00:00:00:06 - 00:00:03:10

- On the screen, you see,

Welcome and About Us.

00:00:06:05 - 00:00:10:04

And if you've joined this series before,

00:00:10:04 - 00:00:12:20

you will be familiar with

the next couple of slides.

00:00:12:20 - 00:00:16:06

Not welcome, and we're happy

that you're joining us.

00:00:17:17 - 00:00:21:06

We at The Partnership are the nation's

00:00:22:24 - 00:00:25:14

US-only disability-led organization

00:00:25:14 - 00:00:27:17

with a focused mission on equity

00:00:27:17 - 00:00:29:08

for people with disabilities

00:00:29:08 - 00:00:32:09

and people with access

and functional needs

00:00:32:09 - 00:00:37:09

throughout all planning,

program, services, and procedures

00:00:37:13 - 00:00:41:13

before, during, and after

disasters and emergencies.

00:00:41:13 - 00:00:44:24

Essentially, we are your

disability and disaster hub.

00:00:47:09 - 00:00:51:08

We are your boots and wheels

on the ground response,

00:00:51:08 - 00:00:55:07

building community

resilience and capacity,

00:00:55:07 - 00:00:58:05

with a focus on disability rights

00:00:58:05 - 00:01:00:05

before, during, and after disaster.

00:01:03:13 - 00:01:06:13

Today's ground rules,

we ask that you maintain

00:01:06:13 - 00:01:08:15

confidentiality in your comments.

00:01:09:11 - 00:01:11:15

Please ask questions throughout,

00:01:11:15 - 00:01:13:01

either by raising your hand

00:01:13:01 - 00:01:16:16

or putting your comment in the chat.

00:01:16:16 - 00:01:20:13

And final level of having fun.

00:01:20:13 - 00:01:22:05

It helps with learning,

00:01:22:05 - 00:01:26:21

and disasters can be

difficult conversations,

00:01:26:21 - 00:01:28:13

but we can make them fun.

00:01:31:04 - 00:01:36:04

And today's objectives, we

hope by the end of today

00:01:36:20 - 00:01:40:19

that you are able to follow

the overview we'll provide

00:01:40:19 - 00:01:43:06

on what are disasters,

00:01:43:06 - 00:01:45:24

when to shelter-in-place versus evacuate,

00:01:46:21 - 00:01:50:03

what to include in your

shelter-in-place emergency kit,

00:01:51:01 - 00:01:53:18

what to include in your

evacuation emergency kit,

00:01:54:23 - 00:01:56:18

and how to apply this information.

00:01:57:24 - 00:02:01:18

And as you are thinking

of today's presentation,

00:02:01:18 - 00:02:05:09

consider how you would've

made these decisions

00:02:05:09 - 00:02:07:16

and how you would've used this information

00:02:07:16 - 00:02:10:13

during the Hurricane Ian,

00:02:10:13 - 00:02:15:08

and how it helps you increase

your preparedness level.

00:02:21:09 - 00:02:22:21

- If you've joined us before,

00:02:22:21 - 00:02:26:03

you may have heard some

of this information.

00:02:27:12 - 00:02:30:03

And also it's always important

00:02:30:03 - 00:02:35:02

to talk about the state of

disasters as we know it today.

00:02:36:02 - 00:02:41:02

And so we have this conversation

around climate change.

00:02:42:19 - 00:02:45:23

But as the years go by,

00:02:45:23 - 00:02:49:18

we're really talking about

this shift from climate change

00:02:49:18 - 00:02:51:13

to climate chaos, right?

00:02:51:13 - 00:02:54:20

And in 2023, climate change

and the years to come

00:02:54:20 - 00:02:57:18

is only expected to get worse.

00:02:57:18 - 00:03:02:00

There's a 93% chance that one of the years

00:03:02:00 - 00:03:07:00

between 2022 and 2026 will

be the warmest years to date,

00:03:08:22 - 00:03:13:22

which breaks previous

records held by 2016.

00:03:13:23 - 00:03:17:04

This has already happened

this summer of 2023

00:03:17:04 - 00:03:20:16

with multiple record breaking

temperatures around the world

00:03:20:16 - 00:03:22:18

having been recorded.

00:03:22:18 - 00:03:25:14

We're seeing increases in temperature,

00:03:25:14 - 00:03:29:03

increases in frequency

of climate disasters,

00:03:29:03 - 00:03:33:06

and these frequencies and increases

00:03:33:06 - 00:03:36:23

will only get worse as we continue.

00:03:41:07 - 00:03:45:12

Florida, talking about

disasters increasing,

00:03:45:12 - 00:03:49:01

Florida is the fourth highest

disaster-impacted state.

00:03:49:01 - 00:03:50:17

I don't need to tell you all that.

00:03:50:17 - 00:03:53:16

You guys experienced it every single day.

00:03:55:01 - 00:03:57:05

In Florida, billion-dollar disasters

00:03:57:05 - 00:04:00:22

up 92% in the last 20 years.

00:04:00:22 - 00:04:05:02

So that means that between 1984 and 2003,

00:04:05:02 - 00:04:09:02

there are 25 of those

billion-dollar natural disasters,

00:04:09:02 - 00:04:13:11

disasters that have caused

about a billion dollars

00:04:13:11 - 00:04:15:20

in damages.

00:04:15:20 - 00:04:20:04

And then from 2004,

excuse me, 2004 to 2023,

00:04:21:12 - 00:04:25:01

that number jumps from 25 to 48.

00:04:27:04 - 00:04:28:20

And then we know that extreme heat

00:04:28:20 - 00:04:32:19

kills more people per year

than any other weather event.

00:04:32:19 - 00:04:35:09

This information is from

National Weather Service

00:04:35:09 - 00:04:38:03

and we're seeing the

effects of extreme heat

00:04:38:03 - 00:04:40:04

across the country,

00:04:40:04 - 00:04:45:04

and certainly where

we're seeing the effects

00:04:45:05 - 00:04:46:17

in your state as well.

00:04:49:00 - 00:04:51:08

We know that people with disabilities,

00:04:51:08 - 00:04:53:06

as these disasters are increasing,

00:04:53:06 - 00:04:55:14

are two to four times more likely to die

00:04:55:14 - 00:04:59:02

or be injured in a disaster

than non-disabled folks.

00:04:59:02 - 00:05:02:12

We know that we are left

behind in these conversations

00:05:02:12 - 00:05:05:20

and we know that this leads to us

00:05:05:20 - 00:05:07:23

being disproportionately impacted.

00:05:09:14 - 00:05:12:13

Talking further about

disproportionate impacts,

00:05:16:04 - 00:05:20:14

I wanna talk about a status

report on disability inclusion

00:05:20:14 - 00:05:24:17

in national climate

commitments and policies.

00:05:24:17 - 00:05:29:01

This was a report done

by Professor McGill,

00:05:29:01 - 00:05:32:22

excuse me, Professor Joe Wind

over at McGill University.

00:05:32:22 - 00:05:37:22

And they found that nationally

disaster commitments,

00:05:42:01 - 00:05:42:23

and I'm not sure

00:05:42:23 - 00:05:47:23

if I'm getting that

acronym correct, apologies,

00:05:49:04 - 00:05:52:03

demonstrates that states are

neglecting their obligations

00:05:52:03 - 00:05:54:05

to respect, protect, and fulfill

00:05:54:05 - 00:05:55:22

the rights of persons with disabilities

00:05:55:22 - 00:05:58:04

in their responses to climate crisis.

00:05:58:04 - 00:06:02:02

In the Paris Agreement, which

is what this report analyzes,

00:06:02:02 - 00:06:06:14

there are commitments that

each nation commits to,

00:06:06:14 - 00:06:10:21

to lower the impact of climate change.

00:06:10:21 - 00:06:14:08

And these commitments, you know,

00:06:14:08 - 00:06:19:08

they span a number of policy regions.

00:06:19:21 - 00:06:22:13

These commitments do not focus

on people with disabilities.

00:06:22:13 - 00:06:25:24

People with disabilities are

routinely either forgotten

00:06:25:24 - 00:06:29:03

in the creation of the commitments,

00:06:29:03 - 00:06:32:12

or if we were included in the beginning,

00:06:32:12 - 00:06:34:21

we were forgotten in the implementation

00:06:34:21 - 00:06:36:24

and follow up of the commitments.

00:06:36:24 - 00:06:38:24

We are forgotten

throughout the conversation

00:06:38:24 - 00:06:40:16

in climate crisis.

00:06:40:16 - 00:06:45:00

And we see that this is true

for people with disabilities,

00:06:45:00 - 00:06:48:08

but we also see that people of color

00:06:48:08 - 00:06:50:22

are also forgotten in these conversations.

00:06:50:22 - 00:06:53:13

For example, during Hurricane Katrina,

00:06:53:13 - 00:06:58:07

Black people are 1.7 to four

times more likely to die

00:06:58:07 - 00:06:59:21

than white people.

00:06:59:21 - 00:07:02:20

So people with disabilities,

people of color,

00:07:02:20 - 00:07:05:05

other multiply marginalized people

00:07:05:05 - 00:07:10:05

are the hardest hit

communities when disasters hit.

00:07:10:05 - 00:07:13:00

We are forgotten before

the disaster happens

00:07:13:00 - 00:07:17:15

in the planning processes as

the status report talks about,

00:07:17:15 - 00:07:22:15

and we're forgotten in the

response as the quote here

00:07:23:08 - 00:07:25:17

from Disparity in Disaster Preparedness

00:07:25:17 - 00:07:28:22

Between Racial and

Ethnic Groups talks about

00:07:28:22 - 00:07:30:18

in regards to Hurricane Katrina.

00:07:32:18 - 00:07:34:07

- This is German, thank you Priya.

00:07:34:07 - 00:07:39:00

And NDC stands for Nationally

Determined Contribution,

00:07:39:00 - 00:07:42:04

which is the Climate

Action Plan of a country

00:07:42:04 - 00:07:46:24

to cut emissions and for

climate adaptation standards.

00:07:48:08 - 00:07:49:10

- Thank you.

00:07:49:10 - 00:07:52:08

I knew that was slightly off,

00:07:52:08 - 00:07:56:18

and appreciate your ability to remember

00:07:56:18 - 00:07:58:11

all of these many acronyms.

00:08:04:01 - 00:08:05:02

- Thank you, Priya.

00:08:05:02 - 00:08:09:17

And yes, it's an acronym

soup between disaster lingo

00:08:09:17 - 00:08:11:24

and climate adaptation lingo.

00:08:14:03 - 00:08:17:03

The next slide reads, what is a disasters?

00:08:17:03 - 00:08:20:12

FEMA's definition defines a disaster

00:08:20:12 - 00:08:24:16

as a result in large numbers

of death and injuries.

00:08:26:18 - 00:08:29:16

An event that causes extensive

damage or destruction

00:08:29:16 - 00:08:30:14

of facilities

00:08:30:14 - 00:08:32:24

that provide and sustain human needs,

00:08:34:07 - 00:08:36:03

produces an overwhelming demand

00:08:36:03 - 00:08:40:13

on state and local response

resources and mechanisms,

00:08:43:07 - 00:08:45:20

causes a severe long-term effect

00:08:45:20 - 00:08:48:13

on general economic activity,

00:08:48:13 - 00:08:51:10

and severely affects state, local

00:08:51:10 - 00:08:53:09

and private sector capabilities

00:08:53:09 - 00:08:56:23

to begin and sustain response activities.

00:09:00:20 - 00:09:02:24

And in the next slide,

00:09:04:14 - 00:09:08:03

this matters for different

reasons, and I'll explain.

00:09:09:24 - 00:09:14:24

Emergency managers classify disasters

00:09:15:03 - 00:09:18:13

by further classifying

emergencies and disasters

00:09:18:13 - 00:09:20:11

by size and type,

00:09:20:11 - 00:09:24:07

and number of issues that

need to be addressed.

00:09:24:07 - 00:09:29:07

A minor emergency are

incidents that occur frequently

00:09:30:13 - 00:09:32:14

and can be managed within the resources

00:09:32:14 - 00:09:34:04

of the local community.

00:09:34:04 - 00:09:37:07

Your city, your county

can address the issues.

00:09:38:11 - 00:09:43:10

Think of a minor flooding, small fires,

00:09:43:10 - 00:09:45:01

localized power outages.

