

# Emergency Preparedness & Transportation: The High Road to Safety

Association of Programs for Rural  
Independent Living

May 29, 2014

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Motorvation columns, New Mobility  
magazine





# Emergencies or Disasters: The Big Equalizers

# Why Should We Plan For The Future?

- Floods
- Earthquakes
- Fires
- Terrorists
- Power outages
- Hurricanes



# More of Why Should We Plan For The Future?

- Tornadoes
- Derailments
- Riots
- West Nile Virus, Avian Bird Flu
- Hazardous Materials Accidents
- Volcanoes, Landslides













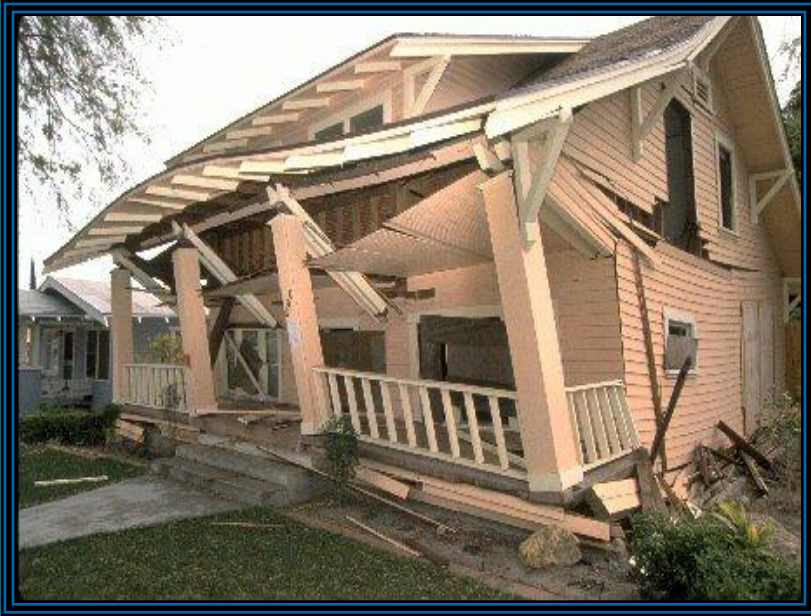


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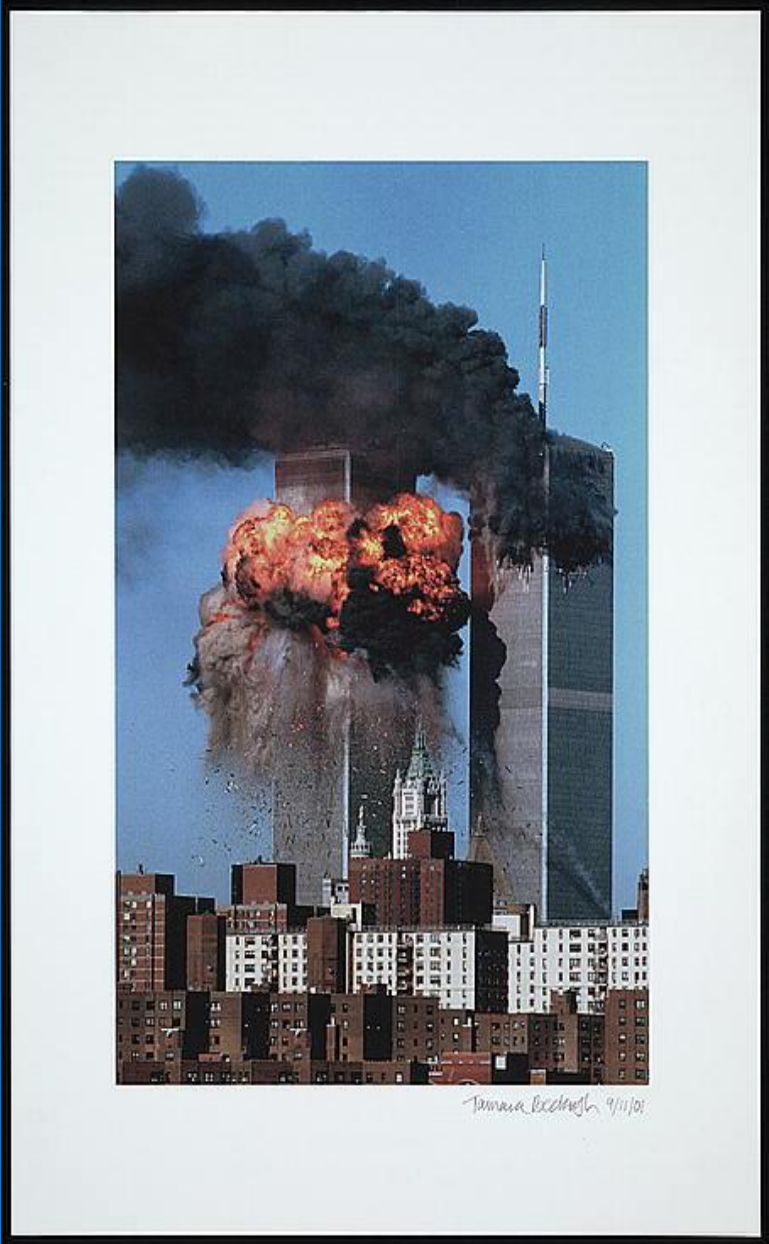












