



ALL-INCLUSIVE EMERGENCY PREPAREDNESS TRAINING

Center For Independence

May 2025

WELCOME

Please for the sake of our interpreters and those using assistive devices:

- Say your name each and every time you speak.
- Speak slowly so that the interpreters can keep up.

THANK YOU MARYSVILLE

- Safety
- Where everything is

INTRODUCTIONS

- Name
- What brought you to this class?
- What do you hope to get out of this class?

WHAT TO EXPECT

- Everyone can prepare. We will show you how.
- Shelter-in-Place and Power Back-up
- Emergency Evacuation



“Prepare for disruptions, not disasters...preparing for a few disruptions will prepare you for any disaster.”

– Aaron Titus

WHY IT MATTERS

Because YOU matter.

You may be on your own in a disruption or disaster, but you are not alone.

Adults in the United States who live with a disability:

**70 million (28.7%) or
1 in 4 adults**

WHAT ARE WE PREPARING FOR?



DISCUSSION

- What can disrupt your life?
- What are the hazards in the area?
- What is most likely to affect you?

COMMON PREPAREDNESS TRAPS

- Registries
- Your priority in emergency response
- Transportation

WHAT CAN YOU DO?

- Prepare an Emergency Plan to deal with both daily setbacks and large-scale disasters.
- Secure backup power and batteries.
- Create a “GO” Bag.
- Plan how to shelter in place.

SECURE YOUR HOME

- Bolt heavy furniture to wall.
- Have a fire extinguisher and smoke alarm.
- Remove fire hazards.
- Have a home escape plan.

EMERGENCY ALERTS: WASHINGTON STATE

Wireless Emergency Alerts (WEA) will be sent to your mobile carrier by government officials.

Sign-up for other Emergency Alerts:

- County
- City
- MyShake (earthquake warning system)

EMERGENCY PLAN

- Plan with family and friends.
- Written contact lists
- Meeting places
- Transportation

YOUR INFORMATION

- Copies of important documents
- Your medical information and prescriptions
- A card or pre-written note that explains your needs to an ableist community

YOUR COMMUNITY

- Plan with family and friends
- What are your community supports
- Meeting places

YOUR CONTACTS

- Out-of-Area contacts
- Keep written contact lists
- List of service providers and equipment providers

SERVICE ANIMALS

Allowed questions:

1. Is the dog a service animal required because of a disability?
2. What work or task has the dog been trained to perform?

Make sure your service animals have their preparedness items for home and on the go.

EMOTIONAL SUPPORT ANIMALS AND PETS

- These are not service animals.
- Prepare for them as you would for yourself.
- Know that most shelters now coordinate with or collocate with animal shelters.
- Have your pets vaccinated and keep a picture of your pet with you.

YOUR BACKUP POWER

- What life-saving equipment do you need to power.
- How will you do so in an extended power outage.
- What is a Public Safety Power Shut-off (PSPS)
- Can you get notification from your power company?

OTHER POWER NEEDS

What else in your life needs to be powered?

Discuss

BATTERIES AND BATTERY STORAGE DISCUSSION

- Best practices on extending battery life
- What are the options

THE SILENT KILLERS

- Heat kills more people each year than any other weather event
- Cold kills too

THE SILENT KILLERS SURVIVING HEAT

- Stay alert for heat advisories
- Will someone check on you?
- Can you get to a cooling shelter?
- Remember heat sneaks up on you.

THE SILENT KILLERS SURVIVING EXTREME COLD

- Stay alert for advisories
- Will someone check on you?
- Can you get to a warming shelter?
- Remember cold sneaks up on you.

EVACUATION NEEDS

- Where do you go and how?
- Transportation and 3 back-ups
- How will you be notified?

EMERGENCY EVACUATION PREPAREDNESS

Taking Responsibility for your Safety

By June Isaacson Kailes

Disability Policy Consultant

<http://www.jik.com>

PUBLIC SHELTER SURVIVAL

- Check-in
 - Let them know what you need now and what you will need soon.
- Have your “go” bag.
- Advocate for yourself.

CREATING PREPAREDNESS BAGS

- Home
- Out-of-the-home
- Evacuation

HOME PREPAREDNESS DISCUSSION

- What should you have?
- Best practices?



SO MANY THINGS...

Emergency Preparedness is personalized for you.

So many lists. Don't worry, you're already off to a good start.

THE ESSENTIALS

Water:

1 gallon per person per day

Food:

Items you like to eat

COMMUNICATION

- Radios
- Alerts
- Phones for calls and texts
- Whistles
- Flashlights
- Other?

SHELTER

- A way to stay warm
- Shelter from elements

PERSONAL PROTECTION EQUIPMENT AND HYGIENE

- N95 Masks (great for dust and debris)
- Hygiene kits
- Sanitizer

MEDICAL AND FIRST AID

- First aid kit
- Extra medical supplies
- Prescriptions and prescription information
- Name and contact of medical device supplier

TOOLS AND MORE

- Multi-tool
- When in doubt, duct tape is a go-to
- Imagination

POWER AND BATTERY BACKUP

- Extra batteries for everything
- Back-up power plans
- Back-up places you can go for charging

BEST CASE SCENARIO

- Everything is back to normal within hours.
- All plans worked.

WORST CASE SCENARIO

- A large regional disaster
- All back-up plans are needed
- Good news: You have back-up plans and back-up power.

SIGNALING

Two useful tools:

- A FLASHLIGHT: If your rescuer is Deaf, they'll see you flashing your light
- A WHISTLE: If your rescuer is Blind, they'll hear you blowing your whistle.
- Bang, knock, scratch and make noise however you can

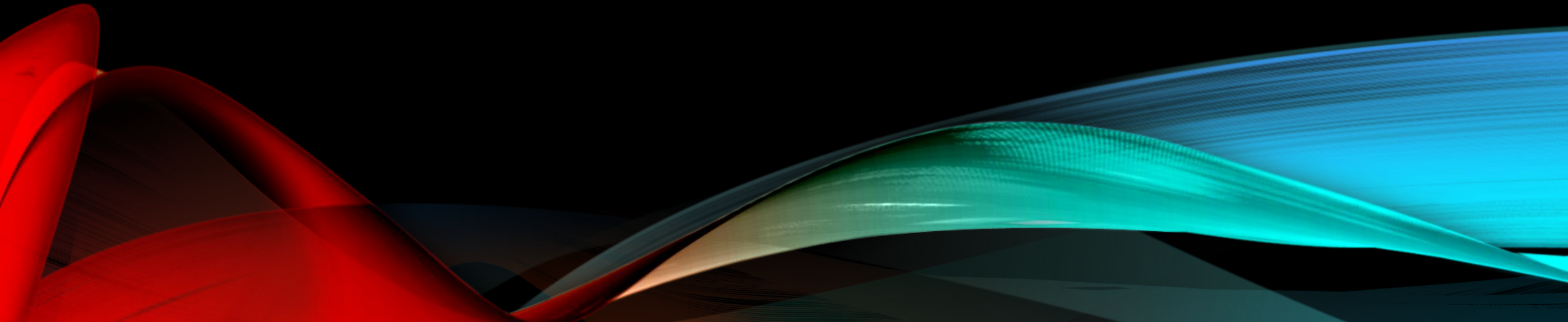
PREPAREDNESS OUTSIDE OF THE HOME

- What should you have?
- Best Practices?

SCENARIOS

- What would you do?
- What would you need?
- Is it in your plan?

Thoughts?
Comments?
Questions?



THANK YOU!!