00:09:46:02 - 00:09:50:00

Limited and potential

emergencies are incidents

00:09:50:00 - 00:09:52:11

that have the potential to escalate

00:09:52:11 - 00:09:54:00

and may require assistance

00:09:54:00 - 00:09:57:01

from external resources or agencies.

00:09:57:01 - 00:10:00:02

That could include other counties,

00:10:00:02 - 00:10:04:01

potentially a neighboring state perhaps

00:10:04:01 - 00:10:07:02

at the adjacent level.

00:10:08:09 - 00:10:12:24

And this could include larger

wildfires, severe storms,

00:10:12:24 - 00:10:17:24

and potential disease

outbreaks at the small scale.

00:10:20:06 - 00:10:25:06

And then major disasters like

are large scale emergencies

00:10:26:05 - 00:10:29:12

that cause significant

damage and disruption,

00:10:29:12 - 00:10:33:02

often affecting large

areas and populations.

00:10:33:02 - 00:10:37:18

You can think of

hurricanes, big earthquakes,

00:10:37:18 - 00:10:40:18

and pandemics, like COVID-19.

00:10:44:14 - 00:10:47:15

In next slide please.

00:10:51:17 - 00:10:56:00

In your areas, common disasters include

00:10:56:00 - 00:11:01:00

severe storms, flooding, extreme heat,

00:11:01:03 - 00:11:05:18

wildfires, drought, hurricanes,

00:11:05:18 - 00:11:10:18

coastal erosion, tornadoes, landslides,

00:11:11:00 - 00:11:15:17

and some estimates that

in the near future,

00:11:15:17 - 00:11:19:13

potentially tsunamis could be a threat

00:11:19:13 - 00:11:21:16

that you may need to prepare for.

00:11:21:16 - 00:11:26:16

And tsunamis are known to be

the type of major disaster

00:11:27:00 - 00:11:28:13

that takes most lives.

00:11:29:11 - 00:11:32:16

They are sudden, rapid.

00:11:32:16 - 00:11:37:16

And if you cannot get yourself

to an elevated area quickly

00:11:39:24 - 00:11:42:10

could mean the difference

of life and death.

00:11:44:00 - 00:11:46:16

And it is, you know, many beach areas

00:11:46:16 - 00:11:51:16

have tsunami routes, knowing

them as you're in coastal areas

00:11:52:04 - 00:11:57:02

and remembering that at a beach,

00:11:57:02 - 00:12:01:15

you will see the water recede dramatically

00:12:01:15 - 00:12:03:07

if a tsunami is nearing,

00:12:03:07 - 00:12:04:24

and you would see in the distance,

00:12:06:20 - 00:12:11:06

unbelievable high waves

coming towards you.

00:12:14:12 - 00:12:19:12

- Ciawanda, we appreciate

that tidbit of information

00:12:19:16 - 00:12:20:13

for future.

00:12:21:18 - 00:12:22:23

- Yes, for future.

00:12:25:10 - 00:12:27:10

Hopefully you won't need to use it.

00:12:32:17 - 00:12:35:17

How to prepare for

disasters or emergencies.

00:12:38:06 - 00:12:43:01

We just went over some of your risks,

00:12:45:02 - 00:12:48:00

like hurricanes, drought, extreme heat,

00:12:49:14 - 00:12:52:01

and in the previous presentation

00:12:52:01 - 00:12:55:07

you all learned about your rights.

00:12:55:07 - 00:12:56:11

Now we want to go over

00:12:56:11 - 00:12:59:15

how to stay informed and make a plan.

00:13:03:22 - 00:13:05:24

Staying informed.

00:13:05:24 - 00:13:07:22

Follow emergency alerts.

00:13:09:02 - 00:13:14:02

They are through news broadcasts, radio,

00:13:14:11 - 00:13:18:14

social media, and

wireless emergency alerts.

00:13:18:14 - 00:13:23:14

Your local city emergency

management agency or county level

00:13:24:24 - 00:13:26:07

are primarily in charge

00:13:26:07 - 00:13:28:16

of putting these emergency alerts out.

00:13:29:17 - 00:13:33:13

And the FEMA app and the Red Cross app

00:13:33:13 - 00:13:38:12

also provide emergency alerts.

00:13:38:12 - 00:13:43:00

And at a individual

level, having a fire alarm

00:13:43:00 - 00:13:45:18

and a carbon monoxide detector

00:13:45:18 - 00:13:48:17

can also mean the difference

of life and death.

00:13:48:17 - 00:13:50:00

So it's important to have them,

00:13:50:00 - 00:13:54:11

and know that your local Red Cross

00:13:54:11 - 00:13:59:11

has a program that can help

you install a free of charge,

00:13:59:16 - 00:14:02:19

fire alarm and carbon monoxide detector

00:14:02:19 - 00:14:06:05

and can do an assessment of your about

00:14:06:05 - 00:14:09:17

to understand what could

be your related risks.

00:14:17:18 - 00:14:21:02

- So we talked about knowing your risks

00:14:21:02 - 00:14:26:02

and being able to then make a plan, right?

00:14:26:15 - 00:14:31:15

And the question we often

get around planning is,

00:14:31:22 - 00:14:32:24

when do I do it?

00:14:32:24 - 00:14:36:04

When should I be thinking

about these things, right?

00:14:36:04 - 00:14:38:05

And what we always say is,

00:14:38:05 - 00:14:40:23

plan for disasters and emergencies now.

00:14:40:23 - 00:14:44:00

It's so, so vital that

you're thinking about

00:14:44:00 - 00:14:45:08

what you're going to do

00:14:45:08 - 00:14:47:22

and how you're going to execute the plan

00:14:47:22 - 00:14:49:13

if a disaster hits.

00:14:51:23 - 00:14:55:11

Planning now can help you keep safer

00:14:55:11 - 00:14:57:24

during disasters and emergencies.

00:14:57:24 - 00:15:02:16

And it may also help lessen

disaster-related anxieties.

00:15:02:16 - 00:15:05:12

If you wait until a

disaster is about to happen

00:15:05:12 - 00:15:09:16

or is currently happening,

you will be more overwhelmed.

00:15:09:16 - 00:15:13:01

You may be unable to

secure necessary supplies,

00:15:13:23 - 00:15:16:00

and you may be less able to connect

00:15:16:00 - 00:15:17:24

with your support network.

00:15:17:24 - 00:15:20:18

It's so vital that you

have these plans now

00:15:20:18 - 00:15:23:06

when you're able to, you know,

00:15:23:06 - 00:15:27:15

put direct thought and calmly think about

00:15:28:13 - 00:15:30:22

how you're going to, you know,

00:15:30:22 - 00:15:32:14

weather a disaster if it happens,

00:15:32:14 - 00:15:35:04

what you're going to do and

how you're going to do it.

00:15:37:07 - 00:15:38:21

When you're making plans,

00:15:38:21 - 00:15:40:19

plans start with having conversations,

00:15:40:19 - 00:15:44:00

and you have those conversations

with your support networks,

00:15:44:00 - 00:15:48:08

which can include family,

can include friends,

00:15:48:08 - 00:15:52:24

and can include your faith

community, your coworkers,

00:15:52:24 - 00:15:56:21

any personal attendance that you have,

00:15:56:21 - 00:16:00:19

any direct service providers

that you may be connected with,

00:16:01:20 - 00:16:03:02

and your neighbors.

00:16:04:15 - 00:16:05:21

When you're making plans,

00:16:05:21 - 00:16:09:05

you wanna make sure you have

a plan to shelter in place,

00:16:09:05 - 00:16:13:01

and also having a plan

to evacuate if needed.

00:16:20:02 - 00:16:21:11

Sheltering in place plans

00:16:21:11 - 00:16:26:09

can be because of chemical

spills, dirty bombs,

00:16:26:09 - 00:16:30:08

severe weather, perhaps a security threat.

00:16:31:07 - 00:16:32:21

You may need to evacuate

00:16:32:21 - 00:16:36:07

because of a wildfire hurricane,

00:16:36:07 - 00:16:39:03

which I'm sure, which you

all are very familiar with.

00:16:39:03 - 00:16:43:10

And even building fires, which

is more individual scale.

00:16:47:00 - 00:16:48:03

- This is Ciawanda.

00:16:48:03 - 00:16:49:19

What is a dirty bomb?

00:16:51:00 - 00:16:52:10

- This is great question, Ciawanda.

00:16:52:10 - 00:16:54:00

A dirty bomb is a small explosive device

00:16:54:00 - 00:16:57:22

containing radiological material.

00:16:57:22 - 00:17:02:22

- So it sends out a

type of gas of some sort

00:17:03:23 - 00:17:06:12

is what you're saying?

00:17:06:12 - 00:17:08:02

- It would not be visible but

it would send out radiation.

00:17:08:02 - 00:17:13:02

So it's a small nuclear device.

00:17:13:13 - 00:17:18:13

It doesn't necessarily need

to be at the tip of a warhead.

00:17:23:11 - 00:17:28:11

It could be a suitcase

that would be a bomb,

00:17:29:18 - 00:17:32:09

but it does have radiological material

00:17:32:09 - 00:17:36:16

that where they would explode,

it would radiate radiation,

00:17:36:16 - 00:17:39:23

which is not visible

or you cannot smell it,

00:17:39:23 - 00:17:42:16

and it's radiation.

00:17:42:16 - 00:17:44:18

It will be a very small nuclear device,

00:17:46:02 - 00:17:47:04

which means that people

00:17:47:04 - 00:17:50:09

would need to shelter-in-place for longer,

00:17:52:24 - 00:17:56:12

and you would need to cover windows,

00:17:56:12 - 00:17:57:14

and we'll go over

00:17:57:14 - 00:18:02:14

some of the biohazard prevention

actions that you can take

00:18:02:16 - 00:18:05:09

if something like this

happens in coming slides.

00:18:05:09 - 00:18:06:06

- Okay, thank you.

00:18:07:08 - 00:18:08:22

- Thank you for your questions.

00:18:14:00 - 00:18:16:17

When making a plan, you know,

00:18:16:17 - 00:18:18:19

this training is your first step.

00:18:20:08 - 00:18:24:16

I'm sure many of you here

have started conversations

00:18:24:16 - 00:18:28:10

perhaps at your work or individually.

00:18:28:10 - 00:18:31:14

And for folks who haven't,

this is a great first step

00:18:31:14 - 00:18:35:00

in making your personal plan.

00:18:35:00 - 00:18:40:00

Next steps can include focusing

on preparing for disasters

00:18:40:00 - 00:18:42:20

that happen most often in your area.

00:18:42:20 - 00:18:46:22

This is why we talked about

what risks you may face

00:18:46:22 - 00:18:49:07

in terms of natural disasters,

00:18:49:07 - 00:18:50:24

and as we talked about,

00:18:50:24 - 00:18:55:07

what upcoming risks may happen

as climate change gets worse.

00:18:55:07 - 00:18:57:13

And then a next step also includes

00:18:57:13 - 00:19:00:00

planning with the

understanding that disasters

00:19:00:00 - 00:19:03:02

and extreme weather can and will change.

00:19:03:02 - 00:19:07:04

We talked about this quite a bit already,

00:19:07:04 - 00:19:09:23

but disasters are only going to get worse

00:19:09:23 - 00:19:13:11

and we need to keep that in

mind when we're making plans.

00:19:14:23 - 00:19:17:18

A good next step is also

to review The Partnership's

00:19:17:18 - 00:19:21:17

General No-Cost Preparedness

Tips for some more ideas

00:19:21:17 - 00:19:26:11

in how to plan for specific

and general disasters,

00:19:28:04 - 00:19:30:01

security threats, et cetera.

00:19:31:22 - 00:19:36:22

There is a link on screen to that page.

00:19:37:08 - 00:19:39:14

And you can also find it on our website,

00:19:39:14 - 00:19:42:12

which I shared at the

beginning of the presentation.

00:19:48:12 - 00:19:50:18

When thinking about your plan

00:19:50:18 - 00:19:54:18

and starting to plan some first

steps in developing the plan

00:19:54:18 - 00:19:57:17

can be deciding how

often you want to plan,

00:19:57:17 - 00:19:59:21

how often you wanna think about, you know,

00:19:59:21 - 00:20:03:02

planning for disasters,

emergencies and extreme weather,

00:20:03:02 - 00:20:05:02

and you know, noting

this in your calendar,

00:20:05:02 - 00:20:07:09

whatever that looks like to you.

00:20:08:06 - 00:20:12:07

Some folks, you know, want

to think about it monthly.