# Why worry about Persons with Disabilities and Seniors?

- 19.6 % of the population has some form of disability
- Many people are unable to evacuate themselves in an emergency
- Many people may be unable to contact help without assistance
- Many people lack the ability to see approaching danger or hear evacuation announcements
- Many people do not know where to go or how to get there

# Issues that impact most Communities in ALL Types of Emergencies

- Disaster Planning
- Disaster Preparation
- Notification
- Evacuation
- Sheltering & Interim Services
- Long-Term Recovery

# Planning Ahead is a key Part of All Phases

- PLAN for escape: From Home to Safe Shelter.
- PREPARE to Evacuate.
- NOTIFY others of your plan.
- EVACUATE in a timely manner.
- How will you return home from SHELTER?
- How will you transport the items needed to RECOVER after a disaster?



# Emergency Planning Considerations for PWDs & Seniors

- Disability Inclusion in Planning is a requirement of the ADA: check your local plans
- Inclusion should occur at all levels: Statewide, Regional & Local
- Seek out local disability & Senior organizations to be at the planning table
- When planning, be sure to consider the needs of all types of disabilities, plus children and frail elderly individuals:
  - Sensory: Hearing & Sight
  - Mobility
  - Cognitive
  - Mental

# Disaster Preparation

## Problems in Past Disasters

- Haphazard Notification  
Methods: no backup methods
- First Aid supplies, Food and Water Not Stored
- Backup Medication not available or allowable under Medicaid or most insurance
- Homes not prepared with firebreaks or sandbags
- PWDs had no evacuation plans
- Local ILCs, AAAs and similar CBOs not included in Disaster Planning
- Durable Medical Goods not stockpiled
- Shelter sites not accepting service animals

# Notification Problems

- Haphazard notification systems
- Television and Radio signals not available in remote area
- Some warning messages not accessible to people who are blind or deaf
- Evacuation orders were confusing, especially to persons with mental or cognitive disabilities
- Inadequate time from evacuation orders to the actual event (wildfires, floods, earthquakes, slides, derailments)

# The Transportation Components of Emergency Preparedness

- Personal Escape
- With or Without advance notice
- Public Transportation
- Personal or Private
- Where to Go Next?
- Will the Road be Open?



# Evacuation Problems

- Evacuees rushing to reach safety create traffic jams
- Evacuation plans not always followed
- Persons with disabilities & seniors stranded in homes or apartments with no way to leave
- Many evacuation announcements do not include destination advice
- Paratransit vehicles blocked from reentering evacuation zones
- Family members not allowed access to fire zones to aid relatives who had not been in contact
- Lists that identify PWDs needing assistance outdated or unavailable
- Mobility equipment and supplies did not accompany evacuees with disabilities

# Shelter and Interim Services Problems

- Shelters not always accessible to PWD
- Presence of media and their equipment contribute to problems with access
- Communication equipment not accessible
- Shower and bathroom facilities not accessible
- Interpreters/Caregivers not available at shelters
- Service animals not allowed in shelters
- Volunteers with disabilities turned away

# Long-Term Recovery Problems

- Evacuees not centrally located, making resettlement difficult
- Large number of donated goods stress transit systems' ability to return victims efficiently
- Vacant rentals limited or non-existent
- Large increases in rent can occur, due to diminished housing stock
- Stress and mental anguish continue afterward, leading to increases in depression and suicide
- Health problems caused by ash, dust, or other debris are ongoing concerns

# Plan FAR Ahead

- Join community planning efforts
- Focus on neighborhood
- Take Community Emergency Response Team (CERT) training and form or join CERT teams
- Evaluate your needs in all types of emergencies
- Know what to do and where to go, no matter what happens
- Install smoke detectors and double-check batteries



# Plan FAR Ahead

- Know how to:
  - Shut off utilities
  - Contact emergency help
- Inventory and record belongings and key data
- Register with 911 network if you need evacuation assistance
- Obtain ID chips from veterinarians for service animals and pets

# Shelter in Place?

Past disasters have demonstrated that transportation out of a Disaster Zone may NOT be an immediate option

# What to Expect—How to be Ready

- Earthquakes are everywhere
- Are you living or working in a fire, earthquake, tornado, hurricane or flood zone?
  - Clear debris from exterior property
  - Identify evacuation routes
  - Arrange for backup notification and transportation assistance
  - Set up phone trees



# Involve Your 'Network'

- Caregivers
- Family Members
- Distant Relatives (your family's after-disaster contact point)
- Friends and Peers
- Neighbors
- First Responders
- Paratransit and other service providers

# Become an 'Expert'

- Know the issues surrounding emergency preparedness
- Study appropriate responses and readiness
- Become an example to friends and neighbors—ask if **THEY ARE** ready
- Don't forget your pets (Does your transportation work for them too?)

