Emergency Preparedness for Individuals with Disabilities

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Let’s Start the Discussion!

What is Emergency Preparedness?
• What is an emergency?

• What emergency can happen in your area?

• What does “emergency preparedness” mean to you?
Reactions During an Emergency

- Be confused
- Have memory or thinking problems
- Feel anxious
- Cry or scream
- Have problems sleeping
- Get angry easily
- Not be able to sit still
- Shake or tremble
DO YOU HAVE ANY QUESTIONS?
Basic Steps to Emergency Preparedness
Basic Steps to Emergency Preparedness

• Know the resources and assistance your community has to offer and get involved
Basic Steps to Emergency Preparedness

• Know what kinds of emergencies could happen in your area.
Basic Steps to Emergency Preparedness

• Complete a personal assessment.

  – Do you need help with personal care, such as bathing and grooming?
  – Do you use adaptive equipment to help you get dressed?
  – Do you use a shower chair, tub transfer bench, or other similar equipment?
Basic Steps to Emergency Preparedness

• Complete a personal assessment.

  – Do you use special utensils that help you prepare or eat food independently?
  – How will you use equipment that runs on electricity – such as dialysis machines, electrical lifts, and power chairs – if there is a power outage?
  – Will you be able to care for your animal during and after an emergency?
Basic Steps to Emergency Preparedness

• Complete a personal assessment.

  – Do you need a specially equipped vehicle or accessible transportation?
  – How will you get groceries, medications, and medical supplies if your support people are unable to reach you?
  – Do you need help to leave your home or office?
Basic Steps to Emergency Preparedness

• Think about what a police officer or firefighter might need to know about you.

  – “I talk to people in a different way. I can point to pictures, which you can find in my wallet or emergency supply kit.”

  – “I may have a hard time understanding what you are telling me. Please speak slowly and use simple words.”
Basic Steps to Emergency Preparedness

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  – “I have a disability and may become confused in an emergency. Please help me find a quiet place. I will be okay shortly.”
  – ”I have a panic disorder. If I panic, give me (name of medicine and how much) located in my emergency supply kit.”
Basic Steps to Emergency Preparedness

• Make your own support group.
  • Family
  • Friends
  • People you work with
  • Personal care attendant
  • Neighbors
  • Roommates
  • People who go to your church, temple, or place of worship
Basic Steps to Emergency Preparedness

• Important things to discuss with your support group:
  – Pick and practice a way to communicate.
  – Show your personal support group where you keep your emergency supplies.
  – Share copies of your plan, emergency documents.
  – Share when you will be out of town.
  – Practice your emergency plans.
  – Write reminders on your calendar.
Basic Steps to Emergency Preparedness

• Make an emergency information list.
• Important papers you need in an emergency:
  – Social Security Card / Number
  – Passport
  – Map of your area (showing where your house is)
  – List of your medical equipment, assistive technology, etc.
  – Style / serial number of medical devices
  – Vendor contact information
Basic Steps to Emergency Preparedness

• Important papers you need in an emergency:
  – Health history information card
  – Legal papers, like wills / marriage certificate
  – Bank account information (name of bank, etc.)
  – Insurance policy numbers and agent information
  – Any professional certificates / licenses
  – Credit card account numbers and contact info
Basic Steps to Emergency Preparedness

• Make a medical information list.
Basic Steps to Emergency Preparedness

• Try to keep a seven-day supply of medications with you and fill your prescriptions as early as you can.
Basic Steps to Emergency Preparedness

• Know evacuation routes and safe places to go during an emergency.
Basic Steps to Emergency Preparedness

• Fill out a summary checklist to make sure that your emergency plan covers every problem you might have.
DO YOU HAVE ANY QUESTIONS?
What should you have in your emergency kit?

LET’S PLAY A GAME!
Emergency Kit

A) Roller skates

B) Bottled water and non-perishable food

C) A grill and hamburgers
Emergency Kit
Emergency Kit

A) A set of golf clubs

B) Prescription medication and your assistive technology

C) A fishing pole
Emergency Kit
Emergency Kit

A) Ice cream and sprinkles

B) Cupcakes and donuts

C) Flashlight, extra batteries, and a weather radio
Emergency Kit

- Flashlight
- Batteries
- Radio
- Backpack
Emergency Kit

A) Baseball and bat

B) Microwave

C) Extra clothes (socks, shoes, etc.)
Emergency Kit