

The background of the slide is a photograph of a dark asphalt road. A large, irregular pothole is visible in the center of the road, and a person is standing inside it. White dashed lines mark the edges of the road. The text is overlaid on this image in white, bold, sans-serif font.

EMERGENCY INFORMATION COUNCIL

SPEAKER SERIES

MARCH 18, 2023

ROXANN CRAWFORD

DISABILITY INTEGRATION SPECIALIST

DEPARTMENT OF HOMELAND SECURITY

FEDERAL EMERGENCY MANAGEMENT AGENCY

REGION 9

Disaster Preparedness for Aging Communities and People with Disabilities

Roxann Crawford

FEMA Region 9 Disability Integration Specialist



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A dramatic scene of a large fire at night, with bright orange flames and thick black smoke rising into the sky. In the foreground, two white Colorado State Patrol (CSP) police cars are parked on a street. The car in the center has its emergency lights flashing. To the left, a firefighter in full gear is visible. In the background, there are trees and a building, with traffic lights hanging from a pole on the right. The overall atmosphere is one of a major emergency response.

Disasters Can Happen Anywhere

A Basic Truth

Daily average in U.S. communities -

- 1 firefighter to every 265 people
- 1 law enforcement to every 334 people
- 1 medical paramedic/EMT to every 325 people

- National Citizen Corps statistics



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Why Prepare?

- Phones, water, electricity, gas, etc. may not work
- Roads impassable
- Transportation resources may not operate
- Grocery stores, pharmacies, banks, etc. may be closed
- Hospitals will be overwhelmed
- Getting accurate information will be difficult

But How Do I Prepare For Emergencies?!?

- Use resources available to you
 - FEMA
 - Pacific ADA
 - Emergency Information Council
 - www.eiclwsb.org
 - Earthquake Country Alliance
 - Local disability and service organizations



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What Does FEMA Do?



- Help to Build Resilient Communities through education, grants, and partnerships
- Disaster response and recovery
- Preparedness planning, training and exercises
- Reduce risk from disasters through mitigation
- Work through strong public and private partnerships at the Federal, State, Tribal and local levels.

FEMA Resources

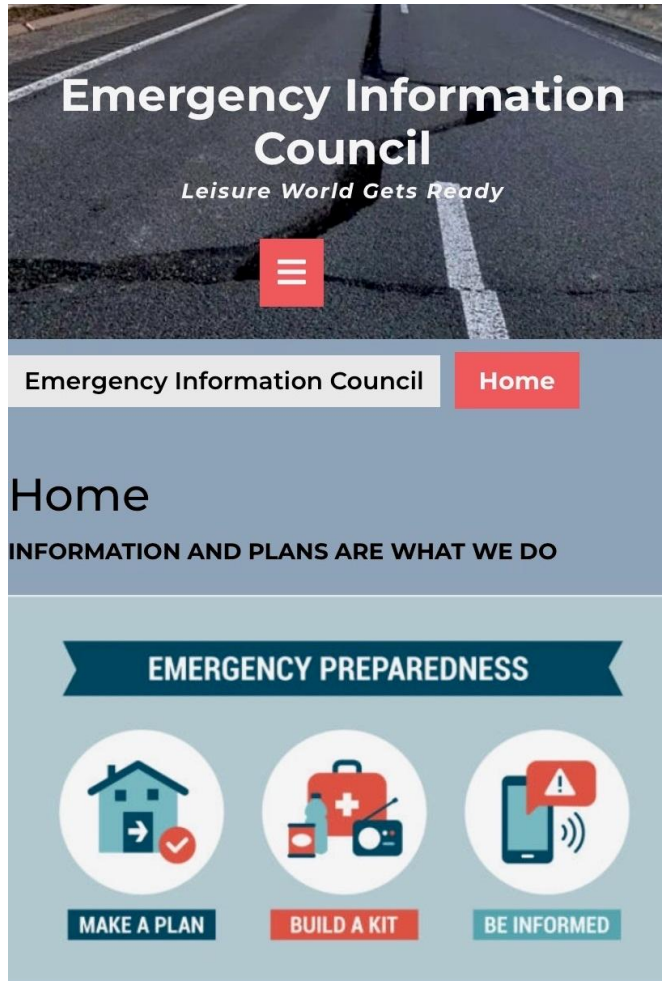
- FEMA Preparedness Community
 - <https://community.fema.gov/PreparednessCommunity>
- Ready.gov
 - Specific Disaster Planning and Preparedness for People with Disabilities, Older Adults, Families, pets, and more.
 - Disaster Kit checklists
 - Disaster Safety Tips
- FEMA App



Pacific ADA Center Resources

- Pacific ADA Website
 - www.adapacific.org
 - Disability and Access and Functional Needs specific checklists and prep kit lists
 - Fillable documents for emergency contact lists, power planning, supply kits, etc

