# Arizona Statewide Independent Living Council (AZ SILC)

The Disability Empowerment Center

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# AZ SILC

**Topic:**

Individual
Emergency Preparedness Planning
for All Hazards.

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**Templates:**

- Self Assessment
- Emergency Plan
- Medical Information
- Emergency Plan Checklist
- Go/Stay Kit

# AZ SILC

**Webinar Goal:**

To help
People with Disability
reduce their Vulnerability
when a
disaster happens.

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**Vulnerable**

means

being exposed

to things or situations

that can do you

harm.

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**Vulnerability**

is decreased by

assessing risks,

developing and testing plans,

and having at the “ready”

critical

supplies and equipment.

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**Stages of an Emergency:**

- Mitigation (before, preparing)
- Response (during, reacting)
- Recovery (after, restoring)

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**Mitigation – Tire Analogy:**

Before starting on a road trip make sure:

- There is an inflated spare tire in trunk,
- There is a car jack in trunk,
- You have a lug nut wrench,
- You know how to change a tire, or
- You joined AAA.

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**Response – Tire Analogy:**

There is a flat tire as you drive:

- You pull over on the side of the road,
- You get out the spare tire, car jack and a lug nut wrench,
- You change the tire, or
- You call AAA for service.

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**Recovery – Tire Analogy:**

The flat is changed:

- You put the flat tire, car jack and wrench in the trunk,
- You clean yourself off, or
- You thank the AAA service person,
- You continue on your trip.

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3 stories
of different individuals
that experienced
the same
catastrophic event.

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**John Abruzzo:**

- an accountant for the New York/New Jersey Port Authority,
- person with quadriplegia,
- power wheelchair user,
- worked on the 69th floor of One World Trade Center.

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**John Abruzzo**

Prior to1993 Attack:

- Did not have an emergency plan,
- Did not participate in drills,
- No Functional Needs supports,
- 6.5 hours to evacuate the building.

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**John Abruzzo**, After 1993:

- Developed an emergency plan,
- Participated in drills,
- Got an Evacuation Chair,
- Developed Multiple “buddy” coworkers to assist.

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**John Abruzzo,** Survived 9/11:

- used Evacuation Chair,
- “buddy system” coworkers alternately assisted with descent ,
- 1.5  hours to evacuate the building,
- on the street prior to collapse.

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**Ed Beyea:**

- Blue Cross/Blue Shield program analyst,
- person with quadriplegia,
- power wheelchair user,
- worked on the 27th floor of One World Trade Center on 9/11

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Ed Beyea

- Not prepared.
  - ✓no plan
  - ✓no evacuation chair,
  - ✓no support buddy system
- Waited in building area of refuge talking on cell phone,
- Did not survive 9/11.

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**Michael Hingson**

- Worked on 78th floor North Tower of the World Trade Center,
- Blind,
- Used service animal.

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**Michael Hingson**, Prior to 9/11

- Had a plan,
- Participated in fire drills
- Knew evacuation routes
- Took the lead in evacuating some of his coworkers to safety.

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**Michael Hingson**

- Not only survived 9/11
- But helped save the lives many of his coworkers by leading them from the building to safety.

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**Why Prepare for Emergencies:**

- To maintain your independence,
- To be reunited with family or caregivers ,
- **To Survive!**

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**How do you prepare for emergencies:**

- Get informed,
- Make a Plan, and
- Practice, Practice, Practice!

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**Getting Informed:**

- Conduct a Self Assessment
- Identify Probable Hazards
- Know Alert Systems
- Identify Escape Routes
- Situational Information Updates

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**Self Assessment should include:**

- Functional capabilities,
- Equipment, (e.g., ventilator)
- Manual back-up equipment
- Know your Medications
- Personal Assistance Services

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**8 Sections in an Emergency Plan:**

- Alert/Detection
- Escape Routes
- Go/Stay Kits
- Communication Network

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**8 Sections in an Emergency Plan:**

- Medical Information
- Support System
- Sheltering
- Reunification

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**Probable Arizona Hazards:**

- Extreme Heat
- Power Outages
- Wildfires
- Floods/Mud Slides
- Hazardous Materials

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**Alert Systems:**

- Fire Alarms,
- Television/Radio,
- Mobile Devices (Wireless Emergency Alerts - WEA),
- Sirens,
- Reverse 911.

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**Escapes Routes:**

- Identify Primary & Secondary,
- Are They Accessible,
- Identify Area of Refuge,
- Carry cell phone.

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**Situational Information Updates:**

- Arizona Emergency Information Network – www.azein.gov
- Television and Radio
- National Oceanic and Atmospheric Administration - NOAA

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Once you have been alerted
and have
situational awareness
you put your
emergency plan
into action.

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**Locations for Emergency Plans:**

- House
- Workplace
- School
- Family Member
- Caregiver

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Practice,

Practice,

Practice Plan

And

**Revise!**

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Go or Stay Kits:

- Enough supplies for 72 hours
- House
- Car
- Workplace
- School

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Recovery:

- Alternative Housing
- Reconnect to Service Providers
- Reunification

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Reference materials for this presentation:

- June Isaacson Kailes
- American Red Cross
- FEMA
- Dads for Special Kids
- National Council on Disability