- I am first going to start

with a few accessibility and technical support reminders.

Then I will pass it off

to Kassidy Aldritch

who is gonna go over the safety feature of this building

and then it will be transferred to Lisa

to talk about the workshop.

(woman speaking in Spanish)

First and foremost,

we have Spanish interpretation available via Zoom.

If you are joining us in the room

and need Spanish interpretation, please let us know.

We will send you the Zoom link for help

you to access the Spanish interpretations

(woman speaking in Spanish)

For folks who already have the Zoom link

or are joining us from Zoom,

you can access the Spanish interpretation

by clicking the interpretation button with a globe icon

on the bottom right of the Zoom navigation bar.

If you are accessing today's webinar

via the Zoom app on your phone,

you'll see three dots on the bottom right of your screen

and then click the globe icon.

(woman speaking in Spanish)

We have now started a simultaneous interpretation.

If you have any difficulties

accessing the Spanish translation, please let us know.

If you are joining us from Zoom

and cannot access the chat feature,

please let us know of any technical difficulty via email

at priya@disasterstrategies.org.

We also have American Sign Language interpretation

and have English communication asset real time translation

that is available.

Our ASL interpreters are stationed

in

the front to the right of me

and are spotlit

for folks on Zoom.

For folks on Zoom,

you can adjust the size of this slide

and speakers and interpreters in Zoom

by moving the gray divider

that separate the speakers and interpreters

from the slide to the right or left.

Let us know if you have any technical difficulty.

CART is available via the external link provided

and the captions are also embedded in Zoom.

Those in the room can scan the QR code

posted around the room

or ask us for the link.

Folks in Zoom can access the captions

via the "Show Caption" CC button

on the navigation bar at the bottom of your zoom screen

or via the external link in chat.

Click the CC button in order to show the subtitles on Zoom.

You can also edit the font size and type color

via the subtitle setting button accessed via

the small carat within the CC button.

Folks can access AI Spanish captioning

via the external part link

by clicking the button in the top left corner

of the caption screen

and then clicking Spanish.

A huge thank you to our entire access team

that could be here today.

And just so everyone is aware,

this workshop is recorded

and an archive of today's conversation will be available

in Spanish and English in the coming weeks.

In addition to recording,

you will also receive

an accessible slide deck of the presentation used today.

Be on the lookout for these items

in your email in the coming weeks.

And please ask your questions as they come to you.

To ask or respond to questions,

please use the raise your hand button

on the bottom of your Zoom screen,

type in chat, or simply unmute yourself

and jump in the conversations at an appropriate time.

Some friendly reminders regarding accessibility

during the event.

Please identify yourself before speaking.

For example, this is Jesse.

Please don't talk over others

and keep yourself on mute when not talking.

This is especially helpful for those using captions

following the conversation.

If you are having trouble with the mute button,

we will help you mute.

And finally,

please define any acronyms

you may use,

so we are all on the same page.

We also want to welcome Freddie Walker from the (indistinct)

who is here to

amplify our community need

and access to resources

for inclusive disaster resiliency.

We also want to recognize Jim House who is here

from the Coalition for Inclusive Emergency Planning

and

he is the Disability and Accessibility

and - Integration Director.

And with that, I'm going to turn it over to Kassidy.

- Well good afternoon everybody.

My name is Kassidy Aldritch.

I am an Emergency Preparedness Specialist

in the city of Marysville.

I'm wearing black jeans, a gray quarter zip sweatshirt,

and have long red curly hair.

Quick little safety reminder for you all.

You all signed in when you came in,

so we'll use that as accountability

if we have to evacuate in the event of a fire.

You can go in the front door where you came in or

if you go to your left,

there's another fire escape down there.

- Meeting place if you are leaving or evacuating?

- Yeah, so we'll just meet right

in the front of the building,

and I remember the other thing which was bathrooms.

If you need to use the restroom at any point,

they're just down the hall to your right

and then to your right,

closer to the front door you came in.

And here is Lisa.

- Thank you Kassidy.

Hello, I'm Lisa Kraft.

I'm gonna be leading you today.

Does everyone here like to have fun?

I know we're preparing, but we're gonna have fun too.

So one of the things I want to do is

I have this nice sparkly bag up here.

Inside are

little gifts for anyone who wants to ask a question,

who wants to answer a question.

It's a little bag of goodies to help you participate.

There is a car,

but it does fit in the bag,

so don't get your hopes up too high.

This is the All-Inclusive Emergency Preparedness Training.

If you're here for a (indistinct) week,

you're in the wrong room.

We will take a break in midway

and at that time you can pick up all of the goodies

that have been assembled for you.

I wanna thank The Partnership for Inclusive...

Teamwork.

- Disaster Strategies.

- Inclusive Disaster Strategies.

Thank you Todd,

who are doing all of the

online work.

I wanna thank the Coalition for Inclusive Emergency Planning

for Jim, who did a lot of our reading of the slides

to make sure they were accessible for everyone.

And we are gonna go on and start learning about preparedness

because all of you can be prepared

and even if you haven't started,

you'll be a little bit more prepared after this.

So

remember that.

So for safety, you always say your name first.

We are gonna go around

and have all of you introduce yourselves.

We ask you to speak slowly

because if I speak fast,

our poor interpreter gets really tired,

our Spanish interpreters get really behind,

so

I tend to talk fast

and if they speak up, it's just a sign for me to slow down

so everyone can keep up.

As I said, I'm Lisa Kraft.

I am a master instructor

with the Community Emergency Response Team.

I did five years with the American Red Cross

as their disability integration lead

for Washington State and the Idaho Panhandle,

and I've worked with The Partnership and with the Coalition

and preparedness is my passion

and I'm so happy and thankful to see all of you here.

So do I have any questions

before I move on to your introductions?

All right, next slide.

Oh.

- Question, is it just first name or first and last?

- Next slide, please.

Next slide.

Name.

What brought you to this class?

What do you hope to get out of this class?

Is what I would like to hear,

and we can start here

and

I'm gonna reach into my bag

and give everyone an initial gift

simply from answering the question.

- My name's Alan

and I am a volunteer with emergency management,

both for the city of Marysville

and also for Department of Emergency Management

for Snohomish County.

I'm a ham radio operator,

involved with emergency communications,

and that's one of the reasons I'm here.

- My name is Musa.

I'm just gonna repeat exactly what Alan said.

We are kind of a team on this end.

- Dave.

I have been a CPR First Aid and Disaster Training instructor

with the Red Cross.

I'm currently a member

of the Community Emergency Response Team here in Marysville

and I do a lot of volunteer work,

and so I'm here to learn more.

- My name is Janice.

I've been

joining and learning

from the Emergency Response Group in Marysville

as I get to know the community over the last year,

and I'm also a nurse and my husband is disabled,

so I thought this would be particularly useful for me

to potentially learn more about.

- I'm Rob, originally from Seattle.

I'm a electronics restoration guy.

I'm a NSA appointed by the state of Washington,

and I work with a fellow that I've known for a long time

down in Seattle,

cerebral palsy,

who I help navigate the world

since he doesn't have any other family,

and I'm here just to learn anything that we possibly can

to make sure that people that I know

who are bound to wheelchairs now

can make it through a disaster.

