Arizona Statewide Independent Living Council (AZ SILC)

The Disability Empowerment Center
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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
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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.
Stages of an Emergency:

- Mitigation (before, preparing)
- Response (during, reacting)
- Recovery (after, restoring)
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.
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.
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.
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 to 1993 Attack:

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

- 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