Leisure World Seal Beach Emergency Information Council



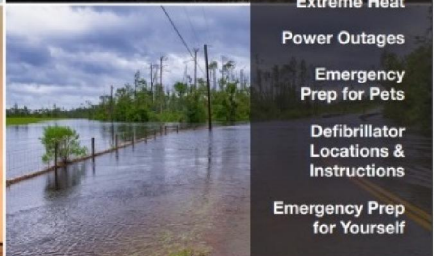
Webpage -
www.eiclwsb.org



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Leisure World Seal Beach Emergency Information Council

“On Your Own”



2023

Mission/Purpose

Earthquake or Storms

Fire

Floods

Emergency Supplies

Extreme Heat

Power Outages

Emergency Prep for Pets

Defibrillator Locations & Instructions

Emergency Prep for Yourself

Emergency Preparedness Guide

Leisure World Seal Beach

Boots on Ground



Disaster Plan

Neighbor Helping Neighbor



Together to protect lives, property and support our community for a resilient Leisure World



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Disabilities and Access and Functional Needs

Disability Types

Protected Class - Impacting one or more activities of daily living

- Mobility
- Cognitive or Intellectual
- Mental Health
- Hearing
- Vision
- Speech
- Health Maintenance



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What is an Access or Functional Need?

- A need that, if not met through universal accessibility and/or specific actions or modifications, will result in barriers to physical, programmatic and effective communications access.
- Includes assistance, accommodations or modifications for mobility, communication, transportation, safety, health maintenance, etc.
- Includes the need for assistance, accommodation, or modification due to any situation (temporary or permanent) that limits an individual's ability to act in an emergency.



Areas of Consideration for People with Access and Functional Needs

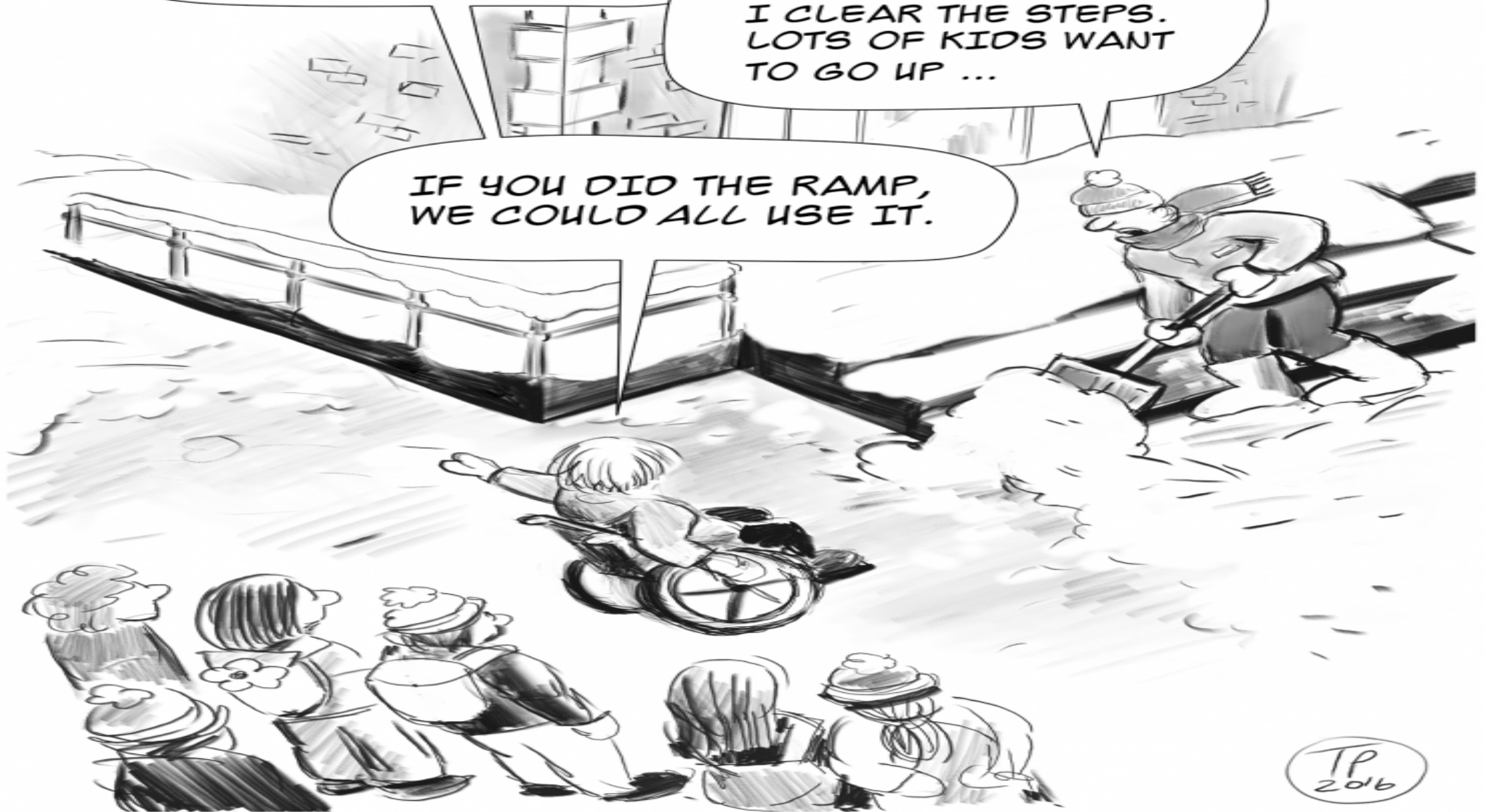
- **CMIST**
 - Communication
 - Maintaining Health
 - Independence
 - Safety, Support services and Self Determination
 - Transportation