- Hi,

my name is Dora,

and I'm here today

to learn about things like fire safety

and to support my dad,

mainly,

but I also like learning new things as well.

So I guess that's it.

- Hi everyone, I'm Rachel,

and I am a partner engagement specialist

with the North Sound Accountable Community of Health,

and we support community-led projects

all across the North Sound region,

including with the Center of Independence,

and

I am excited to

just learn about disaster preparedness,

specifically from a accessibility lens.

- Hi, I'm Mica, I'm also from North Sound ACH.

Just really appreciate being invited to be here today

and learn about emergency preparedness.

- Yes, hello there.

Is everyone good to see me all right?

We're all good?

Okay.

Yeah, my name is Jim

and my last name is House.

I have a disability

and I do disability and accessibility needs

with integration management,

and I do that for the state and the state advising group,

and we partner up on inclusion,

emergency planning,

and I'm here to support this class

and

kind of share

some tips in regards to emergency preparedness

and accessibility,

AFN.

So we'll talk later.

- This is Lisa.

Thank you so much for that.

I think we can answer most of your questions,

and if we don't, raise your hand,

we'll get you a mic, and you can ask.

I forgot to introduce myself as far as what I look like.

Maybe 'cause I avoid mirrors, but I don't know.

I'm a white Caucasian.

I have curly hair down to my shoulder

that never does what I tell it to,

so I sort of gave up.

I have my reading glasses hooked around my neck

'cause I tend to leave them every place if I don't.

I'm wearing black

and I have a dragonfly shirt on.

And now we're gonna go on to the next slide

and start getting into

what we're going to do today.

Everyone can prepare.

I have seen it.

We will show you how.

I'm gonna tell you how to shelter in place,

we're gonna talk about power backup,

and we're gonna talk about emergency evacuation.

Next slide.

This is one of my favorite quotes from an author,

Aaron Titus.

He says, "Prepare for disruptions, mass disasters,

preparing for future disruptions

will prepare you for any disaster."

So what do you think he meant by that?

Anyone?

- Disruptions in the various services we rely on.

- Can you repeat that with a mic?

- Yeah,

disruptions for any particular services

that we rely on a daily basis

- That is true.

- Thank you.

- Thank you, friends.

Tell them what you got.

There's one more in there,

so tell them what you got.

If they speak up, they might be rewarded with?

- You might just be lucky

and get a magenta colored egg with a little tiny duck,

a bathtub duck inside of it.

Now we just need the soap.

- Sorry, my bag does not contain soap.

Okay, so this is talking about

if the power goes out for an hour,

most of us are pretty good, right?

If it goes out for a day, it's getting pretty inconvenient.

How many people are good for a power outage of an hour?

Raise your hand.

How about a day?

How about a week?

Well I'm getting some drones.

Two weeks?

No.

Okay, we will talk about all of these different disruptions.

If it's a disruption and the longer it goes on,

the harder it gets.

Next slide.

Okay.

This is why it matters, and that's because you matter.

The people that you care about matter.

You may be on your own in a disruption or a disaster,

but you are not alone

because everyone here

is part of the group that supports you,

and one of the reasons that I talk about this is because

there's 70 million

people in the United States,

adults only who identify as having a disability.

That is one in four adults,

so knowing how to prepare for your needs,

for what you need,

and all preparedness is very specific to the individual.

There is no one size fits all.

If you look online, you've seen thousands of lists

that tell you everything to do.

What you need to do is go through those lists

and pick what matters to you.

Any questions?

I changed slides here.

Okay, what are we preparing for?

What do you think we're prepared for in this area?

- Earthquakes, major windstorms.

- Earthquakes, major windstorms.

Anyone else?

- Prepare for

any type of disaster that potentially can come at any time.

- I wish I could give the people who are online

the goodie bags that I have here,

but consider it a virtual one for responding.

Thank you.

For any sort of power outages.

Anything else that we prepare for in the northwest?

- Tsunamis.

- Speak into the microphone

so we capture it for everyone.

- Tsunamis.

- Tsunamis, yes.

- This is Priya, I'm seeing in chat from Hope, wildfires.

- Wildfires, most definitely.

You're scrolling.

Oops, doesn't work.

- We have one here.

- Flooding.

- Flooding.

Flooding is definitely one.

- And if you guys wanna, yep, just raise your hand

and then I can bring them in too.

Volcanoes.

- Volcanoes, definitely

- Terrorism.

- Terrorism.

I have not yet heard the number one

natural weather event that kills the most people.

Who said?

- Earthquake.

- Earthquakes don't happen that often.

I heard it.

Who said that?

- Heat.

- Too hot or too cold.

- Heat.

Heat kills more people than any other natural weather event,

and we will get to that in the slide.

There are a magnitude of,

I think we have everything here except for hurricanes.

So think of a natural disaster.

We have natural disasters pretty much except for hurricanes.

We've had straight line winds, we've had tornadoes,

and I do wanna point out that San Diego had a hurricane

and Alaska had a hurricane and we're right in the middle,

so while you don't have to get storm shutters yet,

keep it in mind.

Okay, next slide.

Okay.

We are at a discussion point.

It's gonna be discussion point all the time.

Raise your hand, the microphone will come to you.

We have talked about what can disrupt your life,

what the hazards in the area are,

and what is most likely to affect you.

Most likely is probably not going to be an earthquake.

Most likely it's going to be a power outage,

heat,

roads that are impassable due to ice.

Which ones would that impact you the most

as far as your life safety?

Of the normal disruptions.

- The heat got me pretty bad a few years back

when we were about 106 degrees.

We had the 106 degree weather I think it was.

I had to take my family to a motel

and just kind of wait out.

I've been disabled for 25 years

and that was rough.

That was rough on me until we got there.

- I'm glad you found a solution.

And you get a dinosaur.

- Been waiting for that.

- Good, I am glad you waiting for that.

- Disruptions

caused by power outages

but also cell phone

and

internet communications,

when you can't call

911.

Things like that.

- Very true.

- Sometimes you might have some technical difficulties

'cause you rely on, you know, technology for work

and everything, but it doesn't always work,

so that's frustrating.

- Next slide.

You're welcome, next slide.

Now we're going to start with some of the preparedness traps

that people fall into,

and I have seen all of these.

Registries.

A registry is when some emergency management

or

power company

or water company

or fire

or someone says,

just sign up with what your needs are

and then you will be a priority,

which is a wonderful thing for them to shoot for.

However,

even in blue sky,

when everything is going well,

if the firemen are in a hurry,

they aren't stopping to read it.

After they've collected all of those names,

who's maintaining it?

How do they know whether or not you have moved?

They're going off and they're saying,

well no one's there or things have changed

so they don't get used,

or they give you a false sense of security

because you say, oh well the power's out

but they know I need power so they'll be here any minute.

Don't count on that unless you're right next to a hospital,

which will be a priority for power.

So think about where you live,

but registries are

wonderful cloud in the sky ideas

but in practice they fall very short,

and if you're relying upon one,

you're probably not gonna get it in a disaster.