00:20:12:07 - 00:20:14:16

Some folks really, you know,

00:20:14:16 - 00:20:19:04

try to integrate disaster

planning in their lifestyle,

00:20:19:04 - 00:20:20:23

so it's more of a weekly thing.

00:20:21:20 - 00:20:24:23

Whatever works for your

life and your schedule,

00:20:24:23 - 00:20:27:07

but you know, thinking about

how often you want to plan

00:20:27:07 - 00:20:28:15

and think of these things.

00:20:29:11 - 00:20:32:08

And then other things you

can do include beginning

00:20:32:08 - 00:20:34:24

to create a social network to assist you

00:20:34:24 - 00:20:37:10

if that's something you're interested in,

00:20:37:10 - 00:20:39:17

and exchanging updated contact information

00:20:39:17 - 00:20:42:17

with that social network

if you already have one

00:20:42:17 - 00:20:44:24

or as you're building one.

00:20:44:24 - 00:20:48:08

Again, if this is, if you

want a social network,

00:20:48:08 - 00:20:49:03

that's great.

00:20:49:03 - 00:20:51:13

We'll also be talking about how to plan

00:20:51:13 - 00:20:56:03

without a social network for

folks that is pertinent to.

00:21:00:12 - 00:21:03:05

Additional steps include setting times,

00:21:03:05 - 00:21:07:22

review your plan and rotate

items in your emergency kits

00:21:07:22 - 00:21:11:13

so that they don't include expired items.

00:21:11:13 - 00:21:14:01

This sort of goes hand

in hand in thinking about

00:21:14:01 - 00:21:16:07

how often you want to plan, right?

00:21:16:07 - 00:21:19:16

Part of planning is reviewing the plan

00:21:19:16 - 00:21:23:06

is looking at your emergency kit,

00:21:23:06 - 00:21:26:15

and then also planning

includes setting priorities,

00:21:26:15 - 00:21:29:13

deciding what's most important to you,

00:21:29:13 - 00:21:31:17

what's most manageable to you.

00:21:31:17 - 00:21:33:22

And you know, considering

if you can't complete

00:21:33:22 - 00:21:38:07

some of these steps, modifying

the steps to meet your needs.

00:21:38:07 - 00:21:41:07

Your plan is personal, it's yours.

00:21:41:07 - 00:21:43:10

You should make sure

that it works for you,

00:21:43:10 - 00:21:46:02

and what works for you is

not gonna work for others.

00:21:46:02 - 00:21:48:14

And that's important to remember.

00:21:53:24 - 00:21:56:06

When setting priorities,

00:21:56:06 - 00:22:01:06

you want to consider when

assembling supplies in your go bag

00:22:01:09 - 00:22:03:05

or shelter-in-place kits,

00:22:03:05 - 00:22:06:08

prioritizing food and water supply.

00:22:06:08 - 00:22:10:02

We'll talk about what can

be included in these go bags

00:22:10:02 - 00:22:11:20

or shelter-in-place kits.

00:22:11:20 - 00:22:15:03

But we know that food

and water is a necessity,

00:22:15:03 - 00:22:16:21

and so thinking about

00:22:16:21 - 00:22:20:19

how you can access non-perishable items

00:22:20:19 - 00:22:25:19

and water to be able to

shelter-in-place if needed.

00:22:26:20 - 00:22:30:04

Another priority you can consider

00:22:30:04 - 00:22:31:22

is once you have enough food and water

00:22:31:22 - 00:22:33:23

for every person in the household,

00:22:33:23 - 00:22:36:17

and we'll talk about what is enough,

00:22:36:17 - 00:22:38:13

then you can move on to other necessities

00:22:38:13 - 00:22:41:08

such as extra medication

if that's possible,

00:22:41:08 - 00:22:42:15

or needed for you.

00:22:43:12 - 00:22:48:12

Also, batteries, flashlights, blankets.

00:22:48:14 - 00:22:50:21

And then you can move on to other,

00:22:51:22 - 00:22:53:24

maybe not necessities,

00:22:53:24 - 00:22:56:12

but certainly important items

00:22:56:12 - 00:22:58:16

such as things to keep you busy.

00:22:58:16 - 00:23:01:10

And we'll also talk about

the importance of that

00:23:01:10 - 00:23:05:03

as we move into the planning as well.

00:23:12:11 - 00:23:14:17

Throughout the process of planning,

00:23:14:17 - 00:23:18:11

you want to think about

these questions, right?

00:23:18:11 - 00:23:22:15

How will I know about a

disaster or emergency?

00:23:22:15 - 00:23:25:07

What is my plan for sheltering?

00:23:25:07 - 00:23:27:17

What is my plan for evacuating?

00:23:28:17 - 00:23:30:22

What is my plan if power is out

00:23:30:22 - 00:23:33:16

for an extended period of time?

00:23:33:16 - 00:23:36:12

Who is part of my support network?

00:23:36:12 - 00:23:39:13

What is my communication plan?

00:23:39:13 - 00:23:41:07

And do I have what I need?

00:23:42:13 - 00:23:45:05

As we continue this training, we will go,

00:23:45:05 - 00:23:48:17

we've already talked about

some of these questions,

00:23:48:17 - 00:23:50:14

and we'll go through the rest of them

00:23:50:14 - 00:23:53:16

to help you think about

your personal plan,

00:23:53:16 - 00:23:57:14

but overall, this is what

you need to think about

00:23:57:14 - 00:23:59:21

to create an effective personal plan.

00:24:03:19 - 00:24:06:16

- Next, we'll go into sheltering in place.

00:24:08:22 - 00:24:11:15

Preparing with few resources.

00:24:11:15 - 00:24:12:22

Not everyone may be able

00:24:12:22 - 00:24:16:05

to have the time, money, or space

00:24:16:05 - 00:24:19:18

to gather all items suggested

for an emergency kit.

00:24:20:15 - 00:24:21:24

This is okay.

00:24:21:24 - 00:24:24:16

Any planning is better than no planning.

00:24:27:02 - 00:24:30:03

If you have any amount of money available,

00:24:30:03 - 00:24:35:03

buy essentials like

water, shelf-stable food,

00:24:35:11 - 00:24:39:01

flashlights and batteries,

solar-powered chargers

00:24:39:01 - 00:24:41:20

for phones or other devices,

00:24:41:20 - 00:24:43:16

and a hand crank radio,

00:24:43:16 - 00:24:48:16

or a National Oceanic and

Atmospheric Administration,,

00:24:48:23 - 00:24:51:13

also known as NOAA, weather radio.

00:24:53:12 - 00:24:54:17

- Before we move forward,

00:24:54:17 - 00:24:58:12

do you want to talk about what

shelf-stable food is, German?

00:25:00:13 - 00:25:01:09

- This is German.

00:25:01:09 - 00:25:02:04

Thank you Priya.

00:25:04:03 - 00:25:08:12

Food that will last without

needing refrigeration.

00:25:08:12 - 00:25:13:12

Oftentimes they can be

dried fruits and vegetables,

00:25:13:24 - 00:25:15:06

canned meals.

00:25:16:14 - 00:25:19:15

You've seen the tuna in the plastic bag,

00:25:19:15 - 00:25:20:15

I don't know what to call that,

00:25:20:15 - 00:25:24:19

but, so those can be some

examples of shelf-stable food.

00:25:24:19 - 00:25:27:20

Consider your own dietary needs

00:25:27:20 - 00:25:30:17

and what you can accomplish in a moment

00:25:30:17 - 00:25:34:09

that you may not have

power or gas to cook.

00:25:40:01 - 00:25:42:08

Not having money does not mean

00:25:42:08 - 00:25:45:09

that you cannot do any disaster planning,

00:25:45:09 - 00:25:48:00

as Priya mentioned previously.

00:25:48:00 - 00:25:49:22

Please take a moment to review

00:25:49:22 - 00:25:53:04

our General No-Cost Preparedness Tips

00:25:53:04 - 00:25:57:11

that contains additional

areas for specific events.

00:25:57:11 - 00:25:59:00

And look for free items

00:25:59:00 - 00:26:02:00

for your go bag and shelter-in-place kit.

00:26:02:22 - 00:26:07:22

See if your food pantry,

faith-based groups

00:26:08:00 - 00:26:09:22

or other nonprofits can help.

00:26:14:18 - 00:26:16:13

It is difficult for disabled people

00:26:16:13 - 00:26:19:22

to have enough money

for day-to-day survival.

00:26:19:22 - 00:26:22:10

We know this, many of

us are in fixed incomes,

00:26:23:14 - 00:26:26:15

let alone extra to prepare for disasters.

00:26:26:15 - 00:26:27:22

This is not your fault.

00:26:29:18 - 00:26:31:07

- You also should not feel guilty

00:26:31:07 - 00:26:35:15

if you're not able to plan

as much as you would like,

00:26:35:15 - 00:26:40:15

or plan, you know, building

your emergency kits.

00:26:40:22 - 00:26:45:20

The key conversation here is ensuring

00:26:45:20 - 00:26:49:03

that you are thinking about

how you're going to react

00:26:51:03 - 00:26:54:02

if a disaster emergency happens, right?

00:26:54:02 - 00:26:56:09

So creating the disaster plan,

00:26:56:09 - 00:27:00:22

and if possible, some of the

pieces to your emergency kits.

00:27:00:22 - 00:27:02:21

But remember, it's not your fault.

00:27:02:21 - 00:27:07:21

It is a result of our

systems that we live in,

00:27:08:24 - 00:27:13:08

and there are nonprofits

and other organizations

00:27:13:08 - 00:27:16:08

that may be able to help in some specifics

00:27:16:08 - 00:27:18:02

of building your emergency kit.

00:27:23:23 - 00:27:27:02

- FEMA recommends 13 items

00:27:27:02 - 00:27:29:07

to include in your emergency kits.

00:27:29:07 - 00:27:34:04

They are water, one

gallon per person per day

00:27:34:04 - 00:27:38:17

for at least three days for

drinking and sanitation.

00:27:38:17 - 00:27:42:12

Food, at least three days of food supply

00:27:42:12 - 00:27:45:23

of non-perishable food

and a manual can opener,

00:27:46:19 - 00:27:51:05

A first aid kit, and consider

to personalize your kit.

00:27:51:05 - 00:27:56:05

Masks, considering you may

need to evacuate to an area

00:27:56:06 - 00:27:58:00

that is heavily populated,

00:27:58:00 - 00:28:01:21

you may want to protect

yourself from airborne diseases.

00:28:03:02 - 00:28:05:18

And battery-powered or crank radio,

00:28:05:18 - 00:28:08:18

and a NOAA weather radio with tone alert.

00:28:09:18 - 00:28:14:18

These radios are sharing

a alert information

00:28:15:20 - 00:28:20:10

if in case of a disaster

and in the aftermath.

00:28:21:22 - 00:28:25:22

Additionally, FEMA suggests that you add

00:28:25:22 - 00:28:29:11

to your emergency kit,

flashlights and extra batteries,

00:28:29:11 - 00:28:32:06

plastic sheeting and duct tape.

00:28:32:06 - 00:28:34:08

And that goes back to

your question, Ciawanda,

00:28:34:08 - 00:28:36:15

around what happens if you hear

00:28:36:15 - 00:28:39:16

a dirty bomb went off nearby you?

00:28:39:16 - 00:28:42:14

You will be asked to shelter in place

00:28:42:14 - 00:28:44:24

and to take biohazard protections.

00:28:44:24 - 00:28:46:13

That's where you pull out

00:28:46:13 - 00:28:49:12

your plastic sheeting and duct tape

00:28:49:12 - 00:28:53:06

and put it over windows and other areas,

00:28:53:06 - 00:28:56:04

which we will go over in

detail in slides ahead.

00:28:57:11 - 00:29:00:13

Chargers for your cell

phones and other devices.

00:29:03:17 - 00:29:07:09

Moist towelettes, garbage

bags, and plastic ties,

00:29:08:18 - 00:29:12:08

moist towelettes, so wet

wipes otherwise known as.

00:29:12:08 - 00:29:15:05

Wrenches or pliers to turn off utilities,

00:29:15:05 - 00:29:17:14

your water, for example.

00:29:17:14 - 00:29:19:24

Local maps because your connectivity

00:29:19:24 - 00:29:21:08

and power may go out

00:29:21:08 - 00:29:25:03

and you won't have the

handy dandy Google Maps.