COULD YOU SHOVEL
THE RAMP PLEASE?

I WILL AS SOON AS
I CLEAR THE STEPS.
LOTS OF KIDS WANT
TO GO UP ...

IF YOU DID THE RAMP,
WE COULD ALL USE IT.



TP
2016

Important Disaster Planning Concepts

Seven Steps to Earthquake Safety

BEFORE

1. Secure Your Space



2. Plan To Be Safe



3. Organize Supplies



4. Minimize Financial Hardship



5. Drop, Cover, and Hold On



6. Improve Safety



AFTER

7. Reconnect and Restore



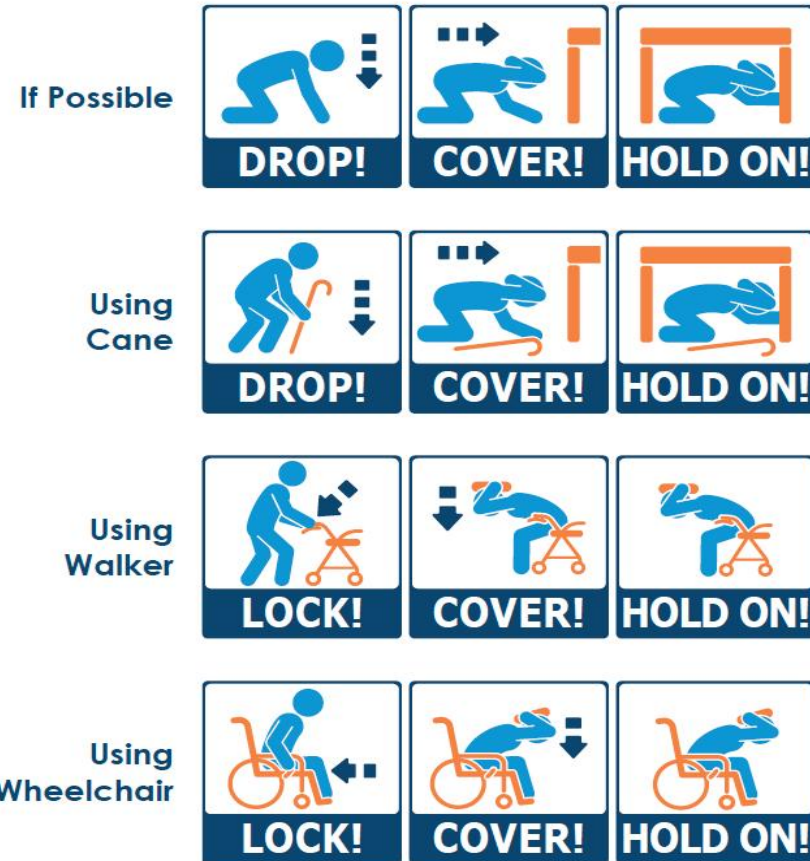
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EarthquakeCountry.org/sevensteps

Adapt Your Response

- If you can't get back up, don't get down
 - Bend over and cover your head and neck with your arms/hands
- Instruct others how to assist you
- Practice often
- EarthquakeCountry.org/step5

If You Feel Shaking or Get an Alert:



EarthquakeCountry.org/step5



Emergency Contact List

- List contacts in priority order (who you should try to reach first, second, etc.).
- Include out of the area contacts on your list.
- Keep hard copy of this list and, if possible, enter it into your cell phone.
- Give everyone on your list a copy of the list along with instructions on how to use it.



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Emergency Contact List

Emergency Contact List

Updated __/__/__

List emergency contacts in priority order (the most important person first). When you use this list during an emergency share with the person you reach by phone, or the people you reach via email or text, this information:

1. Who you are
2. What happened
3. Where you are
4. What your condition is, and if needed, how they can help
5. What your plans are
6. If possible, let them know when you will call or email or text again
7. Ask the person you reach to contact others on the list to give them the information.