# Preparing for Whatever Happens



# Personal Emergency Supplies

- One gallon of water per person per day, for drinking and sanitation
- Children, nursing mothers, and sick people may need more water
- If you live in a warm weather climate even more water may be necessary
- Store water tightly in clean plastic containers such as soft drink bottles (sterile)
- Keep *at least* a three-day supply of water per person

# More Emergency Supplies

- A portable generator with fuel
- Propane stove
- Sleeping bags and/or blankets
- Flashlights
- Lanterns
- Portable radio

*Note: Hand-cranked flashlights and radios are readily available...and cheap*

# Plus More Supplies

- Store *at least* a three-day supply of non-perishable food
- Select foods that require no refrigeration, preparation or cooking and little or no water
- Pack a manual can opener and eating utensils
- Choose foods your family will eat:
  - Ready-to-eat canned meats, fruits and vegetables
  - Protein or fruit bars
  - Dry cereal or granola



# What kind of Food?

- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

# First Aid Supplies

- Two pairs of latex or other sterile gloves (if you are allergic to Latex)
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or for use as a general decontaminant

# More First Aid Supplies

- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
- Pet medications

# Other Useful Items

- Cell Phone (if power is out, they won't always work)
- Scissors, Tweezers
- Non-prescription drugs:
  - Aspirin or non-aspirin pain reliever
  - Anti-diarrhea medication
  - Antacid (for upset stomach)
  - Laxatives



# More Prep Tips

- Install alternate Mobility Cues and Emergency Lights in each room—It may be dark
- Label Emergency Supplies with Braille, large print, or fluorescent tape
- Back up and store Computer files with important information
- Pre-program emergency and contact numbers in all phones
- Scan all important documents: Keep the CD in a safe-deposit box or with a trusted distant family member

# What About Your Best Friends?

# Tips From United Animal Nations (UAN.org)

- Take several pictures of all your animals and keep these photos with the important insurance papers that you would take with you if you had to evacuate
- Talk to your veterinarian to see if he/she has an outline of a pet-friendly disaster plan
- If an animal is on long-term medication, always keep a backup supply on hand, since a veterinary office may not be open for some time following a disaster



# Tips From United Animal Nations (UAN.org)

- Have a harness and leash for each of the dogs in your household
- If your dog is kept in an outdoor run, make sure it's in a location where falling debris (tree limbs, shingles, power lines, chimney bricks, etc.) won't fall on the run and possibly injure the dog
- Comfort your animals during a disaster
- Know where the animal shelters or animal rescue organizations are in your area, in case you're separated



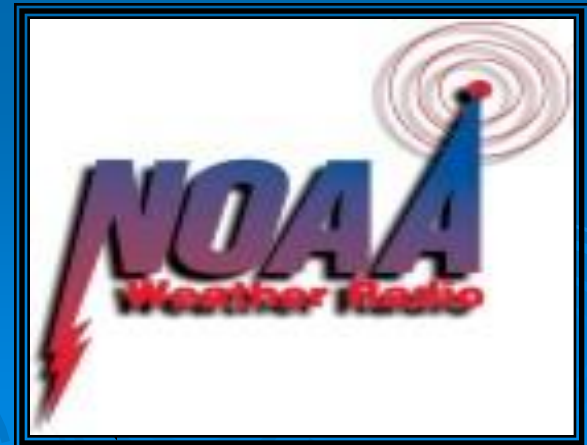
# Tips From United Animal Nations (UAN.org)

- Always keep a collar and tag on those animals that should normally wear collars
- Identify several possible locations where you can take your animals should you have to evacuate
- Start a buddy system with someone in your neighborhood so that they will check on your animals during a disaster in case you are not home
- In addition to your regular supply of animal food, have at least a week's supply of food and water on hand for use during a disaster

# Take it With You

## Recommended Supplies to Include in a Portable Kit:

- Cash and Extra identification
- Water
- Food: at least a three-day supply of non-perishable food
- Battery-powered radio and a National Oceanic and Atmospheric Administration (NOAA) Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help



# More Stuff to Take

- Prescription medications, and updated prescriptions
- Toilet Tissue
- Dust mask or cotton t-shirt, to help filter the air
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Plastic sheeting and duct tape to shelter-in-place
- Unique family needs, such as infant formula or diapers, and important family documents
- Garbage bags and plastic ties for personal sanitation