00:29:25:03 - 00:29:29:02

And a whistle in case that perhaps

00:29:29:02 - 00:29:30:17

something like an earthquake

00:29:30:17 - 00:29:33:04

or a building collapse happens

00:29:33:04 - 00:29:36:05

and you need to let first responders know

00:29:36:05 - 00:29:37:22

of your exact location.

00:29:43:01 - 00:29:45:15

These items are important to have.

00:29:45:15 - 00:29:47:15

These are the general recommendation,

00:29:47:15 - 00:29:52:07

FEMA, the Federal Emergency

Management Agency recommends,

00:29:52:07 - 00:29:56:04

but personalized to your

needs your emergency kit

00:29:56:04 - 00:29:57:21

is what is most important.

00:29:59:07 - 00:30:02:01

Additionally, one should include

00:30:03:22 - 00:30:07:04

important documents in a waterproof bag

00:30:07:04 - 00:30:09:19

and save electronically if possible.

00:30:11:03 - 00:30:12:11

Even though at the immediate moment,

00:30:12:11 - 00:30:16:03

you might not be able to

get to your cell phone

00:30:16:03 - 00:30:18:01

or your folders online,

00:30:18:01 - 00:30:19:03

but it's something that you may be able

00:30:19:03 - 00:30:22:04

to reach later on remotely

from a different device.

00:30:23:03 - 00:30:27:17

And you should include a

list of emergency contacts,

00:30:27:17 - 00:30:31:22

house or apartment

lease, mortgage or deed,

00:30:31:22 - 00:30:35:05

health insurance and

primary doctor information,

00:30:35:05 - 00:30:39:00

and copies of your ID,

your birth certificate,

00:30:39:00 - 00:30:42:07

social security card, or

green card if applicable.

00:30:42:07 - 00:30:47:07

This will help as you maybe

looking into disaster services

00:30:49:14 - 00:30:53:06

like from FEMA or the Small

Business Bureau thereafter.

00:30:55:04 - 00:30:57:07

Other important documents

00:30:57:07 - 00:30:59:17

include your prescription medication,

00:30:59:17 - 00:31:02:11

medication to renew them or refill them.

00:31:03:18 - 00:31:05:23

Dietary requirements,

00:31:05:23 - 00:31:08:23

information on your customized equipment,

00:31:08:23 - 00:31:12:02

and information about your

service animal or pet,

00:31:12:02 - 00:31:15:16

like their veterinarian pet records

00:31:15:16 - 00:31:17:15

and or microchip information.

00:31:25:14 - 00:31:28:12

When building your

emergency kit, remember,

00:31:28:12 - 00:31:32:15

build your kit to meet

your individual needs.

00:31:32:15 - 00:31:35:12

This includes having a kit in place

00:31:35:12 - 00:31:38:12

in the places you often are at.

00:31:38:12 - 00:31:42:07

This could be at your

home, your workspace,

00:31:43:04 - 00:31:48:01

school, your vehicle, a

day program, et cetera.

00:31:49:10 - 00:31:52:13

Prepare a go bag to

survive at least three days

00:31:52:13 - 00:31:54:07

is the best recommendation,

00:31:55:05 - 00:31:59:09

and prepare a two week

shelter-in-place kit at home

00:31:59:09 - 00:32:00:08

if you need to.

00:32:01:15 - 00:32:03:24

Those are at a minimum,

00:32:03:24 - 00:32:07:01

sometimes if you've gone

through some disasters

00:32:07:01 - 00:32:11:12

like Ian, maybe your shelter-in-place kit

00:32:11:12 - 00:32:15:04

needed to be three weeks

long, four weeks long.

00:32:15:04 - 00:32:17:03

You've gone through the disaster,

00:32:17:03 - 00:32:18:08

you know what you need.

00:32:18:08 - 00:32:22:22

Don't let those lessons learned go away

00:32:22:22 - 00:32:26:02

and let's use them to

prepare for future disasters.

00:32:31:01 - 00:32:33:23

Important reminder when

building your emergency kit,

00:32:35:14 - 00:32:39:00

check on and update

your supplies as needed.

00:32:39:00 - 00:32:41:19

We recommend every six months,

00:32:41:19 - 00:32:45:14

consider updating maybe

at the beginning of winter

00:32:45:14 - 00:32:47:15

and at the start of summer.

00:32:47:15 - 00:32:50:11

Keep your kit in a cool dry place

00:32:50:11 - 00:32:52:08

and out of direct sunlight.

00:32:53:17 - 00:32:57:22

For example, water does not expire,

00:32:59:03 - 00:33:04:03

but the plastic bottle

does contaminate the bottle

00:33:04:08 - 00:33:06:06

after a long period of time,

00:33:06:06 - 00:33:08:17

and even quicker if

it's in direct sunlight.

00:33:20:16 - 00:33:24:21

- When thinking about supplies

00:33:24:21 - 00:33:27:20

and when thinking about

preparedness plans,

00:33:27:20 - 00:33:29:02

you also wanna ensure

00:33:29:02 - 00:33:33:02

that you're keeping your

disability-related needs in mind.

00:33:33:02 - 00:33:35:21

This includes thinking

about your equipment,

00:33:35:21 - 00:33:40:16

any wheelchairs, walkers,

white canes, hearing aids,

00:33:40:16 - 00:33:44:15

speech devices, breathing

machines, et cetera.

00:33:44:15 - 00:33:47:14

I know for myself, I

use a power wheelchair.

00:33:47:14 - 00:33:51:08

So part of my disaster

plan is thinking about

00:33:51:08 - 00:33:55:12

how am I going to access my wheelchair

00:33:55:12 - 00:33:58:14

when I have no access to power?

00:33:58:14 - 00:34:03:14

How am I going to, you know,

00:34:04:02 - 00:34:07:10

evacuate if my building

does not have power

00:34:07:10 - 00:34:09:07

and the elevator does not work?

00:34:10:11 - 00:34:12:21

This is true for natural disasters,

00:34:12:21 - 00:34:16:00

but this is also true

for personal disasters,

00:34:16:00 - 00:34:19:11

as unfortunately for a good example

00:34:19:11 - 00:34:23:01

is the elevator in my

building is not very reliable,

00:34:23:01 - 00:34:26:03

and that is a personal emergency

00:34:26:03 - 00:34:30:05

that I need to then execute a plan for.

00:34:30:05 - 00:34:33:05

And so thinking about my

disability-related needs,

00:34:33:05 - 00:34:35:13

my equipment is so, so important.

00:34:35:13 - 00:34:36:22

And thinking about what, you know,

00:34:36:22 - 00:34:39:00

what needs power to function.

00:34:39:00 - 00:34:43:10

We mentioned breathing machines,

we mentioned power chairs,

00:34:44:22 - 00:34:47:03

maybe hearing aids,

00:34:47:03 - 00:34:52:03

and really just thinking through that

00:34:52:19 - 00:34:57:19

to be able to supplement your

00:34:58:05 - 00:35:01:19

and round out your disaster plan.

00:35:03:16 - 00:35:07:19

The other things you wanna think about

00:35:07:19 - 00:35:12:19

are your other supplies

to maintain independence

00:35:13:19 - 00:35:17:09

such as urinary and or bowel supplies,

00:35:17:09 - 00:35:21:24

wound care supplies, gloves, wipes, masks,

00:35:23:03 - 00:35:28:03

all of these consumable medical

supplies as they're called.

00:35:31:16 - 00:35:35:03

You also want to be thinking

about your communication needs.

00:35:35:03 - 00:35:39:10

Do you communicate using

American Sign Language or ASL,

00:35:39:10 - 00:35:41:24

or using a communication device?

00:35:41:24 - 00:35:45:20

Do you need documents,

information in plain language,

00:35:45:20 - 00:35:48:17

or in large print, or in braille?

00:35:48:17 - 00:35:51:12

How do you access information

00:35:51:12 - 00:35:53:14

and how do you share information,

00:35:53:14 - 00:35:57:24

and are those needs included

in your disaster plan?

00:35:57:24 - 00:36:02:04

If you don't have reliable

access to these needs,

00:36:02:04 - 00:36:07:04

these formats, if you

don't have those access,

00:36:08:07 - 00:36:09:13

what's your backup?

00:36:09:13 - 00:36:10:22

What are your communication plans

00:36:10:22 - 00:36:13:13

if you're unable to

communicate during a disaster

00:36:13:13 - 00:36:15:10

as you typically do?

00:36:15:10 - 00:36:20:08

If you use a powered supplied

communication device,

00:36:20:08 - 00:36:23:24

perhaps having a communication

board as a backup.

00:36:24:20 - 00:36:27:20

Can you rely on anyone

in your support network

00:36:27:20 - 00:36:32:06

to help you and plan on supporting you

00:36:33:10 - 00:36:35:13

during a disaster or crisis?

00:36:35:13 - 00:36:38:13

Maybe, you know, simply your

communication plan is ensuring

00:36:38:13 - 00:36:42:18

you have paper and pen available to you

00:36:42:18 - 00:36:47:09

and in your emergency

kits, go bags, et cetera.

00:36:47:09 - 00:36:49:16

Again, how will you communicate?

00:36:49:16 - 00:36:54:14

This goes in terms of

with emergency responders.

00:36:54:14 - 00:36:58:12

It goes in terms of

with shelter volunteers,

00:36:58:12 - 00:37:02:14

but it also goes in terms of

how are you gonna communicate

00:37:02:14 - 00:37:05:15

with your circle of support,

your support networks.

00:37:13:05 - 00:37:15:05

A key thing to think about

00:37:15:05 - 00:37:19:18

when thinking of and planning

for your communication needs

00:37:19:18 - 00:37:22:22

is what are you gonna do if

you don't have access to power?

00:37:22:22 - 00:37:26:18

If you don't have access to cell networks,

00:37:26:18 - 00:37:29:17

if communication lines are down,

00:37:29:17 - 00:37:31:08

how are you going to communicate?

00:37:32:19 - 00:37:35:03

When planning for disasters

when you live alone

00:37:35:03 - 00:37:38:21

and use tenant services or

have direct support staff,

00:37:38:21 - 00:37:42:10

it's important for us disabled

people to have the option

00:37:42:10 - 00:37:43:19

to live independently,

00:37:43:19 - 00:37:48:05

and living alone can make

it extremely critical

00:37:48:05 - 00:37:50:05

to plan with disability in mind.

00:37:51:14 - 00:37:54:14

Plan for how you will

meet your daily needs

00:37:54:14 - 00:37:58:09

if you have no attendance

or direct support staff.

00:37:58:09 - 00:38:01:21

German mentioned in the emergency kits

00:38:01:21 - 00:38:06:21

that, you know, you may

need a manual can opener,

00:38:07:21 - 00:38:09:02

but perhaps you can't use,

00:38:09:02 - 00:38:11:06

physically use a manual can opener.

00:38:11:06 - 00:38:16:00

So looking for cans of

food that have those tabs

00:38:17:01 - 00:38:21:07

at the top to make it a little

easier to access the food.

00:38:22:11 - 00:38:25:18

Maybe you can't use cans at all.

00:38:25:18 - 00:38:29:15

And so those pouches of food like tuna

00:38:29:15 - 00:38:32:13

is gonna get you through.

00:38:33:23 - 00:38:36:21

Super important to think

of your daily needs,

00:38:36:21 - 00:38:39:08

and you know, plan if

you have no attendants

00:38:39:08 - 00:38:41:12

or direct support staff available,

00:38:41:12 - 00:38:46:03

because more likely than not

they will be having to respond

00:38:46:03 - 00:38:48:15

to the disaster for

themselves and their family.

00:38:52:22 - 00:38:56:21

Planning with your disability

in mind can look like,

00:38:56:21 - 00:38:59:15

as I mentioned, having

food you can easily eat

00:38:59:15 - 00:39:04:14

and that meets your dietary

needs in your emergency kits.

00:39:04:14 - 00:39:07:01

But it also can include

building relationships

00:39:07:01 - 00:39:09:11

with people nearby such as neighbors,

00:39:09:11 - 00:39:13:01

ensuring that you're

building that support network

00:39:13:01 - 00:39:16:01

and building those

relationships with people nearby

00:39:16:01 - 00:39:17:24

as those are gonna be the people

00:39:17:24 - 00:39:22:22

that are able to and most

likely to be able to help you

00:39:22:22 - 00:39:24:12

when a disaster strikes.

00:39:24:12 - 00:39:27:05

We talk about, and we're gonna

talk about in the future,

00:39:27:05 - 00:39:29:01

that we can't rely on registries.

