Preparedness Begins with You

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MISSOURI DEVELOPMENTAL DISABILITIES COUNCIL
Life Course Framework

Life is a journey.
*Our lives are not static, they change every day.*

It’s all about vision.
*Anything is possible, with the right vision.*

Everything is connected.
*What you do today affects your life in the future.*
Potential Disasters in Missouri

- Fires
- Floods
- Tornados
- Ice/Snow & Other Severe Storms
- Severe Heat/Cold
- Power Outages
- Earthquakes
- Chemical Spills
- Plane Crashes
- Terrorism
- Pandemic Flu
Whose responsibility is it to be prepared for emergencies?
It is **EVERY** American’s civic duty to be prepared for emergencies.

Planning and preparation are critical.
1% of the population are individuals (e.g. firefighters, EMTs, first responders, police, etc.) who will respond to 99% of the population.
What Can You Do?

- Get Informed
- Make a Plan that Includes a Personal Support Network
- Assemble a Kit
- Practice with Your Network and Team
- Maintain Your Plan and Kit
Contact local offices and learn what disasters are likely to occur in your area.
Get Informed

- How would you learn about an emergency?
  - Friends and Neighbors
  - Reverse 911/Code Red
  - National Weather Service
  - Weather Call
  - TV
  - Sirens
  - 2-1-1
  - Newspapers
  - Internet/Blogs
  - Social Media
Know the effects on you and your community

✓ Utilities (electric, phone, gas, water)
✓ Groceries, medical supplies, medications
✓ Community environment
✓ Home environment
✓ Emergency services
✓ Support services
✓ Service animals
Don’t Isolate Yourself

- Speak to family members. Get to know your building manager, neighbors and other community members.
- Contact your local fire department and other emergency service’s non-emergency line and explain your functional needs.
- Ask emergency providers to keep your functional needs information on file.
Make a Plan

- Complete a personal assessment of your needs.
- Evaluate your capabilities in an emergency.
- Make emergency officials, employers, personal network, utility companies, etc., aware of your abilities, limitations and assistance required during an emergency.
Make a Plan

- Create a personal support network for home, school, work...
  - Individuals (other than PCAs) who will check with you in an emergency.
  - A minimum of 3 people in your network for each location where you regularly spend time during the week.
  - Provide training regarding personal needs.
  - Exchange important keys.
Personal Support Network, cont.

✓ Show where you keep emergency supplies.
✓ Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
✓ Agree and practice a communications system.
✓ The relationship should be mutual. Learn about each others needs and how to help each other in an emergency – practice your emergency plans.
Building connections makes a difference and can save lives.
Practice with Your Network and Team
Maintain a List of Important Items

- Current prescription information with correct doses.
- Names, addresses and telephone numbers of doctors, therapists and pharmacists with copies of insurance cards.
- Listing of DME and supplies to include supplier and serial numbers.
- Detailed information about the specifications of your medication regime and allergies.
Maintain a List of Important Items

- Names, addresses and telephone numbers of personal support network.
- Service provider names, addresses and telephone numbers.
- Names, addresses and telephone numbers of PCAs to include back-up supports.
- Detailed information about how others can assist you.
Make a Kit

- Emergency supply of food
- Bottled water
- Non-electric can opener
Make a Kit

- Essential medicines/supplies – at least a 7-14 day supply.
Make a Kit

- First aid kit and manual
  - Non-latex bandages
  - Sunscreen
  - Hand sanitizer
  - Topical ointments
- Hygiene supplies
Make a Kit

- Batteries
- Radios
- Boots
- Gloves
- Flashlight
- Money
- Telephone
- First Aid Kit
Don’t Forget Four-legged Family Members

- Pet food and water
- Carrier and leash
- Comfort toys
- Pet medications
- Updated shot records
- Veterinarian contact info
- Extra kitty litter
Service Animals

- Service animals are *not* considered pets, they are necessary supports for individuals with disabilities. Don’t forget to include them in your plan.

- If evacuation and sheltering are necessary, service animals *can* stay with the individual.
Evacuation

- If possible, find out community shelter sites (communicate functional needs).
- Plan for two evacuation routes.
- Make prior arrangements for accessible transportation.
- Include personal care and/or family in evacuation plans.
Make a Go Bag

- Easy-to-carry bag with the *most essential* items if you must evacuate:
  - Essential medications
  - Medical information (include doctors’ contact information)
  - Communication devices
  - Portable ramp
  - Hearing aid batteries
  - Extra eyeglasses/contacts & solution
  - Cash & credit/debit cards
  - Sturdy shoes and gloves
  - Hygiene supplies
  - Supplies for your service animal
Maintain Your Plan and Kit
▪ Inclusion of people with disabilities and other special needs must occur at ALL phases of emergency management.

▪ Planning saves lives – it is too late to bring people to the table to start planning when you are in the midst of a disaster.
Resources

- Guidance for Planning of Integration of Functional Needs Support Services: [fema.gov/pdf/about/odic/fnss_guidance.pdf](fema.gov/pdf/about/odic/fnss_guidance.pdf)

- National Commission on Children & Disasters: [childrenanddisasters.acf.hhs.gov/](childrenanddisasters.acf.hhs.gov/)
Resources

- Ready In 3 preparedness information: www.health.mo.gov

- Disability Preparedness Resource Center: www.disabilitypreparedness.gov

- National Organization on Disabilities: www.nod.org/emergency
Resources

- MO State Emergency Management Agency: http://sema.dps.mo.gov/
- Department of Mental Health Disaster Readiness: http://dmh.mo.gov/disaster/
- Missouri Centers for Independent Living: http://mosilc.org/CIL.htm
Get Involved

- Volunteer for the American Red Cross: http://www.redcross.org
- Contact your local Citizen Corps: http://www.citizencorps.gov/
- Contact the National Voluntary Organizations Active in Disaster (NVOAD): http://nvoad.org/
Questions?

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Survey

Please take the time to fill out your evaluation of this webinar and tell us what you thought!

surveymonkey.com/s/f2fpreparedness
Special Thanks

- Vicky Davidson
- MO Developmental Disabilities Council
- MODHSS Special Health Care Needs
- DMH Regional Offices & Family Support Coordinators
For more information

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