# Notification Recommendations

- Implement Enhanced & Reverse 911 systems statewide—get vulnerable people registered
- Coordinate with 211 to set-up a clearinghouse for people in need of help and people that want to help
- Work with local media to ensure all messages are accessible to all people
- Work with paratransit providers to relay evacuation orders to regular riders
- Work with volunteer organizations to create emergency phone trees to close gaps
- Consider disability needs when purchasing communications technology to assist in evacuation notifications





# Transportation Recommendations

- Transit agencies need to be included in planning
- Paratransit vehicles could be treated as emergency vehicles
- Transit providers should be reimbursed for emergency costs
- Paratransit rider lists should be available to emergency personnel
- Drivers should receive training in evacuation procedures
- Dispatchers should contact PWDs & seniors during emergencies to check on their ability to evacuate

# Shelter and Interim Services Recommendations

- ILC & AAA staff should be included in shelter operations and planning
- Interpreter lists should be available for accommodating people who are deaf
- Media areas should be located so they do not block walkways and impede access for PWDs
- Sheltering, and all services provided, should be designed with accessibility in mind
- All volunteers should be trained on disability etiquette
- Access should be maintained at shelters at all times

# Recovery Recommendations

- Volunteer Organizations should be enlisted to help PWDs and seniors in all aspects of recovery stage
- Emergency rent controls should be considered
- Arrangements should be made with transit providers to return both evacuees and belongings after a disaster
- Include mental health services in recovery services provided

# Resources

- NFPA Center for High-Risk Outreach:  
[NFPA.org](http://NFPA.org) (Under Learning/Public Education menus)
- National Organization on Disability: [NOD.org](http://NOD.org)
- Federal Emergency Management Agency: [FEMA.gov](http://FEMA.gov)
- U.S. Fire Administration: [usfa.fema.gov/index.shtml](http://usfa.fema.gov/index.shtml)





# Resources

- Prepare Now <http://www.preparenow.org/>
- Prepare.org [www.prepare.org](http://www.prepare.org)
- American Red Cross [www.redcross.org/services/disaster/beprepared/disability.pdf](http://www.redcross.org/services/disaster/beprepared/disability.pdf)
- American Foundation for the Blind [www.afb.org](http://www.afb.org)

A screenshot of the PrepareNow.Org website. The header reads "PrepareNow.Org" with the tagline "Supporting special needs and vulnerable populations in disaster". A "Welcome!" box contains text about the site's mission and sponsorship. At the bottom, there are three navigation buttons: "ABOUT US", "PREPAREDNESS LIBRARY", and "RESOURCE LINKS". The background image shows a group of people, including a person in a wheelchair, being assisted.

**PrepareNow.Org**  
Supporting special needs and vulnerable populations in disaster

**Welcome!**

PrepareNow.org is sponsored by PrepareNow Partners, an alliance of San Francisco Bay Area collaborative groups devoted to supporting the needs of vulnerable people in disaster preparedness and response. The site is designed to assist anyone preparing or planning for these needs in all kinds of disasters. Whether you're working as an emergency services planner, organizing your neighborhood or figuring out how to help a family member, this site's for you!

ABOUT US    PREPAREDNESS LIBRARY    RESOURCE LINKS

# More Resources

- The Access Board [www.access-board.gov](http://www.access-board.gov)
- Department of Homeland Security  
[www.ready.gov](http://www.ready.gov)
- Job Accommodation Network  
[www.jan.wvu.edu/media/emergency.html](http://www.jan.wvu.edu/media/emergency.html)
- S.a.f.e.t.y. first evacuation program [www.easter-seals.org](http://www.easter-seals.org)
- Disability Preparedness Center  
[www.disabilitypreparedness.com](http://www.disabilitypreparedness.com)

# Resources

- GetReadyGear [www.getreadygear.com](http://www.getreadygear.com)
- United Animal Nations Emergency Animal Rescue Service [www.uan.org](http://www.uan.org)

# Resources

- “Nobody Left Behind” Project:  
<http://rtcil.org/speakout1.htm>
- CA SILC 2003 Wildfires Impact Report:  
<http://www.calsilc.org/impactCAWildfires.pdf>
- NCD Report: “Saving Lives: Including People with Disabilities in Emergency Planning”  
[http://www.ncd.gov/newsroom/publications/2005/saving\\_lives.htm](http://www.ncd.gov/newsroom/publications/2005/saving_lives.htm)
- Center on Disability Issues & the Health Professions:  
Emergency Evacuation Preparedness: Taking  
Responsibility For Your Safety  
<http://www.jjk.com/disaster.html>



# Thank You

Are There Any Questions?



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