Person	Home	Cell	Work	Fax	E-mail	Updated
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						



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Federal Emergency Management Agency

Federal Emergency Management Agency

Important Items to Gather

- Emergency health information
- Prescriptions and medications
- Other items you need for surviving
- Cell phone
- Cell phone charger
- Flashlights and extra batteries, Extra batteries for oxygen, breathing devices, hearings aids, cochlear implants, radios
- Emergency food and water

Important Items to Gather Continued

- Assorted sizes of re-closeable plastic bags for storing, food, waste, etc.
- Sturdy work gloves to protect your hands
- Small battery-operated radio
- Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell(s), screecher alarm system.)

Important Items to Gather Continued

- A container that can be attached to the bed or nightstand Road flares
- Blankets or emergency blankets
- Tools
- First aid kit and first aid book
- Battery jumper cables
- Reflective vest
- Rain poncho
- State and local maps



Wheelchair User Considerations

- Keep needed equipment close to you and secured so you can get to it quickly.
- Recharging devices that can be connected to vehicle for an emergency charge.
- If available, keep a lightweight manual wheelchair for backup.
- Tire and other repair tools or parts in case of damage

Speech or Communication Considerations

- If you use a laptop computer for communication, consider getting a power converter that plugs into the cigarette lighter of a vehicle.
- Consider low tech or older communication options such as communication boards, pen and paper, whiteboard, etc.
- Have a communication plan which includes ways to inform first responders what your needs are to maintain independence.
 - Something in writing indicating your communication needs like ASL, written guidance, or language specifics.

Hearing Difficulties Considerations

- Carry a pre-printed copy of key phrase messages with you
- Consider getting a weather radio, with a visual/text display that warns of weather emergencies or get applications for your smart phones and other mobile wireless devices like tablets.
- Video Relay Interpreting Access if there is connectivity

Vision Difficulties Considerations

- Mark your disaster supplies with fluorescent tape, large print, or braille.
- Have high-powered flashlights with wide beams and extra batteries.
- Keep spare reading glasses or magnifiers in your go kit, your vehicle, and near your bed.
- Ensure the people in your communication plan know where your evacuation supplies and go kit items are stored

Sensitivities and Breathing Conditions Considerations

- Towels, masks, industrial respirators or other supplies you can use to filter your air supply.
- N95 rated particulate filter mask -protects against dust, radiological dust and biological agents.
- Notify shelter managers, and first responders if you have an immediate reaction or need for different ventilation or air access due to allergies or sensitivities.



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Pets and Service Animal Supplies

- Food
- Water
- Blankets
- Waste Disposal
- Medications
- Harness/leashes
- Cage



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Kits

- Keep it with You (KIWY) or carry-on you kit
 - Includes things like cell phone, charger, cash, medication, etc
- Grab and go kit
- Home kit
- Bedside kit
- Car kit
 - Available at <https://www.adapacific.org/emergency-preparedness-publications-resources>



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Example of a Carry-on You Kit

Date	Item	Notes
	Important hardcopy information:	
	Emergency health information ¹	
	Copies of emergency contact lists. ²	
	Copies of medication prescriptions	
	Other important items:	
	Cell phone and charger	
	Cash (small bills and change)	
	Essential medications	
	Light weight small flashlight (on key ring, etc.)	

	Wheelchair or Scooter Users:	
	A patch kit or can of "sealant" to repair flat tires and/or an extra supply of inner tubes for non- puncture-proof wheelchair/scooter tires.	
	Label equipment with simple 'how to use/move' instructions (for example, how to "free wheel" or "disengage the gears" of your power wheelchair). Attach to equipment and laminate for sturdiness.	
	Speech or Communication Needs:	
	A pre-printed copy of key phrase or picture messages	



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Kits

- Emergency Food and Water checklist
 - Emergency Power Planning checklist
 - Emergency Travel Safety Tips for Overnight Stays
 - Evacuation Transportation Planning checklist
-
- Available at <https://www.adapacific.org/emergency-preparedness-publications-resources>



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Example of an Evacuation Checklist

Date Complete	Does not Apply	Item
		If You Need Transportation
		Create a support team* for home
		Create a support team* for work
		Create a support team* for school
		Create a support team* for other places where you spend time
		Are support teams aware of your specific needs in an emergency?
		Confirm if your support team can provide you with transportation
		Ensure that they have room for you in their vehicle in addition to themselves and their family or others



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Federal Emergency Management Agency

Federal Emergency Management Agency

Key Takeaways

- Preparedness is essential to maintaining independence in disasters
- You are the help until help arrives
- There are resources that can help make disaster readiness possible for everyone
- Make a plan that is specific to your needs and practice it!
- You've got this!

Roxann Crawford
Disability Integration Specialist
Roxann.Crawford@fema.dhs.gov



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