You might not even get it in a regular emergency

because it depends upon whether or not the firemen ask

or the dispatcher remembers to do so.

Microphone coming.

- We rely lots on the electricity,

when we should be prepared to do it without it,

and that's something we wanna address.

- Yes, we will be addressing the break in electricity

and there are lots of people who are power dependent

and that is one of the reasons

that we are calling this power backup education,

because if your power is cut off

and you're depending upon it,

and I can tell you that people with disabilities are

among some of the most resilient people that I know,

and when I was with the Red Cross

and Spokane went through a very, very long blackout period,

the people with disabilities waited until the 11th hour

because they were, "I can take care of myself.

The power will come back on, I can take care of myself."

And so

at the end of about eight days, seven days,

all of a sudden all of the calls came in at once.

"I desperately need power.

I am about to run out of power.

I would die without it.

I am stuck in the middle of my room in the dark

and my wheelchair won't go,"

and it's like I really admire the fact that

you people are so creative, that we are creative,

that we can do these things.

But if we have more preparation and more knowledge that

how long can you go before you have to start taking action?

I did I think about 24 hours solid

fixing those problems

that everyone decided, "I can wait, I can wait it out."

Let's have better plans than just waiting it out

because sometimes it will go longer than we can wait.

The other one is transportation.

How many people here have reliable transportation?

A few.

Not everyone.

What if you are waiting for a transit van

because they have sent an evacuation notice

to your neighborhood

and the police have blocked off access to the neighborhood

and are turning them around?

What then?

Do you have a neighbor with a car if you do not drive?

Do you know your neighbors?

This is very much about getting to know your neighbors.

If you don't like the one right next to you, skip them,

go to the one over, but know someone,

and have a backup plan for your backup.

Any questions upon

the three preparedness tasks we find ourselves in?

Okay, next slide.

Anything from online?

- This is Priya, no questions in chat.

- Okay, thank you Priya.

Okay, next slide.

Oh, already there.

Okay, so what can you do?

Prepare an emergency plan

to deal with these

daily setbacks and large scale disasters.

This is where we're talking about disruptors.

Not only do I want you to prepare an emergency plan,

this is where you sit.

You say "What if?"

And what if, and at the end of it if we have time,

we'll go through a lot of what if exercises.

It is what do I personally need?

You're gonna get a head start upon a lot of the things

that you should have as far as your need.

One of the biggest things,

secure backup power and batteries.

When people go to Red Cross shelters,

the most in demand backup power they need are

hearing aid batteries.

Think about having extra batteries

for equipment you rely upon.

Create a go bag,

and a go bag is if you have to evacuate, what do you need?

You need your medicines.

Think about what you need to take with you.

I spent time in Red Cross shelters.

My go bag contains

soft sheets

because that's what I needed.

If you are going to a shelter,

make sure you have a couple of days of food

that you could eat,

because while the Red Cross will try

to meet all of your dietary needs,

they might only have Big Macs available the first day.

I can't eat them.

Maybe you can.

So have food, have water,

have a go bag with your essentials,

and by all means, take something you like to do.

In the Red Cross shelters,

we are really big on crossword puzzles.

We have dozens and dozens of crossword puzzles.

If crossword puzzles are not for you,

pick something that you would like to do.

Standard stay in a Red Cross shelter

might be up to three days.

By three days, if it's longer,

they will have everything there,

but don't count on it immediately

because they're scrambling too.

- This is Jesse.

One thing that I pack in my go bag

in case they're

citywide or nationwide power outages

and several towers are,

you know, overloaded,

you know, then you can't use your cell phone.

I use music a lot

to help with my anxiety

and to block out not only my internal noise,

which is always freaking out, but loud noise outside,

and so

I pack my Microsoft Zoom.

It's a little MP3 player that holds up 80k

storage there and music,

and so I got all my rock music in there, my classical music,

and that's the one thing

that I will never take for granted is music.

Music helps a lot of people.

- Thank you Jesse.

That is a great example and a great suggestion.

Does anyone else wanna add something

that they think would be a good idea

to have with you in your go bag?

- This is Todd, Lisa,

and I'm curious,

does Red Cross manage every shelter?

- This is Lisa, no they don't.

The Red Cross manages some shelters

in the national shelter system

and they just changed that name to something else,

which I do not remember, but it's the same thing

where they keep track of all the shelters

but anyone, any group could open a shelter.

Sometimes the Red Cross will help staff it.

Sometimes it could be

the church or house of worship down the street

who just decides to open it up

so not everything is accessible.

The Red Cross shelters will be

placed out and you'll see the Red Cross.

They have big signs

and big signs that they are supposed to put up,

but you take what shelter you can in a storm, right?

And we will have some what ifs

upon shelters and accessibility.

Any other questions?

Any questions online, Priya?

- This is Priya.

No

questions

from folks.

Just

asked to uplift Jesse's suggestion

for

the music

and Jesse shared that

just for access.

Jesse shared that music helps him a lot

and that he has a

player,

an external music player that stores music,

like an iPod of sorts,

and

classical music is what Jesse shared

is something that helps him in particular.

- Okay, any more questions

before we move on to the next slide?

- No questions but Emmanuel wants to add that

to include

in your bag,

include documents,

cash,

a radio,

emergency shelter information

I believe that's supposed to say,

as well as water and/or water purification

or filtration methods.

Emmanuel also adds also make sure

you can comfortably carry the bag for several hours.

- This is Lisa

and we will be getting into some more specifics

but that is all a very good list

and when we say put money in your bag,

small denominations,

'cause if all you have is 20s

or you want that water bottle, you're paying $20

for a water bottle.

No one is gonna be giving you change.

We have a question here.

- I had one more suggestion is

supplies and food for your pets.

That becomes a very stressful thing when you have your pets

and you don't have food for 'em,

and I've set up shelters for Red Cross before

and they don't initially have food for animals.

- So yeah, food and a go bag for your pet.

Extremely important.

That is something that I teach when I'm doing preparedness

and we will be getting to preparing your pet in this

and we'll go to the next slide

and you've got a buddy riding a bird.

Okay, so secure your home.

We want you to survive if the earthquake comes,

so that would be bolt heavy furniture to the wall.

You don't want the giant bookcase coming down.

Have a fire extinguisher and a smoke alarm.

I didn't bring it, but you can get

a little foam canister of fire extinguishers.

They will do the A, B, C

and kitchen fires,

they last for five years,

and I had to get one for my 90-year-old mother

'cause she can't lift the fire extinguisher.

So always think about the weight and whether or not-

We redid her go bag

because she can only lift so much.

So think outside the box.

Think about what you can get though.

Those little foam fire extinguishers are very light

and I know nationally

that is what our cert kings deploy with

so that they aren't weighted down

by a giant fire extinguisher

and they will put out the same amount of fire.

Remove fire hazards like

don't have cords under or over your rugs here,

do not do the giant octopus of everything plugged in,

and have a home escape plan.

I usually tell people to go home, draw out where you live,

and see if there are two escapes from every room.

I know, that takes some thinking.

And then I want you to practice it

and if you can practice it, if your knees aren't too bad,

try crawling like there's smoke above your head.

Preparedness is always thinking about the what ifs.