00:39:29:01 - 00:39:33:24

We can't rely on emergency personnel

00:39:33:24 - 00:39:35:21

to come and save us.

00:39:35:21 - 00:39:38:14

And so these relationships

with people nearby,

00:39:38:14 - 00:39:42:09

such as your neighbors are

going to mean life and death

00:39:42:09 - 00:39:45:01

or independence for many of us

00:39:49:19 - 00:39:51:14

- Shelter-in-place.

00:39:51:14 - 00:39:55:07

In case of biohazard event,

00:39:55:07 - 00:39:58:01

some tips include staying informed

00:39:58:01 - 00:40:02:01

and wait for officials to

declare it's safe to go out.

00:40:02:01 - 00:40:04:16

Keep doors and windows closed

00:40:04:16 - 00:40:08:06

and cover air vents and

fireplaces, if you have them,

00:40:09:13 - 00:40:10:13

their openings.

00:40:10:13 - 00:40:13:06

You do this with the plastic

sheeting and duct tape

00:40:13:06 - 00:40:14:09

we mentioned earlier.

00:40:15:07 - 00:40:17:20

Keep fans, air conditioning,

00:40:17:20 - 00:40:20:14

and forced air heating systems off

00:40:20:14 - 00:40:25:14

to limit the outside

air circulation inside.

00:40:34:02 - 00:40:35:00

Next slide.

00:40:38:03 - 00:40:42:24

Go into the center-most room

with as few windows as possible

00:40:42:24 - 00:40:45:16

and seal doors, windows, and air vents

00:40:45:16 - 00:40:47:20

with plastic sheeting and duct tape.

00:40:48:20 - 00:40:53:01

If you are in a workspace

during this time,

00:40:53:01 - 00:40:55:09

we talked about emergency kits.

00:40:55:09 - 00:40:57:23

FEMA suggests one day of supplies

00:40:57:23 - 00:41:00:05

for workspace emergency kits

00:41:01:01 - 00:41:03:01

in case of sheltering in place at work.

00:41:08:06 - 00:41:13:01

And after all this, we

have a question for you.

00:41:13:01 - 00:41:16:10

What things are you considering

00:41:16:10 - 00:41:18:17

for your personal emergency kits?

00:41:26:06 - 00:41:27:21

- This is Ciawanda.

00:41:27:21 - 00:41:31:21

For my personal emergency kit

00:41:31:21 - 00:41:36:21

is going to be more of

medication than anything

00:41:37:16 - 00:41:39:03

because that would, you know,

00:41:39:03 - 00:41:41:12

it would take to keep me going.

00:41:41:12 - 00:41:44:15

And so that's the top priority.

00:41:44:15 - 00:41:49:08

And then I would be thinking of medication

00:41:49:08 - 00:41:53:09

for my dependents as well.

00:41:53:09 - 00:41:55:07

So that would be what I would be

00:41:55:07 - 00:41:56:24

more considering than anything.

00:42:03:00 - 00:42:04:10

- Hi, this is Tomora.

00:42:04:10 - 00:42:06:05

One of the things that I would be,

00:42:06:05 - 00:42:09:08

that I would need to

consider besides medicine

00:42:09:08 - 00:42:11:03

and the stuff that you covered

00:42:11:03 - 00:42:16:03

would be also for the service

dog and training that we have.

00:42:16:19 - 00:42:19:10

So it would be getting her stuff ready,

00:42:19:10 - 00:42:22:02

and you know, dog food,

00:42:22:02 - 00:42:24:18

and, you know, whatever other things

00:42:24:18 - 00:42:27:18

that we would need for her

to be able to go to a shelter

00:42:27:18 - 00:42:30:10

or to go to someplace else that was safe.

00:42:36:00 - 00:42:37:17

- And don't forget doggy bags.

00:42:39:18 - 00:42:41:20

Absolutely good points.

00:42:41:20 - 00:42:44:24

And certainly you would also,

00:42:44:24 - 00:42:47:11

something FEMA does yet not include,

00:42:48:16 - 00:42:50:19

things will keep you cool, right?

00:42:50:19 - 00:42:54:14

Often after a hurricane,

we hear again and again

00:42:54:14 - 00:42:58:24

that it's very hot thereafter

and the power's out.

00:42:58:24 - 00:43:02:18

There's no air conditioning,

there's no cool drinks.

00:43:02:18 - 00:43:07:02

So things that will

keep you cool afterwards

00:43:07:02 - 00:43:09:09

would be useful.

00:43:09:09 - 00:43:14:09

So wonder what are those

Arctic Air items you use?

00:43:15:22 - 00:43:18:02

I think that you supported colleagues

00:43:18:02 - 00:43:21:08

after recent hurricanes?

00:43:21:08 - 00:43:24:20

- Yes, Arctic Air fans,

00:43:24:20 - 00:43:29:15

they just require some cold water

00:43:29:15 - 00:43:32:05

to make it feel like an air conditioner,

00:43:32:05 - 00:43:36:13

but they are battery operated

00:43:36:13 - 00:43:39:15

and if you have one of the battery backups

00:43:39:15 - 00:43:41:02

for your cell phone,

00:43:41:02 - 00:43:43:16

they also operate by way

of those battery backups.

00:43:43:16 - 00:43:45:05

So very good to have.

00:43:47:10 - 00:43:48:11

- Thank you both.

00:43:50:18 - 00:43:53:21

So yes, consider, and we

are in clear understanding

00:43:53:21 - 00:43:58:12

that one cannot just ask for

an extra month of medication.

00:43:59:11 - 00:44:00:20

Wish it was so.

00:44:00:20 - 00:44:03:04

So we encourage folks

00:44:03:04 - 00:44:08:04

to be attentive of their refill dates

00:44:08:09 - 00:44:09:18

in case you didn't take everything

00:44:09:18 - 00:44:10:18

that you can have a few

00:44:10:18 - 00:44:14:08

and you can start storing

those needed medications.

00:44:15:18 - 00:44:17:03

If you didn't take take one

00:44:17:03 - 00:44:18:05

because you forgot one day

00:44:18:05 - 00:44:21:06

or you weren't where

the medication was at,

00:44:21:06 - 00:44:23:07

storing that for your emergency kit.

00:44:23:07 - 00:44:24:22

And critically important

00:44:24:22 - 00:44:28:20

is remembering the expiration

date of said medications

00:44:28:20 - 00:44:30:03

so you rotate them.

00:44:33:24 - 00:44:35:03

Next slide please.

00:44:36:02 - 00:44:38:16

And do you have any

questions for us so far?

00:44:44:13 - 00:44:46:01

- No, not so far.

00:44:47:03 - 00:44:48:01

This is Ciawanda.

00:44:48:01 - 00:44:52:16

I will say that you all have

given me a lot to think about

00:44:52:16 - 00:44:55:19

because I did not have duct tape

00:44:55:19 - 00:44:58:20

in my own emergency preparedness kit

00:44:58:20 - 00:45:01:09

and I didn't have the plastic either

00:45:01:09 - 00:45:03:05

because I never thought about a bomb.

00:45:03:05 - 00:45:08:05

And so in the trying times

that we have today, right,

00:45:08:13 - 00:45:11:12

with all of the, you know, the unrest,

00:45:11:12 - 00:45:13:16

civil unrest in other countries,

00:45:13:16 - 00:45:16:04

I think it is important

for us to consider that.

00:45:16:04 - 00:45:18:15

And so I do have duct tape,

00:45:18:15 - 00:45:21:20

so I'm now going to transfer

that duct tape into my kit.

00:45:21:20 - 00:45:23:13

So thank you for that information.

00:45:24:20 - 00:45:25:22

- Hi, this is Tomora.

00:45:25:22 - 00:45:28:22

I had never heard of a dirty bomb before,

00:45:28:22 - 00:45:32:00

so thank you for enlightening us on that.

00:45:32:00 - 00:45:36:12

I just did not know about it.

00:45:37:24 - 00:45:38:21

- It's not the type of thing

00:45:38:21 - 00:45:42:00

we wanna think often about, right?

00:45:42:00 - 00:45:43:03

- Of course not.

00:45:43:03 - 00:45:48:03

- Yes, but it's important to

be aware of what could be,

00:45:48:06 - 00:45:51:10

and what could one do in

response to any event.

00:45:53:01 - 00:45:56:09

So important notes, thank you both.

00:46:01:06 - 00:46:02:10

Back to you Priya.

00:46:03:13 - 00:46:04:21

- Thank you so much, German.

00:46:04:21 - 00:46:08:10

Yes, these conversations

are always so tough,

00:46:09:14 - 00:46:11:18

which is why we do our

best to make them fun.

00:46:11:18 - 00:46:15:06

And we encourage you all,

00:46:15:06 - 00:46:20:06

and we'll go over in a minute, you know,

00:46:20:07 - 00:46:23:11

trying to make the planning

process for yourselves

00:46:23:11 - 00:46:24:18

as fun as possible

00:46:24:18 - 00:46:26:22

and talk about ways we

can do that as well.

00:46:27:20 - 00:46:30:14

Next we're gonna be

talking about evacuations.

00:46:30:14 - 00:46:31:16

We talked about sheltering in place

00:46:31:16 - 00:46:34:16

and what you will need

to shelter in place,

00:46:34:16 - 00:46:37:18

and planning to shelter in place.

00:46:37:18 - 00:46:42:09

And now we will talk about

planning, evacuation planning,

00:46:42:09 - 00:46:44:07

and what you will need as well.

00:46:48:03 - 00:46:53:03

So you want to think of

and plan for evacuations

00:46:53:12 - 00:46:57:10

in sort of two different

spheres if you will.

00:46:57:10 - 00:47:00:08

First evacuation's from your home.

00:47:00:08 - 00:47:03:22

And so this can look like, you know,

00:47:03:22 - 00:47:06:23

grabbing, you know, a go bag

00:47:06:23 - 00:47:11:04

or a smaller emergency kit

that is already at your home.

00:47:11:04 - 00:47:15:22

And then, you know, going to a shelter

00:47:15:22 - 00:47:19:07

or going to a friend's house.

00:47:19:07 - 00:47:22:19

You wanna ensure that your

go bag is easy to grab

00:47:22:19 - 00:47:26:09

and that it's something that

you can handle on your own.

00:47:26:09 - 00:47:29:00

So for me, that would mean

that it's not too heavy

00:47:29:00 - 00:47:32:21

and that I'm able to, you

know, just pick it up and go.

00:47:32:21 - 00:47:35:02

Your go bag, we'll talk a little bit,

00:47:35:02 - 00:47:38:12

I believe about more what

to include in your go bag,

00:47:38:12 - 00:47:40:01

but you wanna ensure that you're thinking

00:47:40:01 - 00:47:44:07

of power equipment chargers,

consumable medical supplies,

00:47:44:07 - 00:47:49:07

communication devices, fidget

devices, a change of clothes,

00:47:49:07 - 00:47:53:15

and at least three bottles

of water at least to,

00:47:54:24 - 00:47:56:24

you know, sort of get you started there.

00:47:59:01 - 00:48:01:15

Your go bag may include many of your items

00:48:01:15 - 00:48:03:05

in your emergency kit.

00:48:03:05 - 00:48:05:14

And so storing some of those items

00:48:05:14 - 00:48:09:08

in an easy to grab bag that's, you know,

00:48:09:08 - 00:48:11:11

near your emergency shelter kit

00:48:12:20 - 00:48:16:12

or otherwise easily

accessible is super important.

00:48:17:21 - 00:48:21:23

And then the other sphere is evacuating

00:48:21:23 - 00:48:24:01

from places you go often.

00:48:24:01 - 00:48:29:01

And that includes, right,

work, places of work,

00:48:29:13 - 00:48:34:13

or places you go in the

community or a friend's house.

00:48:34:16 - 00:48:36:07

If you have a partner

00:48:36:07 - 00:48:39:23

and you go over to their house often,

00:48:39:23 - 00:48:44:23

thinking of how you would

evacuate in those spaces.

00:48:50:04 - 00:48:53:03

When I think about, you know,

00:48:53:03 - 00:48:55:11

if what accessibility looks like to you

00:48:55:11 - 00:48:59:13

and how you're going to

evacuate, accessible egress.

00:48:59:13 - 00:49:02:11

And then you also want to, throughout,

00:49:02:11 - 00:49:06:20

you want to have an idea on

what the evacuation instructions

00:49:06:20 - 00:49:08:24

look like for that area.

