bag *and* saved electronically, if possible.

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

Consider including:

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

Building Your Emergency Kit

When building your kit, remember:

- Build your kit to meet your needs.
 - This includes having a kit in places you are often at: home, work, school, car, day programs, etc.
- Prepare a go bag to survive at least 3 days.
- Prepare a 2-week shelter-in-place kit.

Building Your Emergency Kit



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.

Disability Preparedness



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

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 / 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 / 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

Shelter-In-Place: Biohazard Tips

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

Shelter-In-Place: Biohazard Tips

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

Question for You

What other things are you considering for your emergency kits?

Questions?

Evacuations

Evacuations

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

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 private vehicles become inoperable?

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 may want a social network.

You can still plan for disasters.

Planning for Disasters Alone

If you don't 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?

I want to plan with a social network and don't have one. How do I build one?

If you don't have a social network and would like to build one, you can start by developing relationships.

This could involve:

- starting casual friendships,
- deepening existing relationships, or
- making stronger connections with your neighbors.

I want to plan with a social network and don't have one. How do I build one?

Here are some ways to start building relationships:

- Look for virtual spaces where you feel welcomed.
- Join a club.
- Go to a regular event.
- Take a class.
- Volunteer.
- Accept invitations to events/social gatherings.
- Initiate ways to connect with others.

When Building a Social Network...

- **Give it time.** It may take a while to form close friendships. As you develop these friendships, invite people to be part of your disaster planning network.
- **Consider what you can offer.** You can share what you now know about emergency planning. You might be able to check in on them or help in other ways during a disaster or extreme weather.

When Building a Social Network...

- **Be safe.** At events to connect with people take COVID-19 and other disease precautions:
 - Wear a high-quality mask (N95, KN95)
 - Practice social distancing
 - As possible, ask participants to be up-to-date on their vaccines and boosters.

Planning with a Social Network

Options for planning with a social network:

- Form a disaster planning team that meets virtually or in-person until your plan is set. Later, periodically meet to replace items that are about to expire or not working.
- Ask specific people in your social network to be responsible for completing specific tasks.

Planning with a Social Network

Options 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.

Planning with a Social Network

While disaster planning is serious, it doesn't need to be grim.

Here are some ideas to make it fun:

- Play music in the background or at the beginning and end of planning sessions.
- Be comfortable! Wrap yourself in a favorite blanket.
- Have snacks.
- Take time to socialize before or after meetings.

Getting Past Barriers to Disaster Preparation

Feeling Powerless

You can still plan for many situations without money.

You can plan:

- How you would evacuate if certain roads are closed
- How you would connect with your support network if communication lines are down
- Where you would meet up with members of your household

Feeling Overwhelmed

- It is easy to look at a disaster preparedness checklist, get overwhelmed, and stop.
- Disabled people, due to systemic ableism or disability-related needs, often must manage more tasks than nondisabled people.
- Competing needs can make it hard to prioritize disaster planning.

Feeling Overwhelmed

As disabled people, we are used to adapting standard ways of completing tasks and disaster planning is no different.

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

Overview

- ✓ Disability rights during disasters overview
- ✓ 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

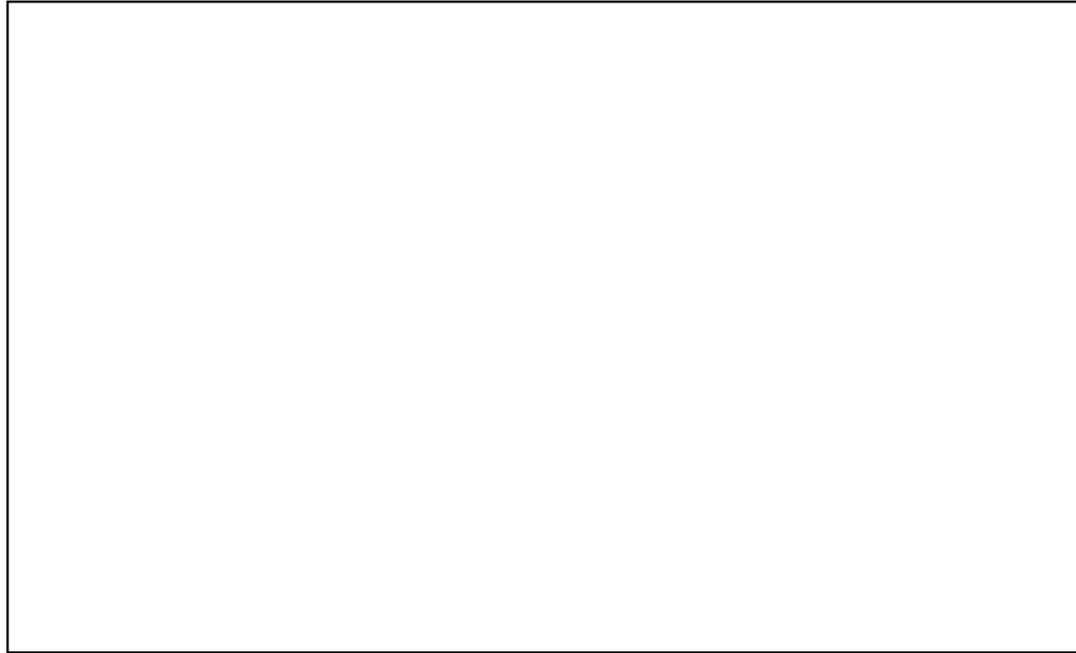
Personal Preparedness Checklist, Pg. 8

My Emergency Plan

My plan for sheltering-in-place is

Personal Preparedness Checklist, Pg. 9

My communication plan (support network and contact information)

A large, empty rectangular box with a black border, intended for the user to write their communication plan, including support network and contact information.

Questions?

Question for You

How do you feel about starting or enhancing your plan?

The Bottom Line

- You should plan for disasters.
- You don't have to do everything all at once, and you can avoid the steps that don't make sense for your life.
- Pace yourself and set priorities carefully.
- The more planning you can do the better.

Resources

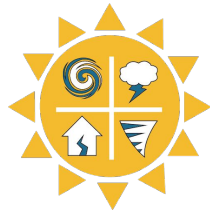
- Alerts: [How to Opt in to Wireless Emergency Alerts](#)
- Download the [FEMA App](#)
- Download the [Red Cross App](#)
- Finding a [shelter near you](#)
 - Text SHELTER and your ZIP Code to 43362
(Example Text: "Shelter ")
 - Call Red Cross 1-800-733-2767
- [Ready Resources](#)
- [Poison control](#):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

Resources

- [Disability & Disaster Hotline:](#)
- Call / Text: +1 (800) 626-4959
- Email: hotline@disasterstrategies.org
- [Red Cross of Central Florida](#)
- [211](#) / [United Way](#)
- [311](#)
- [Southeast ADA Center](#)
- [Disaster Tips](#)

Schedule for Public Trainings

- ✓ 9/27: Disability Rights in Disasters
- ✓ 10/18: Personal Disaster Prep for Disabled People
- 11/8: Dangers of False Expectations**
- 11/29: Addressing Institutionalized Racism in Emergency Management
- 12/7: Disability Bias in Emergency Management



THE PARTNERSHIP
FOR INCLUSIVE DISASTER STRATEGIES

Thank you!

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