Any questions upon preparing your home?

Besides the fact

don't put those giant appliances up above in the cupboard.

You have an earthquake, they're gonna come flying out.

Put them down below.

My pet peeve.

All heavy appliances down below.

Okay, next slide.

Okay, emergency alert.

How many people here are signed up for emergency alerts?

Oh pretty much most of the class.

Well if not,

I'm sure they have handouts there.

Sign up for your county alerts.

Washington has wireless emergency alerts,

WEA,

that will be sent to your mobile.

It's a reverse 911.

If something really traumatic is happening.

Sign up for a shake alert.

I signed up on the trial.

They got me 19 seconds before they simulated an earthquake.

I know people who've had 30 seconds

before they simulated an earthquake.

Just

seconds.

You think that doesn't matter

but how long does it take you to drop, cover, and hold

or in a wheelchair, lock, cover, and hold.

How long does it take them to open the fire bay doors

and stop the trains before the earthquake happens?

This allows you enough time to get ready for what's coming.

Well we'd all like an hour or so,

but a few seconds can make a big difference.

There's county, city, the MyShake system.

There are many alerts.

I sign up for all of 'em because I like to know.

I also sign up for the ones where my kids live, so I know.

I'm nosy that way.

Okay, next slide.

Okay, your emergency plan.

Having an emergency plan is great.

Having an emergency plan

that your family and friends know about is even better.

Keeping it to yourself doesn't help as much.

Have written contact lists.

So why do I say that?

- Nobody knows a phone number any longer.

- If you would repeat that.

- Because nobody knows a phone number any longer.

We rely on speed dial.

- That is correct.

No one memorizes phone numbers anymore.

Something different.

Jesse?

- Just a friendly reminder

when you take the mic, announce your name.

We have someone attending

that is blind so we wanna make sure

that they know we're speaking, okay?

Thank you.

- This is Lisa, thank you very much Jesse.

I have not done a good job of modeling that.

I will work upon that, I promise.

So written contact list.

I used to have phone numbers memorized, I don't anymore.

I have them

in all my bags, in my wallet

so I can call the people who matter.

Have a meeting place.

So if you're in different places

and you wanna meet family, have meeting place A, B, and C.

We were always talking about contingency plans.

If you do not have your own transportation,

make sure that you've made backup plans for transportation.

Primary, secondary, tertiary.

Who can you ask to provide a ride

knowing that your transit system

might be turned away by the police?

Or, like I just found out a couple days ago in New Jersey,

all the transit workers went on strike.

Things can happen.

You need to be prepared.

I also wanna talk about having an out of state contact,

an out of area contact.

That means if a disaster happens here,

you can probably get a text out to them

and then everyone in your emergency plan knows to call 'em

and they say, "Have you heard from them?

Oh, they're all right?

Okay."

Because you might have dying batteries,

you might not have more than one text

that can get out if the system is overwhelmed.

And Jim.

- Hey there.

This is Jim.

I'm a person who wears glasses.

I have short hair.

It's kind of brown and grayish

and

I think it's funny that

I'm starting to have gray hair, but that's okay.

Now, communication.

Oftentimes,

when

a disaster happens,

everyone tries to start placing calls,

but you know, everyone just like starts flooding the system

with phone calls and it all just gets trapped up

and they maximize on their ability

to get those calls out.

But you can call outside of your area.

That'll work sometimes

and sometimes it's actually easier

to just send a text message opposed to a voice phone call

because the bandwidth, the place,

the voice phone call is gonna be a lot more.

Text messages are simple,

much more simple than a verbal call.

That's it.

- Thank you Jim.

A very good point.

And since I have the stage, this is Lisa again,

I'm gonna tell you there's a good way to send out a text

and a not good way.

My son lives in New York City.

I was texting with him one night,

they eat late, we eat early,

and all of a sudden they said "Explosion.

We're okay.

Walking home."

That gave me all the information I needed to know.

I knew where they were at,

I knew how they were getting home,

they weren't getting on the subway,

and that they were okay.

They were right next door to the Chelsea Ball.

I also got from him,

"No one we know, we're okay."

That was not informative.

I had no idea what happened,

I just knew that they were okay for some reason.

So be very precise and be short.

The shorter the text message,

the more likely that it will get out.

Next slide.

Okay, here we are with your information.

Copies of your important documents,

your medical information, and prescriptions.

Good things to always have with you.

A card or pre-written note that explains your needs

to enable this community.

If you are deaf

and there are no translators around, something,

"I'm deaf, I need a ASL interpreter."

Anything

that says, "This is what I need,"

because if they cannot tell immediately,

you need to be able to communicate to people

who might not be expecting someone with a disability.

Even though you're a quarter of the population,

there is still an ableist community out there that says,

"Well everyone's like me, right?"

We aren't like anyone else ever,

whether they're ableist or not.

You'll also find that

a lot of our elderly

can't hear, can't see, have trouble getting around,

but they have no disabilities,

so we tell 'em, "Oh yes, you have a few limitations.

We can accommodate that,"

but it's still good to be able to communicate that all.

Any questions on that?

Any questions online, Priya?

- This is Priya.

No questions from folks.

Eric is just commenting that

that was good information from Jim.

- Great, thank you, next slide.

Okay, your community.

We went backwards.

We already planned with family and friends.

Oh

okay, now we want one ahead.

Contact.

We did have a contact area.

Keep written contact lists.

Keep a list of your service providers

and equipment providers.

If you have oxygen, know who provides it.

That's a really fast way to streamline the system

to get replacements.

If you have any durable medical equipment.

- Lisa, this is Todd.

Do you know is there a plan,

an oxygen plan anywhere in any state in the United States?

- This is Lisa and I am researching it.

I have other people researching it,

but we have not yet found a plan for oxygen.

Like when I was doing a fire

planning preparedness yesterday,

we asked the fire relief truck that goes fire relief

for when they're fighting fires

and they do not carry oxygen.

So we were thinking, oh that fire truck would be good.

But no, they purify the air, they do not carry oxygen.

So as something that we are working on

as the disability community, I do not have any answers yet.

But I do know that

if you have your service provider for anything

that is a durable medical equipment or a prescription,

that is going to speed up

your being able to get replacement.

Okay, next.

Okay, service animals.

There's a question?

- I think it's sort of two slides back,

but I heard a long time ago,

it was good to have like an out of state like contact

just because long distance phone calls was faster

to be reestablished than local ones.

- Yes, because their network still exists.

It's yours is down,

so if you can get your one text message out,

it goes to something that's working.

Now I'm going to cover service animals

because this is a question that always comes up

and I will wait while the slide

gets back to service animals.

- This is Todd.

Lisa, before we get back to service animals,

durable medical equipment.

Can you give us an example of

how we've worked together in the past

when you were at disability integration

with American Red Cross of trying to circumvent

the difficulties

that it is trying to get durable medical equipment

even in a blue sky day,

how we did it in disaster?

- I got a call from Oregon

saying that there was a child

who

left his electric wheelchair,

his

motorized wheelchair behind when they evacuated

from the Oregon fires.

He was seven.

His mom was carrying him everywhere

and they said, "What can we do?"