00:49:09:22 - 00:49:14:10

And so making sure you are

staying informed that you are,

00:49:14:10 - 00:49:18:08

you received the alerts, that

you have downloaded the apps,

00:49:18:08 - 00:49:20:03

and that you have that radio

00:49:20:03 - 00:49:24:00

so that you're able to receive

any updated instructions

00:49:25:08 - 00:49:27:02

that you may not have heard before.

00:49:31:06 - 00:49:34:07

And when thinking about evacuations,

00:49:34:07 - 00:49:36:21

of course you wanna think

about where you will go.

00:49:36:21 - 00:49:39:19

I had mentioned perhaps

evacuating to a family,

00:49:39:19 - 00:49:43:00

a member's house or partner's house.

00:49:43:00 - 00:49:46:10

Maybe it looks like

evacuating to a friend's house

00:49:46:10 - 00:49:47:21

or even just a neighbor.

00:49:47:21 - 00:49:51:17

If, for example, if your power is down

00:49:51:17 - 00:49:54:14

or perhaps they have a generator,

00:49:54:14 - 00:49:57:02

you can also evacuate to

shelters, as I've mentioned,

00:49:57:02 - 00:49:59:00

and places of worship.

00:50:01:01 - 00:50:03:22

Also when planning for evacuations,

00:50:03:22 - 00:50:07:01

you wanna think about

how you will evacuate.

00:50:07:01 - 00:50:08:19

Do you have a car?

00:50:08:19 - 00:50:11:13

Can you rely on friends?

00:50:11:13 - 00:50:13:18

Do you use public bus?

00:50:13:18 - 00:50:17:09

And is that going to work

during an evacuation?

00:50:17:09 - 00:50:21:02

Do you need accessible transportation?

00:50:21:02 - 00:50:23:09

And do you use paratransit services?

00:50:24:24 - 00:50:27:12

If you use public bus

or paratransit services,

00:50:27:12 - 00:50:30:09

you want to of course be thinking about

00:50:30:09 - 00:50:34:12

what are backup plans

if they are unavailable,

00:50:34:12 - 00:50:36:06

if they're not operating,

00:50:36:06 - 00:50:41:06

or even if your car doesn't

work for whatever reason,

00:50:43:10 - 00:50:44:14

you always wanna ensure

00:50:44:14 - 00:50:47:12

that you're thinking about

how you will evacuate,

00:50:47:12 - 00:50:48:19

but then also what happens

00:50:48:19 - 00:50:52:02

if those first methods

aren't available to you?

00:50:56:05 - 00:50:59:00

We mentioned this earlier, right?

00:50:59:00 - 00:51:03:16

And you know, a key part in making plans

00:51:03:16 - 00:51:06:21

can be planning with your social networks.

00:51:06:21 - 00:51:10:22

And so that includes working

with friends, family,

00:51:10:22 - 00:51:15:05

neighbors, perhaps

coworkers, service providers

00:51:15:05 - 00:51:20:05

such as direct service providers,

direct support providers,

00:51:21:02 - 00:51:25:19

and potentially personal

assistance services.

00:51:25:19 - 00:51:27:03

And then also other people

00:51:27:03 - 00:51:31:04

that are involved in your

life, partners, et cetera.

00:51:32:12 - 00:51:35:02

A social network can be valuable

00:51:35:02 - 00:51:40:02

in preparing when your

social network exists

00:51:41:20 - 00:51:43:01

or if you want one.

00:51:48:09 - 00:51:49:23

It's important to remember though,

00:51:49:23 - 00:51:52:17

if you don't have or don't

want a social network,

00:51:52:17 - 00:51:56:02

you can still plan for disasters.

00:51:56:02 - 00:52:00:14

Social networks are not by no means

00:52:00:14 - 00:52:03:02

are necessary to plan for a disaster.

00:52:03:02 - 00:52:05:10

And you can still have an effective

00:52:05:10 - 00:52:06:23

personal preparedness plan

00:52:06:23 - 00:52:10:01

if you don't have a social network

00:52:10:01 - 00:52:11:24

or if you don't want a social network.

00:52:16:13 - 00:52:18:08

When planning for disasters alone,

00:52:18:08 - 00:52:21:20

and if you don't want a social

network, you can still plan.

00:52:21:20 - 00:52:24:09

You wanna consider how a disaster

00:52:24:09 - 00:52:26:02

might affect your daily life

00:52:26:02 - 00:52:28:16

and how a disaster disrupts your routine.

00:52:28:16 - 00:52:31:13

Many of the questions that

we ask at the beginning

00:52:31:13 - 00:52:35:03

of the presentation apply to you, right?

00:52:35:03 - 00:52:38:12

You wanna think about what

your emergency kit looks like,

00:52:38:12 - 00:52:39:19

if that's feasible for you.

00:52:39:19 - 00:52:42:23

You wanna think about how

you can shelter in place,

00:52:42:23 - 00:52:45:23

you wanna think about how

you're going to evacuate.

00:52:45:23 - 00:52:48:09

It simply means that you're

not gonna necessarily

00:52:48:09 - 00:52:53:09

be able to plan on relying

on your social network

00:52:55:10 - 00:52:56:05

for support.

00:52:59:03 - 00:53:00:16

Some questions to think about

00:53:02:11 - 00:53:05:10

just as for folks who

have social networks,

00:53:05:10 - 00:53:06:22

you wanna be thinking about

00:53:06:22 - 00:53:09:14

what you would do if you lose water,

00:53:09:14 - 00:53:13:14

if you lose electricity,

cell phone connectivity,

00:53:13:14 - 00:53:16:19

and or internet access for several days.

00:53:17:24 - 00:53:22:03

Would you be comfortable

sheltering in place by yourself?

00:53:23:18 - 00:53:26:18

And this includes, do you

have the supplies you need

00:53:26:18 - 00:53:28:04

to shelter in place?

00:53:29:00 - 00:53:33:21

If you decide to evacuate,

will you need help?

00:53:33:21 - 00:53:36:17

Do you have a plan for how

you're gonna get to a shelter?

00:53:42:18 - 00:53:45:14

If you don't have a social

network or a support network

00:53:45:14 - 00:53:47:00

and you would like to build one,

00:53:47:00 - 00:53:50:05

you can start by building relationships.

00:53:50:05 - 00:53:55:02

This involves starting casual friendships,

00:53:56:07 - 00:53:58:19

deepening existing relationships,

00:53:58:19 - 00:54:01:22

or making stronger connections

with your neighbors.

00:54:07:22 - 00:54:11:12

- Continuing on, when you

want to build a social network

00:54:11:12 - 00:54:15:00

and don't have one, how do

you go about building one?

00:54:15:00 - 00:54:19:08

There are some ways to start

building relationships.

00:54:19:08 - 00:54:23:00

Look for virtual spaces

where you feel welcomed.

00:54:23:22 - 00:54:28:06

Join a club and talking

about virtual spaces.

00:54:29:14 - 00:54:33:15

Social media platforms

oftentimes have sort of groups

00:54:35:00 - 00:54:36:02

that reflect your interest

00:54:36:02 - 00:54:41:02

and finding community within

the virtual environment.

00:54:41:08 - 00:54:45:02

Joining a club could include book clubs,

00:54:45:02 - 00:54:47:19

sports clubs, or hobby groups.

00:54:49:01 - 00:54:52:13

Go to a regular event like

a trivia night at a bar

00:54:52:13 - 00:54:54:08

or events at a library.

00:54:55:19 - 00:54:57:09

Take a class.

00:54:57:09 - 00:55:00:13

Cities and towns often offer

00:55:00:13 - 00:55:04:16

adult education classes at low or no cost.

00:55:04:16 - 00:55:07:04

And you said there for independent living

00:55:07:04 - 00:55:09:23

also provides skills training classes.

00:55:10:24 - 00:55:13:16

Volunteer, like you could do it yourself.

00:55:13:16 - 00:55:16:17

But also this is a way of

making social connections

00:55:16:17 - 00:55:20:00

while helping you improve the community.

00:55:20:00 - 00:55:23:17

Maybe you want to volunteer for yourself

00:55:23:17 - 00:55:28:17

or another, or start a disaster

planning peer support group.

00:55:30:17 - 00:55:34:18

Accept invitations to events

and social gatherings.

00:55:36:03 - 00:55:37:21

Try to say yes to invitations

00:55:37:21 - 00:55:42:07

like a neighborhood block party

or faith-based group event.

00:55:44:06 - 00:55:48:09

And invite and initiate

ways to connect with others.

00:55:48:09 - 00:55:52:06

You could start a book club

or host a monthly potluck.

00:55:52:06 - 00:55:57:06

Think of what your community

engages in and be a part of it.

00:56:02:00 - 00:56:05:14

When building a social

network, give it time.

00:56:05:14 - 00:56:07:23

It may take a while to

form close friendships.

00:56:07:23 - 00:56:09:22

As you develop these friendships,

00:56:09:22 - 00:56:13:01

invite people to be part of

your disaster planning network.

00:56:14:05 - 00:56:16:17

And consider what you

can bring to the table,

00:56:16:17 - 00:56:17:24

what you can offer.

00:56:17:24 - 00:56:20:06

You can share what you now know

00:56:20:06 - 00:56:23:17

after hearing and being

present in this training

00:56:24:14 - 00:56:26:07

about emergency planning.

00:56:26:07 - 00:56:28:03

You might be able to check in on them

00:56:28:03 - 00:56:31:08

or help them in other

ways during a disaster

00:56:31:08 - 00:56:33:02

or extreme weather event.

00:56:35:22 - 00:56:37:24

When building a social network,

00:56:37:24 - 00:56:39:16

consider your safety.

00:56:39:16 - 00:56:42:00

At events to connect with people,

00:56:42:00 - 00:56:45:14

take COVID-19 and other

disease precautions.

00:56:45:14 - 00:56:50:14

Wear a high quality mask

like at N95 or KN95 mask.

00:56:51:02 - 00:56:53:10

Practice social distancing,

00:56:53:10 - 00:56:56:15

and as possible, ask

participants to be up to date

00:56:56:15 - 00:56:58:12

on their vaccines and boosters.

00:57:01:01 - 00:57:04:22

Options for planning

with a social network.

00:57:04:22 - 00:57:07:00

Form a disaster planning team

00:57:07:00 - 00:57:08:21

that meets virtually or in person

00:57:08:21 - 00:57:11:03

until your plan is set.

00:57:13:08 - 00:57:16:01

Later, periodically meet to replace items

00:57:16:01 - 00:57:18:15

that are about to expire or not working.

00:57:19:11 - 00:57:22:19

Ask specific people in your social network

00:57:22:19 - 00:57:25:16

to be responsible for

completing specific tasks.

00:57:27:04 - 00:57:30:18

And as you're replacing items,

00:57:30:18 - 00:57:32:18

we recommended winter and summer

00:57:32:18 - 00:57:35:05

because you're clothing also,

00:57:35:05 - 00:57:38:15

you should have a couple extra

pairs of socks and clothes

00:57:38:15 - 00:57:42:05

and they will look different

between winter and summer.

00:57:45:01 - 00:57:48:05

Build relationships with neighbors.

00:57:48:05 - 00:57:51:11

This allows you to exchange

contact information

00:57:51:11 - 00:57:54:20

or agree to check in on

each other in disasters

00:57:54:20 - 00:57:56:09

or extreme weather events.

00:57:57:12 - 00:57:59:09

If you live alone and need assistance

00:57:59:09 - 00:58:01:18

with tasks of daily living,

00:58:01:18 - 00:58:03:14

consider making a plan with a neighbor

00:58:03:14 - 00:58:05:01

for help in an emergency.

00:58:08:09 - 00:58:10:18

While disaster planning is serious,

00:58:10:18 - 00:58:12:09

it does not need to be grim.

00:58:13:05 - 00:58:16:21

Here's some ideas to make it fun.

00:58:16:21 - 00:58:18:10

Play music in the background

00:58:18:10 - 00:58:22:05

or at the beginning and

end of planning sessions.

00:58:22:05 - 00:58:23:05

Be comfortable.

00:58:23:05 - 00:58:27:08

Wrap yourself in a favorite

blanket, have snacks,

00:58:27:08 - 00:58:31:21

and take time to socialize

before or after meetings.

00:58:35:11 - 00:58:38:21

Getting past barriers

to disaster preparation.

