

ALTA CALIFORNIA
REGIONAL CENTER



Welcome to Disaster Planning ©

BEING PREPARED IS A GOOD THING! Presented by:

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ALTA CALIFORNIA
REGIONAL CENTER



PEOPLE 1st



Be Ready!
Get Set!
Let's Go!



THE DISASTER DAVES



Disaster Preparation:

- The *More* You Know . .
- The *Safer* You Will Be!



Disaster Preparation:

■ KNOWLEDGE IS *POWER!*

- It helps us help ourselves
- It helps us help others
- It makes us feel safer



Disaster Preparation:

■ **Power is Control!**

- You can decide to be ready
- You can decide you want to be safe
- You can decide to learn about being prepared!



DISASTER TRAINING CAN MAKE A DIFFERENCE FOR YOU:



- **Knowing what to do can help you be safe!**
- **You have choices to make.**
 - **Choose to learn about being prepared**
 - **Choose to gather supplies**
 - **Choose to ask questions**
 - **Choose to take action**
 - **Choose to talk about being prepared**

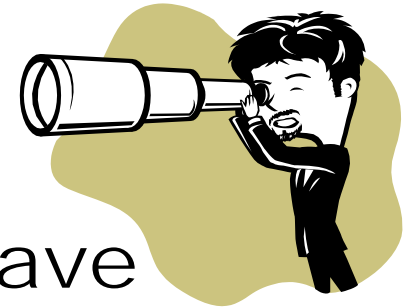
This is Good for You!

- It helps you not to be afraid
- It helps you think clearly
- Helps others around us to survive
- Helps US to survive!



BE *PREPARED!* WHY?

- If 1st Responders can Spend Less Time Looking for You or Assisting You in an *EMERGENCY!*



- the More *LIVES* they Can Save
- the More *POWER* You Have as an Individual,
- the More *CONTROL* You Have of Your Own Life!

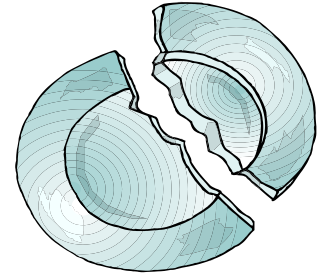
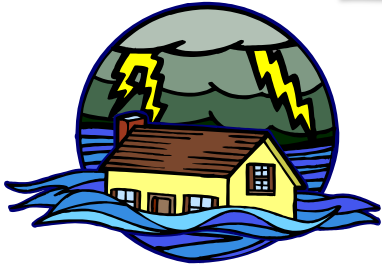
DISASTER TEST!

- **Right Now – In This Room . . .**



- **Who Knows What Major Disaster Threat You Face Where You Live?**

Disaster Hazards



•Floods

- A big threat in the Central Valley and some Coastal Areas

•Earthquakes

- A big threat near fault lines, Coastal Areas, and the Mountains

•Fires

- A big threat anywhere – especially in our forested regions



Earthquake



Disaster Hazards

■ Severe Weather

- A threat anywhere at certain times of the year

■ Terrorism

- A threat to our communities, water supplies, transportation systems

■ Flu Pandemic

The threat of infection to
A large group of people



LET'S TAKE A CLOSER LOOK AT DISASTER HAZARDS



Floods:



- **Climb to Higher Ground**
- **Don't Walk Through**
- **Watch Children and Pets**

Earthquakes

■ If Inside

- Stay Inside – Under a Table



■ If Outside

- Get into the open away from power lines and buildings

■ If in a car or bus

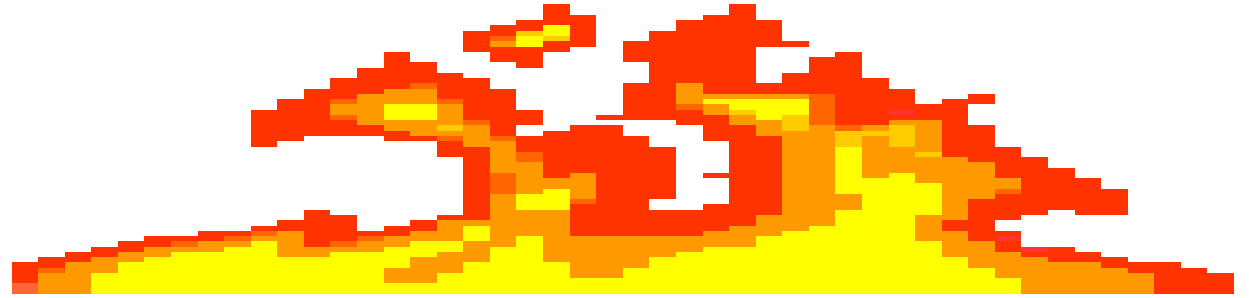
- Stay inside the car or bus

■ Wheelchair

- Stay in it and lock the wheels



FIRE!