And I said, "I don't know,

but I know a lot of people to call."

This is where it comes to being community

because one of the very first people I called was Todd

and I said, "Todd, how do I find an electric wheelchair

for a 7-year-old who needs it yesterday?"

Todd, do you want to elaborate on that story?

- This is during the Oregon fires, correct?

- Yes. - And this is Todd.

Yeah,

we had a network of folks

that we had been paying attention to.

When I say we,

I mean the Coalition for Inclusive Emergency Planning,

which Jim is part of, leads, and

the national group,

which would be The Partnership

for Inclusive Disaster Strategies.

We work with Georgia Tech and Pass It On Center

and FOADAC which is family of adults and children,

and they were able to tell us what they had nationally,

but then we were able to look at our local partners

to really narrow it down

and find the equipment that we needed at that time.

Did I remember that correctly?

- This is Lisa, and yes you did, Todd.

We found a wheelchair and had it there within six hours.

That's working together.

Always remember you're part of a community

and The Partnership for Inclusive Disaster Strategies

has a hotline

and you will find the hotline on the flyers,

you will find it in the context that we sent out.

If you have an unmet need during an emergency

and you can't get ahold of me or Todd or Jesse

or all the other people who know everyone,

they know everyone everywhere,

and they'll be able to help you.

And we're going to take a 10 minute break,

come back at 20 minutes 'til,

and by then we might have the slideshow back up.

Okay, this is Lisa.

Looks like we have everyone back so we'll get started.

I wanted to cover service animals

because after service animals, I'm gonna cover pets.

Service animals.

When you are checking into a shelter or

whenever you're going anywhere with 'em, they can ask,

"Is the dog a service animal required

because of a disability?"

You can say yes or no.

You do not have to tell them what the disability is.

They can say, "What worker task

has the dog been trained to perform?"

You can say it does this.

Unlike

all of the online sites,

service animals do not come with certificates.

They are very highly trained.

The person who has a service animal,

they're responsible for keeping them well behaved,

and they always are.

One of the things that concerns me is that

people don't want to take their service animals in

if they are allowing pets into the shelter

because pets are not as well trained,

so that's happened a couple of times.

But a service animal is a very specific animal

trained to do a task.

It is always a dog

or in some cases

a small pony.

Someone explained to me

a small pony lives a lot longer than a dog

though I have trouble thinking

how you have a small pony helping you out with things

unless you're living in a barn,

but that is my prejudice.

I am sure people get along very well

with their service ponies.

Okay, our next slide.

Okay, emotional support animals are not service animals.

For a lot of people,

they don't wanna be separated from them,

but you can't walk into a shelter

with your emotional support animal.

Unless it is, I think there's a county down in California

that says that yes you can.

They're not service animals,

but you need to prepare for them like you do for yourself.

For my cats,

they each have a carrier

and I have a carrier full of all their food, their toys,

everything they could possibly need.

It's catch the cats, put them in the carriers,

and throw their extra carrier with all their stuff

and with our stuff.

Right now there is a big movement to co-locate shelters

so that the pet shelter is very close

to the human Red Cross shelter,

or the non-Red Cross shelter that is there.

They have partnerships with things like Petco

and PetSmart,

with the various animal shelters

in the event of disaster.

Keep your vaccination records

with your go bag for your pet.

And another thing to do is

take a picture of yourself with your pet,

so if you're separated you can go in

and say, "See this is my pet and this is me."

So have that picture in with their go stuff

and have that picture with your documents

because sometimes in a great disaster,

well-intentioned people will come and sweep up all the pets

and send them off to a state to be safe

and

micro chipping doesn't always work,

so make sure you have a plan for your pet.

Next slide.

Okay, backup power.

Backup power for any equipment you need to have power.

If you have a CPAP machine,

if you have

a wheelchair,

if you have a scooter,

what are you gonna do in extended power outage?

Think about any devices you depend upon

or do you need refrigeration for some of your medicine?

If you depend upon it, think about backup power for it.

Right now,

because of lawsuits and because of some major fires,

all of the utilities pretty much across the country

are adapting what we call Public Safety Power Shut-off.

They're supposed to give you notification

before they do that.

They say there's a fire damage.

We don't want any sparks setting up wildfires

so we're gonna cut off all power.

If you're lucky, you will get the notifications,

that's why we do alerts,

but they don't always tell you

how long the power will be off,

they don't tell you how much time beforehand you get

before they shut off the power,

so you need to plan for

not only a storm

cutting off power

but in hot dry weather and stormy weather,

your utility now might proactively turn off power.

So think about that as a disruption that can happen.

And contact your utility.

I don't know all the utilities in the state.

There are a lot of 'em.

And ask, you know, "What is your plan?"

Some of 'em have 'em posted, some of 'em don't.

And make sure you can get notifications

from your power company if they're sorting up that way.

Any questions on that?

Any questions on your end, Priya?

- This is Priya.

No questions that I am seeing.

- Okay, we'll go on to the next slide.

Still Lisa here.

Okay, other power needs.

So what else in your life needs to be powered?

This is a discussion.

What can't you live without

or what can you not maintain your sanity without?

Two different things.

- Question.

This is Dave.

Heat.

A lot of us have electric heat that goes out

if it's in middle winter,

it's gonna be real hard without it.

That's just one.

- Thank you Dave.

Another big one.

- This is Micah.

My son uses a nebulizer for his asthma.

- A nebulizer for asthma.

- This is Jesse, but food.

When the power goes out,

your microwave or your toaster oven

or any of that,

you gotta rely on your dry food like bread

and peanut butter sandwich

but you don't wanna eat that every day.

- All very good things to bring up

as far as

needing power for.

You've gotta think about what's in your life.

- This is Priya.

I wanna uplift a comment here from Eric sharing,

my power wheelchair.

- Absolutely, and that takes a lot of power.

- A way to.

- Gotta wait for the mic.

- Yep.

- This is Rob.

A way to

have some sort of contact with the outside world,

whether it's a radio, cell phone, something like that.

- This is Lisa and yes,

radios and cell phones go dead quickly,

which is why you wanna get the messages out there

and why we have crank radios.

But a crank radio would not do Jim a lot of good.

He needs to have something with a display.

Am I correct Jim?

- Yeah, now when it comes to like the radio and stuff,

we have computers and programs that we can use like,

WebLinks.

- This is Priya,

just want to encourage Jim to come into frame.

- Oh yeah, sorry about that.

I forgot I had to switch seats.

Okay.

So yeah.

Now for people who are deaf, you know,

we're still able to have,

you know, like it's called a ham radio license.

We could have that.

We've had it before, it's like a TTY.

It was invented by a deaf person.

It was a ham relay kind of operation system,

but no, nowadays, you know,

we're able to access things to our computer

and there's different files we download to our computer.

It's called

WinLink,

and WinLinks the software we can download to our computers

and that'll connect us

from our computers over to ham,

and that'll connect to the network

which we can communicate through, you know,

we can access still.

- Thank you, Jim.

- This is Janice.

