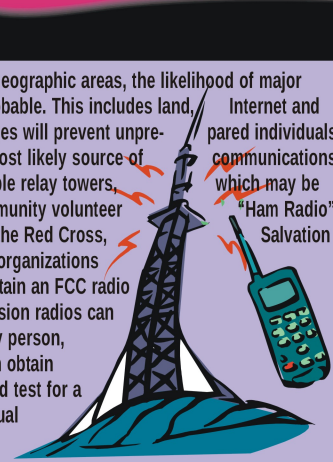


# Inclusionary Disaster Preparedness Within Our Communities

A critical part of preparedness planning, is for families and individuals to determine whether or not to shelter in place, if the option exists. Some things to consider and prepare for when making this decision include: (1) is there a back-up generator or power source if power is lost for an extended period; (2) do mobility issues prevent transfer to a shelter or alternate location or raise concern for additional health issues to occur; (3) if a member of the household has a service animal, not all shelters are equipped to accept animals of any kind, including service animals; or (4) is there a member of the household that has health issues, which could be severely compromised should sheltering options other than a communal living space (i.e., hotel vouchers) not be available.

When (natural) disasters strike large geographic areas, the likelihood of major communications outages is highly probable. This includes land, Internet and cellular communications. Power outages will prevent unprepared individuals from recharging those devices. The most likely source of communications which may be "Ham Radio" powered by back-up generators. Community volunteer operators are often enlisted to assist the Red Cross, Army and other emergency response organizations during major disasters. It's easy to obtain an FCC radio operator's license, and hand transmission radios can be purchased fairly inexpensively. Any person, regardless of any disability or age can obtain such a license, so long as the standard test for a given license is passed by the individual seeking the license.



Some of the most common emergencies or small-scale disasters are related to **FIRE**. The most important thing to remember when dealing with Fire is to **KNOW** when a fire is **TOO BIG** to do anything about by yourself. Any fire larger than a wastebasket or kitchen chair is **TOO BIG**; leave immediately and call **9-1-1**! Always have multiple fire extinguishers in the home, and know how to use them correctly; at least one in the kitchen and one in the garage. Also, have combination smoke & carbon monoxide detectors in every major living area (room) of your home & regularly change batteries.

Plan 2 ways out of every room, in case of fire. Check for items (bookcases, hanging pictures, or overhead lights) that could block an escape path. Check hallways, stairwells, doorways, windows & other areas for hazards that may keep you from safely leaving a building in an emergency. **ALWAYS** become familiar with exits and emergency procedures in new buildings where you will make repeated visits. If there are aspects of preparing your home, workplace, or commonly visited facilities, enlist the help of your **Personal Support Network**.

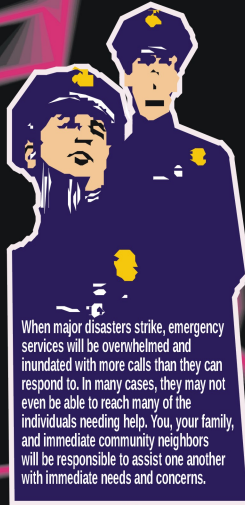
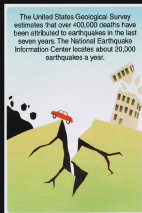


## Every Community Member Living in America, or Around the World, Has a Responsibility Toward Themselves, Family, and Community to Be Informed...and Prepared

It's everyone's responsibility to stay informed about what might happen and know what types of emergencies are likely to affect your region. For more information about specific types of emergencies, visit [www.ready.gov](http://www.ready.gov).

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, **STAY CALM**, be **PATIENT**, and **THINK** before you act. With these simple preparations, you can be ready for the unexpected.

Preparing makes sense for people with disabilities, others with access and functional needs, and the Whole Community. Consider getting involved in neighborhood and community emergency preparedness activities (participate as victims/survivors when there's a disaster preparedness exercise; take a local CERT [Community Emergency Response Team] course; join your state or local Access and Functional Needs Council, or Disability Council; or take courses from the Red Cross, including learning how to be a Shelter Supervisor). Assist emergency planners and others in considering the preparedness needs of the **WHOLE COMMUNITY**, including people with disabilities and others with access and functional needs. Communities are stronger and more resilient when everyone joins the team. People with disabilities often have **EXPERIENCE** in **ADAPTING** and **PROBLEM SOLVING** that can be very useful skills in emergencies.



When major disasters strike, emergency services will be overwhelmed and inundated with more calls than they can respond to. In many cases, they may not even be able to reach many of the individuals needing help. You, your family, and immediate community neighbors will be responsible to assist one another with immediate needs and concerns.



Many current preparedness documents and information sources recommend that when individuals prepare their Emergency Supply Kits, they should include adequate supplies to sustain each person (AND service animal / pet) for three (3) days. Since Hurricane Sandy hit the N.E. United States, preparedness officials and responders are now suggesting kits that will last **AT LEAST** seven (7) days at a minimum; 14-30 days for individuals who have special needs, which would require staying (sheltering) in place at home, if at all possible, if it doesn't present major safety hazards for the inhabitants. Important things to remember regarding Basic Supplies:

- ~ One (1) gallon of water per person or animal per day for drinking AND sanitation;
- ~ Non-perishable food and a Can Opener if kit contains canned food (Include canned fish/meats that don't require refrigeration/cooking);
- ~ Plastic whistle (to call for help);
- ~ Flashlight and extra batteries;
- ~ Battery-powered or crank radio (preferably with NOAA Weather tone alert capability) with extra batteries;
- ~ First aid kit; and
- ~ Moist towelettes, garbage bags & plastic ties for personal sanitation.

The **MOST IMPORTANT** component of any Emergency Plan is the **Family Communication Plan**. You may not be together with all family members, or at home when disaster strikes. A communications plan considers what to do in different situations. If you live alone or in a family containing a person(s) with a disability or any other access or functional needs, it is critical to have a **Personal Support Network** in place. This is crucial if special assistance will be required following a disaster. This network can include family, friends, and any other individuals (caregivers or professionals) familiar with your particular individual needs. Always include a friend or relative out of state or in a different geographic region who would not be impacted by the same emergency, and may be able to help "from a distance".

**Make sure everyone in your Communication Plan knows how you plan to evacuate your home, school or workplace and where you will go in case of a disaster. Make sure someone in your Personal Support Network (not living with you) has an extra key to your home and knows where you keep your Emergency Supplies and Kit**

## Additional Needs Require Additional Preparation

- ~ Medications & Add'l. Medical Supplies (including extra oxygen, insulin, catheters & other regularly used supplies);
- ~ Emergency Documents that include family records, wills, deeds, Social Security number, bank account info, most recent tax records, PLUS Current Medical Records (including Rx refill Scripts, list of Allergies &/or Chemical Sensitivities), Advanced Healthcare Directives or Power of Attorney, names & numbers of Personal Support Network (including medical and disability service providers);
- ~ Whether or not you personally use a computer, consider having documents and important information scanned and copied onto a portable (USB) thumb drive for easy transport in an evacuation;
- ~ Any special Communications Devices or instructions on how best to be communicated with;
- ~ Extra Hearing Aid batteries;
- ~ Battery chargers for motorized wheelchairs;
- ~ Supplies for Service Animal, including current Vaccination Records; and
- ~ Lightweight Manual Wheelchair available (if you use a motorized chair) incase transport of motorized chair not possible in an emergency (also, know the size and weight of the motorized chair, & if it is collapsible in the event it needs to be transported).



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The Honorable John Hutchinson, Governor of Colorado

The Honorable Rudy Giuliani, Ex Mayor of New York City