00:58:40:22 - 00:58:44:06

You can still plan for many

situations without money.

00:58:44:06 - 00:58:46:20

You don't need to feel powerless.

00:58:46:20 - 00:58:49:10

You can plan how you would evacuate

00:58:49:10 - 00:58:51:22

if certain roads are closed,

00:58:51:22 - 00:58:54:17

how you would connect with support network

00:58:54:17 - 00:58:57:08

if communication lines are down,

00:58:57:08 - 00:59:00:23

and where you would meet up

with members of your household.

00:59:03:10 - 00:59:07:04

It is easy to look at a

disaster preparedness checklist

00:59:07:04 - 00:59:09:20

and get overwhelmed, stop.

00:59:09:20 - 00:59:12:21

Disabled people, due to systemic ableism

00:59:12:21 - 00:59:15:04

or disability-related needs,

00:59:15:04 - 00:59:19:10

often must manage more tasks

than non-disabled people.

00:59:19:10 - 00:59:20:06

You know this.

00:59:21:05 - 00:59:23:07

Competing needs can make it hard

00:59:23:07 - 00:59:25:15

to prioritize disaster planning.

00:59:27:16 - 00:59:29:06

But as disabled people,

00:59:29:06 - 00:59:32:19

we are used to adapting standard

ways of completing tasks.

00:59:32:19 - 00:59:35:03

Disaster planning is no different.

00:59:38:20 - 00:59:42:05

We encourage you to create

a culture of preparedness.

00:59:42:05 - 00:59:46:12

Know that a disaster

can happen at any time.

00:59:46:12 - 00:59:49:14

Update your plan regularly,

00:59:49:14 - 00:59:52:12

and make preparedness

a part of your routine.

00:59:53:21 - 00:59:56:17

Don't forget to practice your plan often.

01:00:00:23 - 01:00:01:24

Any questions?

01:00:11:12 - 01:00:12:19

- No, none from me.

01:00:21:17 - 01:00:22:22

- Fantastic.

01:00:25:03 - 01:00:30:03

So we've talked a a lot about how to plan,

01:00:30:20 - 01:00:34:01

we've talked about what

you need to know to plan.

01:00:34:01 - 01:00:36:16

And as we've talked about,

01:00:36:16 - 01:00:40:04

this can feel very, very

overwhelming, right?

01:00:40:04 - 01:00:41:21

It's a lot of information,

01:00:41:21 - 01:00:44:03

there's a lot of things you need to know.

01:00:44:03 - 01:00:45:09

I mean, enough that it fills

01:00:45:09 - 01:00:48:04

a whole hour and a half presentation.

01:00:48:04 - 01:00:51:20

And so for many folks,

01:00:51:20 - 01:00:56:20

the information itself is just too much.

01:00:57:05 - 01:00:59:03

And so what we have done

here at The Partnership

01:00:59:03 - 01:01:04:03

is create a document

for you and other folks,

01:01:04:10 - 01:01:08:13

other consumers to use

to create your plan.

01:01:09:11 - 01:01:12:05

And what that document and checklist

01:01:12:05 - 01:01:14:20

includes is a disability rights

01:01:14:20 - 01:01:17:06

during disasters overview, right?

01:01:17:06 - 01:01:22:02

What rights do disabled people

have that they need to know?

01:01:25:13 - 01:01:27:07

And the key thing that we say

01:01:27:07 - 01:01:30:14

during all of our presentations,

01:01:30:14 - 01:01:34:18

and that is certainly highlighted

in this disability rights

01:01:34:18 - 01:01:36:17

during disasters overview,

01:01:36:17 - 01:01:40:06

is that your civil

rights are not suspended

01:01:40:06 - 01:01:41:23

during disasters.

01:01:41:23 - 01:01:43:22

So important to remember that.

01:01:43:22 - 01:01:48:05

And that the ADA, any

requirements under Section 504

01:01:48:05 - 01:01:49:17

of the Rehabilitation Act

01:01:49:17 - 01:01:51:20

that we've all talked about already,

01:01:51:20 - 01:01:56:20

those rights are still in effect

if a disaster is happening.

01:01:57:11 - 01:01:59:12

So, so important for folks to know that.

01:02:01:13 - 01:02:05:09

The checklist also includes

staying informed resources.

01:02:05:09 - 01:02:10:09

So information on how to

sign up for emergency alerts,

01:02:10:21 - 01:02:15:02

information on how to

sign up for the FEMA app,

01:02:15:02 - 01:02:17:19

download the FEMA app

and the Red Cross app,

01:02:17:19 - 01:02:19:23

and how to generally stay informed

01:02:19:23 - 01:02:22:21

during a disaster or emergency.

01:02:24:09 - 01:02:27:02

It also includes an

emergency kit checklist.

01:02:27:02 - 01:02:30:22

We went over the items that FEMA suggests,

01:02:30:22 - 01:02:32:12

and then we also suggest

01:02:32:12 - 01:02:37:12

other disability-related

preparedness needs and checklists.

01:02:39:14 - 01:02:44:06

So what supplies as a disabled

person do you use regularly?

01:02:44:06 - 01:02:49:06

What plans, communication plans

do you need to have in place

01:02:51:13 - 01:02:55:04

for your communication needs?

01:02:55:04 - 01:02:57:09

And then we end the checklist

01:02:57:09 - 01:03:02:09

and the resource with a section

for your planning guide.

01:03:02:13 - 01:03:04:03

And I just wanna take a few minutes

01:03:04:03 - 01:03:09:03

to give some examples of what

the checklist looks like.

01:03:15:12 - 01:03:17:16

And I'm also gonna go ahead

01:03:17:16 - 01:03:22:16

and paste the link in the chat for folks.

01:03:25:00 - 01:03:25:21

Please do remember

01:03:25:21 - 01:03:30:17

that you're gonna get all

of these links and slides

01:03:34:03 - 01:03:35:14

at the end of the training

01:03:35:14 - 01:03:37:10

and it will be made available to you.

01:03:44:15 - 01:03:49:13

So onscreen is a screenshot

01:03:49:13 - 01:03:52:13

of page three of the checklist,

01:03:52:13 - 01:03:54:02

and it includes some of the information

01:03:54:02 - 01:03:56:20

for staying informed and the resources.

01:03:56:20 - 01:04:01:05

Onscreen is text that says

Staying Informed Resources.

01:04:01:05 - 01:04:03:19

And it includes information to sign up

01:04:03:19 - 01:04:05:21

for local emergency alerts,

01:04:07:00 - 01:04:09:22

information on how to

download the FEMA app,

01:04:09:22 - 01:04:14:22

which is available on Google

Play and the Apple App Store.

01:04:15:08 - 01:04:19:22

You can also get information

and download via text message,

01:04:19:22 - 01:04:24:22

and that information is

available in the sheet.

01:04:28:07 - 01:04:32:03

You can download the

Red Cross emergency app,

01:04:32:03 - 01:04:35:04

which is also available on

Google Play and the App Store.

01:04:35:04 - 01:04:39:11

And it's also available

on the Amazon App Store.

01:04:39:11 - 01:04:41:17

And you can also text

"GETEMERGENCY" to 90999

01:04:45:05 - 01:04:46:20

for more information.

01:04:47:17 - 01:04:50:08

And there's also a Learn

More link there as well.

01:05:03:17 - 01:05:08:15

Also then on screen is a

screenshot of page five,

01:05:08:15 - 01:05:10:19

which includes information on

01:05:10:19 - 01:05:13:10

that includes your emergency kit,

01:05:13:10 - 01:05:17:10

and it's talks about a

complete change of clothing

01:05:17:10 - 01:05:20:03

which is appropriate for the climate,

01:05:20:03 - 01:05:24:17

and a pair of sturdy shoes

if that's applicable to you.

01:05:24:17 - 01:05:26:17

Again, as German mentioned,

01:05:26:17 - 01:05:31:17

it's great to check in on your

emergency kit twice a year.

01:05:32:08 - 01:05:35:11

We suggest during spring and fall

01:05:35:11 - 01:05:38:18

as the seasons change drastically

01:05:38:18 - 01:05:41:23

so that you can update

the change of clothing

01:05:41:23 - 01:05:44:00

so it's appropriate to the weather needed.

01:05:45:18 - 01:05:47:16

Also included in your emergency kit,

01:05:47:16 - 01:05:51:07

a shelter-in-place kit can

be a fire extinguisher,

01:05:51:07 - 01:05:54:17

matches in a waterproof container.

01:05:54:17 - 01:05:59:17

Period hygiene supplies,

personal hygiene items,

01:06:00:01 - 01:06:05:01

paper cups, plates, paper

towels and plastic utensils

01:06:05:06 - 01:06:08:16

for all of those

non-perishable food items.

01:06:10:04 - 01:06:13:20

Paper, pencil, pen, and/or marker.

01:06:13:20 - 01:06:16:10

This can be part of

your communication plan

01:06:16:10 - 01:06:19:16

but also can just help you stay busy

01:06:19:16 - 01:06:22:09

when you're sheltering in

place as German mentioned.

01:06:22:09 - 01:06:24:20

And as you know, you may

need to shelter in place

01:06:24:20 - 01:06:29:20

for many weeks and that

can get very, very tiresome

01:06:31:11 - 01:06:32:15

and very difficult.

01:06:35:02 - 01:06:38:06

And so to that purpose and to stay busy,

01:06:38:06 - 01:06:43:06

you wanna potentially try to

include books, games, puzzles,

01:06:44:00 - 01:06:46:14

fidget devices or other stimulating

01:06:46:14 - 01:06:50:07

or distracting activities or devices.

01:06:50:07 - 01:06:53:09

Again, you may have to shelter

in place for a long time.

01:06:53:09 - 01:06:57:02

You wanna make sure you

can comfortably do that

01:06:57:02 - 01:06:58:11

or as comfortably do that.

01:07:06:05 - 01:07:10:21

Also on page five is this

little graphic with text

01:07:10:21 - 01:07:15:21

that's in multicolored bubbles.

01:07:16:23 - 01:07:19:23

And these bubbles include text that reads,

01:07:19:23 - 01:07:22:20

build your kit to meet your needs.

01:07:22:20 - 01:07:26:09

Prepare a go bag to survive

for at least three days.

01:07:27:05 - 01:07:29:18

As we mentioned, keep your

kit in a cold, dry place

01:07:29:18 - 01:07:31:13

and out of direct sunlight.

01:07:32:19 - 01:07:37:19

Check on and update

your supplies as needed

01:07:38:07 - 01:07:39:18

every six months.

01:07:40:21 - 01:07:44:23

Prepare a two week shelter-in-place kit,

01:07:44:23 - 01:07:47:15

and know your escape routes and places

01:07:47:15 - 01:07:50:19

where disaster services are provided.

01:07:50:19 - 01:07:52:17

In a fire or other emergency,

01:07:52:17 - 01:07:55:04

you may have to suddenly evacuate,

01:07:55:04 - 01:07:57:15

so having this information ahead of time

01:07:57:15 - 01:08:01:04

is so important to your disaster planning.

01:08:05:10 - 01:08:08:21

Page six of the checklist

includes information

01:08:08:21 - 01:08:11:18

for your personal disability preparedness,

01:08:11:18 - 01:08:15:20

and it asks questions like

what equipment do I use

01:08:15:20 - 01:08:18:20

and what equipment do

I need to keep in mind?

01:08:18:20 - 01:08:21:11

And some options provided are, you know,

01:08:21:11 - 01:08:26:11

wheelchair or scooter,

speech device, walker,

01:08:26:21 - 01:08:31:21

white cane, hearing aids, commode chair,

01:08:32:20 - 01:08:35:15

hoyer lift, breathing machine,

01:08:35:15 - 01:08:37:19

such as a ventilator or respirator,

01:08:38:24 - 01:08:43:02

oxygen, suction or home

dialysis equipment.

01:08:43:02 - 01:08:46:01

And then also in a space to write in other

01:08:46:24 - 01:08:50:02

disability-related equipment.

01:08:50:02 - 01:08:54:10

And the blank box, it's to

the right for that option.

01:08:58:10 - 01:09:00:14

It also, page six also asks

01:09:00:14 - 01:09:02:11

what equipment needs power to function?

01:09:02:11 - 01:09:06:19

Again, important disability-related

questions to ask.