■ **People Start Most Fires**

- **They begin unnoticed and spread quickly**
- **Practice good fire safety habits.**

■ **Get Out! Get Out! Get Out!**

- **Plan and Practice Your Escape Plan**
- **Have Working Smoke Detectors**

SEVERE WEATHER!

■ **Most Common Types:**

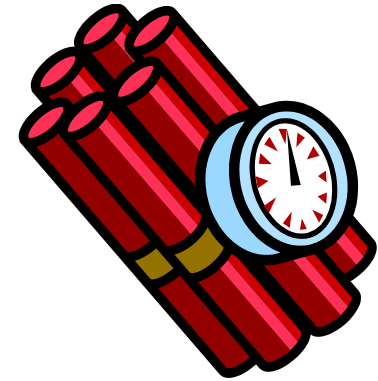
□ Heavy Rain, Hail, High Wind, Tornadoes,
Heavy Snow,



■ **What can I do?**

□ Shelter in Place, Keep Supplies on Hand,
Listen to the Radio, and Stay Calm

TERRORISM!



■ What can I do!

- If you hear a siren, turn on your radio and listen for instructions.
- Take what you hear seriously
- Know your escape routes
- Stay Calm

FLU PANDEMIC



- **What Can I do to reduce my risk?**
 - **Follow Universal Health Precautions**
 - **Wash Your Hands Often**
 - **Discard Tissues**
 - **Keep Your Personal Space**
 - **Avoid Shaking Hands and Hugging**
 - **Get a Flu Shot**

FLU PANDEMIC



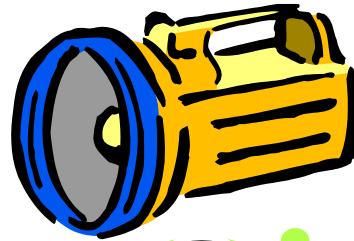
■ What if I get sick?

See your doctor

- Stay away from other people and public places.
- Drink plenty of fluids and follow your doctors orders.

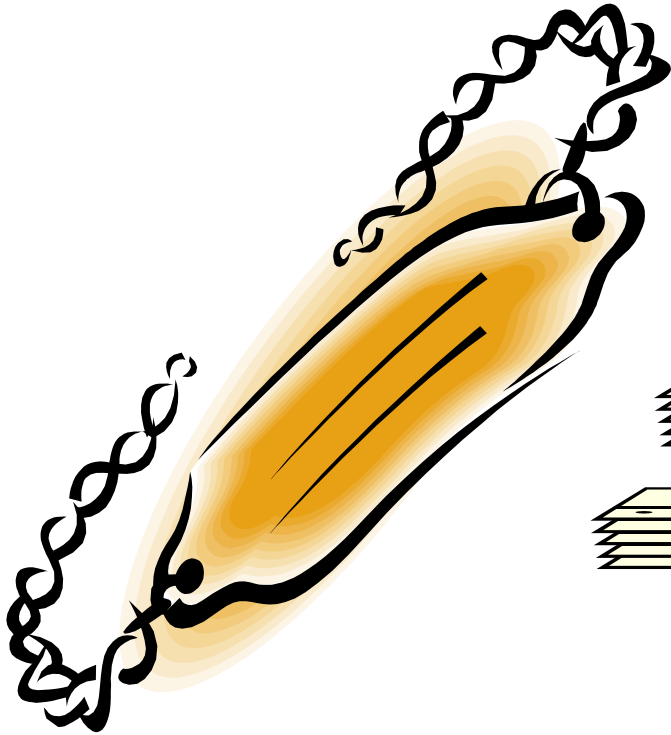
Things to keep in your home

- Flash lights
- Dry foods
- Bottle Water
- A crank up radio
- Plenty of Batteries
- Do you have some of these things already?
- What are some other things you could think of?



Disaster Plan:

Keep Your Insurance, Records & ID Handy!



■ Identification

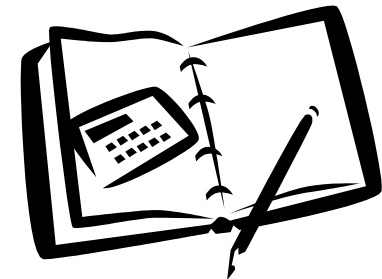
California ID with your Picture

■ Documents

Important Papers and
Information

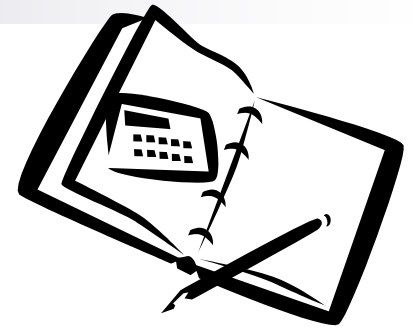
■ Health Card

Medi Cal or Medi Care Card



Disaster Plan:

More Stuff to Keep Ready:



- **List of medications**



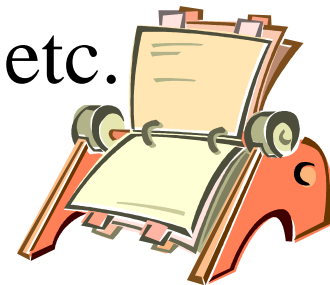
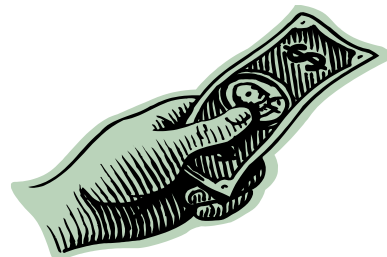
- **Meds ready-to-go**



- **List Phone Numbers**

Doctor, Pharmacy, Family, Friends, etc.

- **Money**



Disaster "To Go Kit" - In a Bag



Disaster Plan:

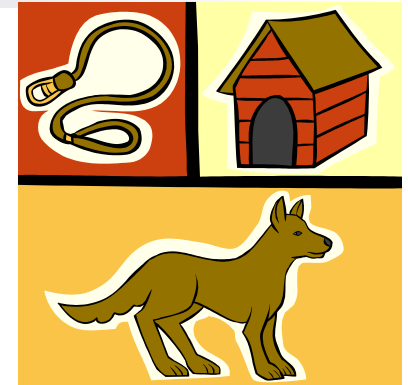
■ Caring for Animals!

□ How Many of You Have Pets?

- Would you have enough food for them if you were confined to your home for a week?
- Would you take them with you if you had to leave your home?
- Where would you go that would let you have your pet?



Disaster Plan: Caring for Animals



■ Pet Supplies

- Make sure you have extra food and water on hand**

■ Proper Identification

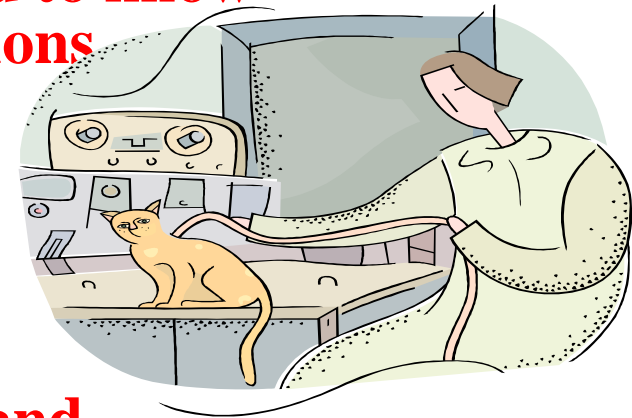
- Rescue and shelter people will need to know that your pet has current vaccinations**

■ Pet Carrier and Leash

- Lots of pets get nervous in crowds**

■ Emergency Shelters

- Will require a pet carrier, a leash and paperwork**



Shelter In Place



What does this mean - again?

- Keep a Disaster Supplies Kit handy along with your **GO KIT** and

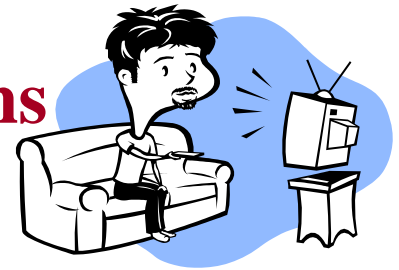
PrepGUIDE™



- Turn on the Radio and Television

- Listen for information and instructions

- Stay inside your home!



- Close the doors & windows



Evacuation Notification:

How will you hear?

- Law Enforcement
- Air Operations
- Patrol Vehicles
- Door to Door
- Reverse 9-1-1
- Radio/TV Broadcasts
- Neighbors



Advised to Evacuate!

- **Utilities – Gas/Water/Electricity**
 - Shut them off – if you can
- **Valuables**
 - These should be in your “Go Kit”
- **Secure House**
 - Lock up when you Leave
 - Renter’s insurance is a good idea
- **Travel Routes**
 - Learn your evacuation routes
- **Power Lines**
 - Some times fall – Stay Clear of them



Advised to Evacuate!