It's not so much of the A items

that you're talking about right now,

but similar to Jesse, my husband,

when the power's out and my husband,

his disabilities are like anxiety

and he has some cognitive deficits

and for him not to be able to access the electronics

that he uses to distract himself constantly,

it is very hard for him when the power's out.

- Not being able to use

the electronics that keep you calm.

Yes, very much.

Okay, moving on.

We've talked about other power need.

Okay batteries or battery storage.

Best practices for extending battery life

and what are some of the options?

If you tumble them all in a drawer,

they're going to charge off of each other.

It's gonna shorten their life.

There are things called battery daddies

or cases where you have them

so that the connectors are not connecting.

I've also seen someone take a medical glove

and place one battery in each finger of the glove

and then their contacts are not touching each other.

So think about ways to keep your battery

and extend the life of the battery

and always have whatever backup battery

you can get your hands on.

Next slide.

Okay, we're gonna talk about the silent killers

and I'm not not thinking about stroke or heart attack.

The silent killers, we've talked about this before.

Heat kills more people every year

than any other weather event.

Cold kills too.

So next slide.

Okay, for surviving heat,

stay alert for heat advisories.

Will someone check on you

if you don't have air conditioning?

Do you have that community network that will look in on you?

Can you get to a cooling center on your own?

And remember, heat sneaks up on you.

I have a friend where they checked twice on a woman

in her apartment building who said I'm fine

but she didn't survive the night.

She didn't have air conditioning.

There were units with air conditioning

but heat sneaks up on you.

So really take

a moment to think about how fine you actually are.

If someone's offering cooling,

take the cooling at least for an hour

to get that temperature down.

- This is Rob.

I'll just mention this one item.

I don't do well with heat

and

we discovered something a ways back called a Kafka tie.

I dunno if any of you know about that.

You just get the coolest water you can get

and you put the thing in the water

and then you tie it around your neck,

and it's funny, but you feel like

you're 10, 15 degrees cooler almost instantly

and it lasts for hours.

- This is Lisa and we also call them cooling handkerchiefs.

I wear them when I am hiking in the desert

but I do a lot of desert hikes

and yes, you put them in cold water

and they really help keep you cool.

But those are backup plans.

They're backup plans 'cause I want everyone here

to never die of heat or cold or anything else.

That's why we're doing this, next slide.

Okay, surviving cold.

Stay alert for advisories.

Will someone check on you if it's cold?

If you have heat, but there's a power outage,

do you have backup for your heat?

Can you get to a warming center?

And remember that cold sneaks up on you too.

You don't wanna fall asleep,

and then you have a lot of grieving friends and relatives.

You wanna make sure that you pay attention

to these two silent killers.

Next slide.

Okay, evacuation needs, where do you go and how?

We've talked about this.

Backup plans.

If your car is broken,

how are you gonna get out?

Your friend.

Yes, having that network.

Have three backups.

And how will you be notified?

Next slide.

You're all finding alerts, right?

Taking responsibility for your safety.

This is you have a link

both that was sent to you electronically

and is on the handout there.

This is by June Isaacson Kailes.

She has written a 70 page document

that has every form, everything you can possibly fill out

that will prepare you for evacuation

no matter what the disability,

and I can do an eight hour class on it, same as June,

but right now I'm gonna refer it to you

and I put it in a slide to remember to mention it.

It is in the links that you have.

Next slide.

Okay, public shelter survivor.

This we also touched upon before.

I write these things

and I forget that I have it coming up.

When you get to a shelter,

let them know immediately what you need now.

I need a ESL interpreter now

or let 'em know what you will need soon.

I only have one day of medicine,

I'm gonna need help getting my medicine refilled.

Have your go bag and advocate for yourself.

I have been to shelters where we find out later

that someone

is deaf

or someone has a mobility problem

but they didn't really wanna let us know or be any bother.

Be a bother.

That's what we're there for.

Advocate for yourself.

Don't wait until two days later.

"Have you been in that same chair this entire time?"

That's not what we wanna find.

We wanna find right at the

start you saying this is what I'm going to need.

Any questions on that?

Okay, going on.

Creating preparedness bag.

You create one for home

if you have a shelter in place.

Shelter in place could be for many different things.

Earthquake, can't get out of the neighborhood.

It could be

an ice storm, you can't get out of the neighborhood.

It could be a train derailment,

you can't get out of the neighborhood.

Close all your windows, stay there.

Have a go bag for out of the home,

for evacuation that you can take with you.

If you are a transit rider

and you do not have a car to pile stuff into like I do,

then in your bag make sure you have water, food,

some documentation, some small bills,

just enough to get by,

what you find is most important.

Any questions?

Okay, on we go.

Okay, home preparedness discussion.

What should you have and does anyone have best practices?

What's the best practice for a go bag

or a stay at home bag?

Share what you think is most important.

Jesse.

Jesse's gonna start.

- I'm Jesse,

I have a prescription that I carry with me all the time

that I need for my

spasticity

and they become very severe

if I don't take my prescription, but they're powdery

and I learned that if they're in your bag,

your powder prescription shakes up,

it breaks down the pills.

So the best practice is put cotton balls in there,

stops it from shaking.

So that's my advice for those who carry

powder medication with them, cotton ball.

- Thank you, Jesse.

Anyone else have a best practice to share?

- I agree with Jesse.

Oh my name is Dora by the way.

- Your name is Dora, right?

- I agree with Jesse because I also take medication

and it is very important to me.

It is neurological medication

and

they are powdery

and I feel like the tip

with the cotton balls is like very helpful

for like crisis situations

And for like a second thing that I would include

for best practices,

copy of documents

like IDs,

birth certificates,

stuff like that.

- Thank you, Dora.

- This is Dave.

One thing

in practices

that kind of goes contrary to a lot of the information.

We need to let neighbors know what's going on.

We need to let other people know.

But as far as having emergency supplies at home,

the way things are happening now

with the theft and stuff,

it's probably not the best idea to let everybody know

you've got a whole stack of emergency foods and supplies

because they're gonna come and get it.

I mean it's something you don't wanna talk about

or think about but it's something

I think is part of the planning.

- This is Lisa, thank you for that.

And yes is knowing your neighbors

and knowing what neighbors you can trust

or knowing your community

or just telling them a part of it.

Like my entire neighborhood knows

I have medical supplies stacked to the ceiling in my garage

so they know where to come for that.

- This is Rob.

Something just occurred to me

and it's been on my mind recently for a while.

Like in my daughter's case, in my own case,

a straight up document that says what your disability,

what your ailment is.

You know if somebody was to find me,

much like they did last summer,

the battalion chief couldn't get a blood pressure on me,

and so, you know, I went from the IHOP

to the fire department into an ambulance

and off to Evergreen Hospital.

Nobody had a clue what was wrong

and I couldn't really tell them

because I was out to lunch.

In her case, with a seizure disorder,

if they see her laying on the ground,

they have no clue what's going on,

and if we just have that one simple document

that is easy to access and I mean,

you know, this thing's great and all,

but since I've had a couple of 'em stolen,

I've got a password on it now,

and so you can find my

in case of emergency contacts on there,

but you can't get into my phone.

So I've gotta have a piece of paper in my wallet

that says here's my malady, and it might save your life.

- That is quite true.