01:09:06:19 - 01:09:08:11

And so other options

01:09:08:11 - 01:09:12:17

also include wheelchair

or scooter, hearing aids,

01:09:12:17 - 01:09:16:07

speech devices, hoyer lifts,

01:09:16:07 - 01:09:20:12

breathing machines such as

ventilators or respirators.

01:09:20:12 - 01:09:23:15

And then medicine that needs

to be kept refrigerated

01:09:23:15 - 01:09:25:04

such as insulin.

01:09:25:04 - 01:09:27:19

And then of course there

is a write in option

01:09:27:19 - 01:09:30:07

for any other equipment that you may need.

01:09:34:19 - 01:09:39:19

And then page eight and page nine

01:09:40:12 - 01:09:45:12

talk about your emergency

plan and what is needed.

01:09:47:21 - 01:09:50:19

And so page eight talks about my plan

01:09:50:19 - 01:09:52:17

for sheltering in place is,

01:09:52:17 - 01:09:54:05

and then there's a space,

01:09:54:05 - 01:09:57:11

a blank box for you to fill in that plan.

01:09:58:08 - 01:10:02:20

If the box is not enough

room, which it may not be,

01:10:04:06 - 01:10:07:12

there is also other blank

pages in the checklist

01:10:07:12 - 01:10:11:19

for you to use to fill out as well.

01:10:13:16 - 01:10:17:24

Page nine talks about

your communication plan

01:10:17:24 - 01:10:20:19

for your support network

and contact information,

01:10:20:19 - 01:10:23:20

and a spot for you to

fill in that information.

01:10:23:20 - 01:10:26:03

So thinking of how you're

going to get in touch

01:10:26:03 - 01:10:27:20

with your support network

01:10:27:20 - 01:10:31:06

and having their contact

information in one space

01:10:31:06 - 01:10:36:06

to be able to be able to easily

reference it if necessary

01:10:38:00 - 01:10:40:13

and if communication lines are open.

01:10:45:11 - 01:10:48:16

Like I mentioned, that

personal preparedness checklist

01:10:48:16 - 01:10:51:14

is available through the link in chat.

01:10:51:14 - 01:10:54:08

And then when we send out the slide deck

01:10:54:08 - 01:10:59:08

and then follow up with

the post-production archive

01:11:01:01 - 01:11:03:21

of the recording in the coming weeks,

01:11:03:21 - 01:11:07:24

it will also be available

with those materials as well.

01:11:07:24 - 01:11:11:03

All of these materials will be excluding

01:11:11:03 - 01:11:12:19

the post-production archive, of course,

01:11:12:19 - 01:11:14:16

it will be screen reader accessible,

01:11:14:16 - 01:11:18:04

and the archive will include

the ASL interpretation

01:11:18:04 - 01:11:22:02

we have provided here, as

well as closed captioning.

01:11:24:13 - 01:11:26:05

Are there any questions?

01:11:35:04 - 01:11:37:01

I know that was a lot of information.

01:11:38:23 - 01:11:42:09

If you have any questions, of

course feel free to jump in.

01:11:42:09 - 01:11:44:06

But I have a question for you.

01:11:45:11 - 01:11:48:06

How do you all feel about starting or,

01:11:48:06 - 01:11:50:24

it sounds like you all

have plans already in place

01:11:50:24 - 01:11:55:24

as you have already

experienced numerous disasters.

01:11:56:12 - 01:11:58:08

So how do you feel about

enhancing your plans

01:11:58:08 - 01:12:01:12

with the information given so far?

01:12:02:20 - 01:12:03:16

- Eager.

01:12:07:07 - 01:12:08:13

Yeah, like I said,

01:12:08:13 - 01:12:11:06

I didn't, some of it I did not know of

01:12:11:06 - 01:12:14:04

and did not take into consideration,

01:12:14:04 - 01:12:18:17

so I'm looking forward to

doing that as soon as possible.

01:12:22:06 - 01:12:23:02

- Wonderful.

01:12:24:22 - 01:12:27:11

- This is Tomora, I'm also looking forward

01:12:27:11 - 01:12:31:14

to getting the rest of

the emergency preparedness

01:12:32:15 - 01:12:34:23

gets together to, you know,

01:12:34:23 - 01:12:38:15

God forbid we needed to

evacuate, so thank you.

01:12:40:24 - 01:12:42:23

- Yeah, even from an organization,

01:12:42:23 - 01:12:44:04

this is Ciawanda, I'm sorry,

01:12:44:04 - 01:12:46:23

even from an organizational standpoint,

01:12:46:23 - 01:12:50:02

we do a emergency preparedness training

01:12:50:02 - 01:12:53:21

for the consumers that we serve,

01:12:53:21 - 01:12:57:03

and some of the information

that you all have provided

01:12:57:03 - 01:12:59:17

is not information that we give to them.

01:12:59:17 - 01:13:03:20

And so I'm excited to

have had this information

01:13:03:20 - 01:13:05:23

that you presented today

because it allows us

01:13:05:23 - 01:13:08:10

to go back and reevaluate

01:13:08:10 - 01:13:11:00

what we were providing the consumers

01:13:11:00 - 01:13:13:10

and kind of revamping some things.

01:13:13:10 - 01:13:15:00

So thank you for that as well.

01:13:18:17 - 01:13:20:19

- Wonderful, so glad to hear that.

01:13:20:19 - 01:13:25:19

And you know, we're here

to help support you.

01:13:26:02 - 01:13:30:17

So as you go through and

revamp those trainings,

01:13:30:17 - 01:13:33:08

of course we're here as a resource,

01:13:33:08 - 01:13:36:18

and the slide deck will also

be available as a resource.

01:13:40:07 - 01:13:41:09

- Thank you for that.

01:13:45:21 - 01:13:47:24

- The bottom line, as I mentioned,

01:13:47:24 - 01:13:49:22

this is a lot of information.

01:13:49:22 - 01:13:51:06

You should leave here knowing

01:13:51:06 - 01:13:53:01

that you should plan for disasters,

01:13:53:01 - 01:13:57:14

and so grateful to hear that

you all are already doing so.

01:13:57:14 - 01:13:59:04

And it's important to remember

01:13:59:04 - 01:14:02:15

that you don't have to do

everything all at once.

01:14:02:15 - 01:14:05:20

You can avoid the steps that

don't make sense for your life

01:14:05:20 - 01:14:08:02

and you can break down the planning

01:14:09:01 - 01:14:11:09

into smaller, manageable pieces

01:14:11:09 - 01:14:14:03

that works for you and your life.

01:14:14:03 - 01:14:17:07

Pacing yourself is so, so important.

01:14:17:07 - 01:14:19:19

And you can do this by setting priorities

01:14:19:19 - 01:14:22:06

and evaluating them carefully.

01:14:22:06 - 01:14:25:19

And remember, the more planning

you can do, the better.

01:14:25:19 - 01:14:28:04

Any planning is better than no planning,

01:14:28:04 - 01:14:31:04

and you wanna start planning

as soon as possible.

01:14:38:16 - 01:14:40:13

- So wrapping up with some resources

01:14:40:13 - 01:14:43:02

that you will find at

the end of the slide deck

01:14:43:02 - 01:14:46:07

include how to sign up for alerts,

01:14:46:07 - 01:14:50:02

how to opt in to wireless

emergency alerts,

01:14:50:02 - 01:14:55:01

where to find the FEMA

app and the Red Cross app,

01:14:55:01 - 01:14:57:16

finding a shelter in place near you.

01:14:57:16 - 01:15:02:16

And you could also text

S-H-E-L-T-E-R, SHELTER,

01:15:03:07 - 01:15:06:08

and your zip code to 43362,

01:15:08:16 - 01:15:13:00

example text, quote, "Shelter 98499",

01:15:14:19 - 01:15:18:24

and it will text you back with

the open shelters near you.

01:15:18:24 - 01:15:23:16

And it does, if you

don't have a text plan,

01:15:25:18 - 01:15:29:07

it'll charge the cost of texts.

01:15:29:07 - 01:15:33:23

And you can also call the Red

Cross number, 1-800-733-2767,

01:15:36:23 - 01:15:40:05

to find information about local

shelters and other services

01:15:40:05 - 01:15:42:01

that Red Cross provides in that case.

01:15:43:06 - 01:15:48:06

And FEMA offers ready.gov

resources, so link there.

01:15:49:00 - 01:15:54:00

And we also include the telephone

number for poison control

01:15:54:20 - 01:15:56:13

in the chance you need it.

01:15:56:13 - 01:15:58:17

And that is 1-800-222-1222.

01:16:03:11 - 01:16:06:05

We also include our very own

01:16:06:05 - 01:16:08:12

disability and disaster

hotline information.

01:16:08:12 - 01:16:13:01

People can call or text, (800) 626-4959

01:16:14:19 - 01:16:18:07

or email hotlin @disasterstrategies.org.

01:16:21:02 - 01:16:25:16

You could also look up your

Red Cross of Central Florida,

01:16:26:14 - 01:16:31:09

211 and United Way, and

there's to your county.

01:16:31:09 - 01:16:33:23

So also there's information about 311

01:16:33:23 - 01:16:35:18

in different parts of Florida,

01:16:35:18 - 01:16:40:18

the Southeast ADA Center link,

and additional disaster tips

01:16:41:22 - 01:16:45:08

that we at The Partnership

have created for you all.

01:16:48:02 - 01:16:50:17

And since we have a a minute,

01:16:50:17 - 01:16:52:18

I would encourage that if, you know,

01:16:52:18 - 01:16:57:04

because we briefly talked

about dirty bombs, you know,

01:16:59:22 - 01:17:04:22

this could come, you don't have

a nuclear plant nearby you,

01:17:05:16 - 01:17:07:11

but if you are traveling the state,

01:17:07:11 - 01:17:08:14

I wanna say

01:17:08:14 - 01:17:10:10

there's at least three

nuclear plants throughout.

01:17:10:10 - 01:17:12:00

And it's important just to be aware

01:17:12:00 - 01:17:17:00

of the threats and potential

hazards wherever you may be at,

01:17:18:07 - 01:17:20:14

and in that situation,

01:17:20:14 - 01:17:24:08

what would be the fallout area?

01:17:25:21 - 01:17:29:10

We shared about being

in the most-center rooms

01:17:29:10 - 01:17:32:17

so you are away from

windows and other areas

01:17:32:17 - 01:17:35:11

that exposure could filtrate through,

01:17:36:22 - 01:17:41:22

but 24 hours, if you are ever

in that type of situation

01:17:41:24 - 01:17:43:24

and hopefully not ever,

01:17:43:24 - 01:17:48:24

24 hour to 48 is that the

time that radiation takes

01:17:49:19 - 01:17:53:15

to settle on the ground

from contaminating the air.

01:17:53:15 - 01:17:54:23

It's still dangerous.

01:17:54:23 - 01:17:59:18

We definitely do not want to

be in those circumstances,

01:17:59:18 - 01:18:03:18

and in future presentations

we can delve deeper.

01:18:03:18 - 01:18:07:13

This was just an overview,

01:18:07:13 - 01:18:09:22

brushing over some of these specifics.

01:18:12:02 - 01:18:16:11

You all have attended the

Disability Rights in Disasters

01:18:16:11 - 01:18:19:22

and the Personal Disaster

Prep for Disabled People

01:18:19:22 - 01:18:20:23

just today,

01:18:20:23 - 01:18:23:24

And on November 8th,

01:18:23:24 - 01:18:28:19

we will go over Dangers

of False Expectations.

01:18:28:19 - 01:18:30:19

On November 29th,

01:18:30:19 - 01:18:34:07

we'll go over Addressing

Institutionalized Racism

01:18:34:07 - 01:18:36:08

in Emergency Management.

01:18:36:08 - 01:18:40:19

And in December 7th, we'll

go over Disability Bias

01:18:40:19 - 01:18:42:02

in Emergency Management.

01:18:48:02 - 01:18:51:17

We thank you all for

attending today's training

01:18:51:17 - 01:18:54:21

and encourage that you are eager

01:18:54:21 - 01:18:59:04

to enhance your personal disaster plans.

01:19:01:05 - 01:19:02:01

- Absolutely.

01:19:02:01 - 01:19:04:09

You know how to reach

us, and we look forward

01:19:04:09 - 01:19:08:23

to continued partnership and

collaboration in the future.

01:19:10:22 - 01:19:12:06

- Thank you all.

01:19:12:06 - 01:19:15:02

- Thank you so much and enjoy

your weekend and be safe.

01:19:16:06 - 01:19:20:16

Thank you.