This is Lisa again.

And also there are medical alert necklaces and bracelets

that people can opt for

or for the piece of paper with your ID.

That's all going to come down to your personal choice.

- Yes. - This is Lela.

I think also there's smart 911

so you can record your information with them

so that if the EMTs or emergency medical

responders come to

care for you, then

it's recorded

so they know what they're doing.

- Thank you.

That's good, if they remember to look.

- Yes. - Yes,

if they remember to look,

and that's gonna depend upon how busy they are

and what has happened.

The next slide.

- This is Priya.

As we move to the next slide,

Emmanuel shares in chat,

check them regularly for expired food, medication, et cetera

and rotate as needed.

Know how to use what you have stored there

and make sure it's good quality

and better to break before than during an emergency

or find out that it simply doesn't work for you.

- This is Lisa, and that is fabulous advice.

You do need to make sure that everything you have,

you know how to work.

If you can't operate a manual can opener,

it's not any good to have one in your emergency supplies.

If you hate the food that you store,

that's not gonna be a good way to get through a disaster

and definitely rotate.

Rotate any food or medicine.

Keep track

so you always have

the newest going into the back

and the oldest coming out,

which is another reason to have food that you like to eat.

Okay,

so emergency preparedness is personal for you.

I talked about the lists.

I think there are probably a thousand lists

of a thousand different things.

If you do not have a kid at home,

you don't need to get some of the toys

unless they're for you.

If you have a pet, by all means pack something for them.

If you don't have a pet, ignore that section.

If you know what your power needs are,

you're gonna make sure that you have that.

Make sure you have backups of everything.

And you are very fortunate in the fact

that the Center for Independence have decided

to give you a really good head start

upon some of your preparedness.

So our next slide.

The essentials.

Water.

One gallon per person per day.

That's a lot of water.

You can store the water if you have room.

You can get purification tablets.

You can use eight drops

of plain bleach

per gallon.

Please make sure it is plain bleach,

otherwise you're drinking perfume,

and we do not recommend that.

Food items that you like to eat.

There are water bottles that purify things,

just make sure that you can get enough water to get through.

Any questions on water and food?

Okay, next slide.

Okay, communication,

radios,

alerts,

phones for calls and texts,

websites,

flashlights, other.

How can a flashlight be used for communication?

- Morse code

- Morse code, or?

Next slide.

Well sheltering, a way to stay warm.

Shelter from elements.

I'm gonna get to signaling, so we'll get there.

You do need to make sure you can stay warm

and I believe you have MYLAR blankets there

and shelter from the elements.

Whatever you can do to keep it off of you.

Next slide.

Personal protection equipment.

We have N95 masks for you.

We have hygiene kits, we have hand sanitizer.

Hand sanitizer is great,

though I've worked with a Red Cross nurse who told me,

you know, soap and water is the best option,

so they say 99.9%

for the hand sanitizer.

That means every 10th time,

wash your hands with soap and water.

The soap and water is always the win,

but hand sanitizer will get you through.

Okay, next slide.

Medical first aid.

If you don't know how to use a bandaid, take a class.

If you have triangle bandages

or other things,

you can take more advanced classes.

Prescriptions and prescription information with you.

And as I said before,

the name and contact of your medical device supplier.

So if you have that with you,

it's gonna be a lot easier to replace

if for some reason you had to leave it behind.

Next slide

Tools and more.

You're gonna be given a small multi-tool

and when in doubt, duct tape is the goat,

or any sort of off-brand of duct tape.

People make dresses and suits out of it,

so I guess we could call it the shelter too,

but it's whatever you wanna do with it,

it can patch a hole,

and I think the best tool is your imagination.

Look around, see what you have and how you can use it.

When I'm teaching the community emergency response team,

I throw some cardboard at them

and I say, "Make some splints."

Use what you can find in the room.

I make a contest of it.

I once saw a splint made out of a skateboard.

You just gotta have to think outside of the box.

Any questions so far before I go on to some more tools?

Because we are going to do an exercise to wrap up.

Okay, next slide.

Power and battery backup.

Extra batteries for everything if you can afford it.

Backup up power plan.

Back up places you can go for charging.

In the Red Cross shelters,

we always try to save the charging plugs

'cause there aren't very many of 'em,

for the most critical needs,

which is usually not your cell phone.

So think about having a power bank

or something that you can take with you.

Think about how much power.

I have a portable

power supply, a Jackery

that I can plug things into.

Last power outage,

we loaned it to a neighbor's because I have a large one too.

So I'm sort of a go-to person, but I trust my neighbors.

At least a few that know

that I have everything in my garage.

Next slide.

Okay, best case scenario.

This is what we all want.

The best case scenario,

everything is back to normal within hours

and all plans worked.

How often do you think that happens?

I hear a lot of rarely and not often.

Okay, so let's move on to the more likely.

Worst case scenario,

a large regional disaster.

All backup plans are needed.

That's why I told you to have

one and two and three backup plans.

Good news, you have backup plans and backup power.

You have figured out how to have your medicine,

your information, your small bills for water.

So the worst case scenario might be bad,

but you done have all this preparedness material over here.

You're gonna figure out how to use it

and you're gonna be more prepared.

Next slide.

Okay, here we go.

With signaling, there are two useful tools.

A flashlight.

If you have someone who is deaf,

they'll see the light and they can rescue you.

If you have someone who is blind,

they can hear the whistle,

(Lisa whistling)

and they can rescue you.

Think about different ways that you can signal.

You'll notice that with the

flashlight and the whistle, I did 1, 2, 3.

That's because of the disaster,

all the alarms are going off, all the lights are flickering,

so you want a pattern that your rescuers can see or hear.

If you don't have any of those, tap, move things,

whatever you can do to get attention.

Scratch anything that you think would draw people to you.

I like the whistles and the flash lights

'cause that sort of covers anyone

who could come to rescue me.

Next slide.

Preparedness outside of the home,

what should you have and best practices?

We have covered most of that.

What are you gonna take to a shelter?

Your food, they'll have water.

The things that bring you comfort.

Shelters are big, noisy, loud places.

A set of headphones,

a distraction.

You like crossword puzzles,

that's something for you to do.

If you like jigsaw puzzles, we probably have plenty for you.

Okay, next slide.

Okay, we're gonna do scenarios.

This is the activity at the end.

I have come up with a bunch of scenarios

because

we just went through all sorts of preparedness steps, right?

All those sorts of things that you think,

are your heads full?

Not yet?

Okay, so I'm gonna ask you,

I'm gonna hand out some scenarios

and you can do this by yourself

or with a buddy,

in a group.

And I'm gonna ask you what would you do?

What would you need?

And is it in your plan?

And I will give you a few minutes

to work on these scenarios,

and they're pretty random.

Now if you don't like this scenario, I have plenty of them,

so you can raise your hand

and we'll get you a different one.

Priya has the scenarios for those people who are online,

and this is for you to start thinking.

We've talked a lot about different preparations.

Some of these are real world,

most of them are from the real world.

And

use your brains

and use your imagination

and see what you can come up with for this.

So now I'm gonna hand out the scenarios.

Priya, do we have anyone online

who would like to tell us the scenario?

- This is Priya.

I certainly can read off the scenario

and if anyone in the virtual space would like to

jump in with their response,

please feel free to do so.

The scenario was it's 98 degrees out

and fire danger is high.

You've already received notice

of a pending Public Safety Power Shut-off.

What's your plan?

What do you do?

Did anyone in the virtual space want to

share what their plan is

for a pending

Public Safety Power Shut-off.

- Yeah, this is Lisa.

To give your online people a chance to think about that

and give their answers.

Add things.

Oh, I lost that one.

- This is Priya, no worries.

We have a comment here.

Add things such as emergency things in your car,

ready to leave and evacuate.

- Ready to leave and evacuate,

because often it's because of fire danger.

That's a good answer.

- This is Priya, Gwendolyn also adds cooling center.

- A cooling center, a very big thing.

If you don't have air condition and you need to cool.

- Shelly adds calling a friend

to establish a place to go if needed

and get your go bag ready with lots of water.

- Excellent.

- And this is Todd,

and Tyler Verdo will reach through the virtual space

and kick me in the pants if I don't say

that in a lot of cases,

transportation to that cooling center,

it's a good idea ahead of time to figure out

what that might be.

But also to know that you're in like Snohomish County

for sure, you will have

a free ride to that cooling shelter.

And most of

the counties here in the Puget Sound region do that.

So it's a good idea to know where, when,

and how that's gonna happen.

Bus.

- Question here.

- This is Dave.

In addition to your comment about the transportation,

I know I've worked with the Marysville cold weather shelter

and anyone that wants to come to the shelter

can get on one of the buses

and tell them they're going to the shelter

and the buses will take them for free

as close as they can get 'em.

- That is good information,

this is Lisa, that I did not have.

So thank you for sharing that.

Good to know.

This is the advocate for yourself and say, can you do this?

Should we go through this group here?

Tell us what you have and what you decided.

- Yeah, this is Alan.

So we decided

that, oh, what do we have?

Another shelter is physically accessible

but is short staffed and doesn't have interpreters

or backup accommodation plans.

So to start with, we're hoping that

you have a centralized coordinator for all your shelters

that you can access.

That's what the EOC is all about.

- Well, I know what EOC is all about,

but I still have to laugh.

- Okay.

The other thing I thought about,

each shelter should have prepared signs

in different languages.

- Yes.

- Also,

yeah,

and each facility should have a list of all the shelters

'cause Lisa and I know in the city of Marysville,

there's mutual agreements for different shelters,

and,

you know, it would be nice if each of the shelters

even had a copy of that

and what each of those shelters is capable of doing.

So if you can't accommodate what the great people are,

then you could possibly at least you could refer them

to a shelter that would accommodate them.

And again, if you had that coordination to the EOC,

you can let the EOC know that,

they can contact that shelter,

and let them know that they have this group

that's coming there that needs their special accommodations.

- Those are very good plans and I like the fact that

if they do not have that, will advocate

and tell them what to do.

- Absolutely.

Next.

- This is Rob.

We had a statement shelter that we've been directed to

is in a very old building and it's not accessible,

and we also had Jesse working with us

and we kind of came up with, to summarize,

maybe rely on each other,

share go bags, try to figure out,

like in Jesse's case we said maybe we could figure out

some way to build a little ramp

or lay some wood down and make a ramp,

and really to rely on each other

and not try to be just individuals,

"Hey, I've got my stuff, the heck with you,"

and to kind of pull together,

and, you know, do the best we could collectively.

- I really like the making your community

even if you don't know each other yet.

Anyone else?

- Okay, hi I'm Kimberly,

and Tony and I were working on this one,

number 34, that we were at a party on the eighth floor

and the fire alarms went off.

We needed to get everybody down.

So our question is what, you know,

what difference would the size of the party make?

And because we got to invent this,

we decided it was a larger party

and that we had some

strong people that could clasp their arms together

and make a seat to carry people down

that would not be able to get down by themselves.

And the second question on this was,

whose responsibility is it

to make sure that everybody gets out?

It's actually everybody.

We're gonna have those that are gonna be more like Jesse.

That's a nice loud voice

and he's very reasonable,

but not everybody with a loud voice is reasonable,

so we also thought that we also need to make sure

that those with the clear head

that could have the calm in the storm

kind of be directing too.

- Okay, anything to add?

Excellent, thank you.

Then our last group.

- Yeah, this is Jim here.

Now I had number 28,

and it was mentioning like you are on vacation,

you're heading to a beach resort

and it just so happens that there's an earthquake.

What would you do?

Now, a lot of times when you're thinking of an earthquake,

like on the beach,

you're thinking about, you know, a tsunami coming in

and with that done, you're thinking about

all the list of things that it can affect,

and

in a situation like that,

you know that there's gonna be alerts going out

with towers and sirens going off,

but now they had just added some light basically,

which is a new thing,

but I'm talking about,

a lot of people who are freaking out when it's happening,

like where do we go?

And you know, right, that's what happens.

A lot of people, you know, don't live there.

They're on vacation, they're not aware of the surroundings,

and when the tsunami comes in,

like they don't know what's going on,

and that should be part of your pre-vacation research

as to what do I do when I go there in a state of emergency?

What's gonna happen?

What's around?

And then, so that's the thing,

anything else you guys wanna add to this?

- Yeah, we just talked about how we've never,

or I don't know about Jim,

but we had said we never really thought about

emergency preparedness before vacation,

and so adding that to your, you know, planning for a trip

is really an important thing that just, yeah,

easily slips your mind

when you're thinking about going and having fun.

- And your name was? - Nika, sorry.

- Okay, next slide.

Okay, so we have reached the end,

probably one minute over,

but the Centers for Independent Living

have assembled, starting in the back corner,

backpacks for you,

and there is a whole table,

I'm sorry you people online

do not get to participate in this,

because they have everything you need

to get started on your preparedness bag.

And I want to thank all of you for coming,

for participating, for thinking about preparedness

and there's always more and I will always come back

and give a more advanced class

or a specified class if anyone needs or wants more.

Or if you just want more

little toys.

A question online is

can the people online pick up the bag?

That is not for me.

I'm gonna hand it over to whoever is in charge

of the Centers for Independent Living right here.

- Tony.

- Since we do have enough to give up,

yes, you can pick up a bag.

- Tony says, since he has enough, you can pick up a bag.

So Tony, you're gonna get a microphone

and tell them how they can do that.

- If you want a bag, you can

either come down

to the Center for Independence here in Marysville

or call ahead of time.

That phone number is

(360) 393-3890,

and one of these lovely people,

Kimberly, Jesse,

Aaron, Owen,

or Matt

or Chris will give you a bag.

More than likely it'll be Jesse.

- This is Jesse.

If those who were online, could you please

type in the chat your name and your email

for Priya to get that list to me,

that way I can know who is coming to pick up their bag.

Thank you.

- This is Lisa, thank you for The Partnership

for Inclusive Disaster Strategies, who may be online

and all the Spanish interpretation possible

and for the Centers for Independence who have made the bags

and this entire planning session possible,

and thank all of you for caring enough to come.

I appreciate it.