■ Specific Location

- Know where you should go
 - The announcements should tell you

■ “Go Kit”

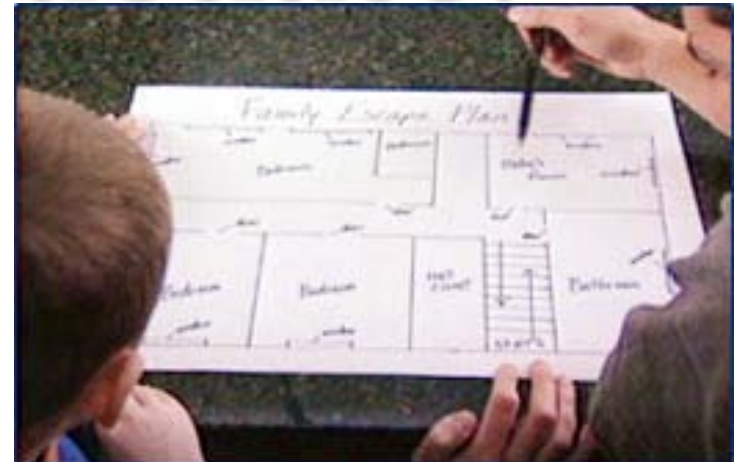
- Have it Ready

■ Your Support Person

- May not be there for you
 - Meet your Neighbors

■ Pets

- Make a plan to take them or care for them



What can my Planning Team Do About My Safety?

- **Your Safety should be at the top of your list of GOALS on your IPP.**

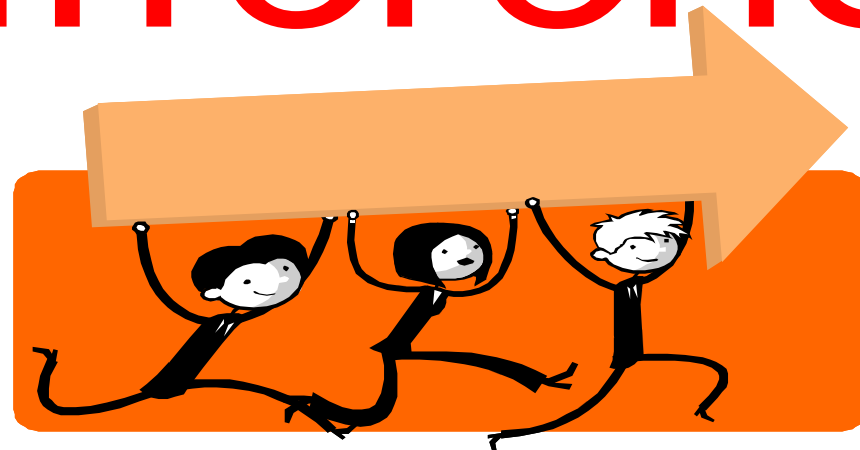


Disaster Preparation:

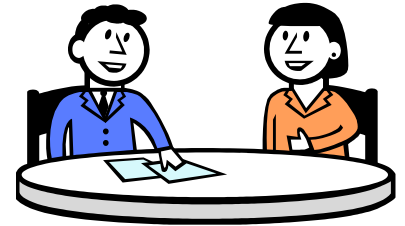
■ **Your Team Can**

Make A

Difference!



Your Team Can Make A *Difference!*



- You could have your current IPP team members participate in your safety plan.
- You could add new people who have a very deep concern about your safety.

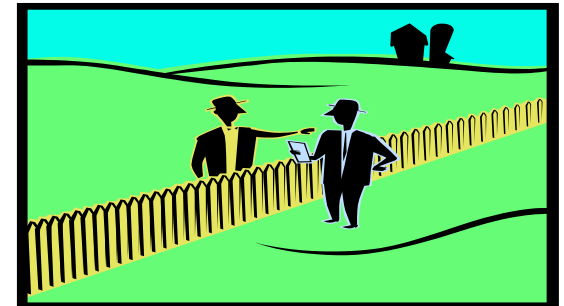
Who could those support people be? Remember They May Not All have Been at Your Meeting.

- Family members
- Friends
- Support Staff
- Neighbors
- Advocates



Start Your Planning Team Thinking

- Who would be the first person you would want to contact when you are in a safe place?
- Think about getting to know your Neighbors. See how you could not only help yourself but them too.



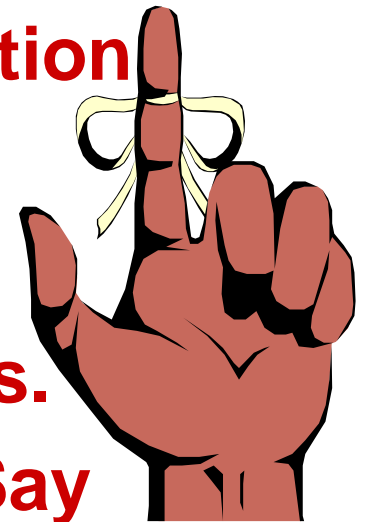
What Can My Planning Team Do About My Safety?

- **Ask Your Planning Team to Think about Ways for You to be Safe.**
- **Let's talk about some plans that would be important to make with your Team.**

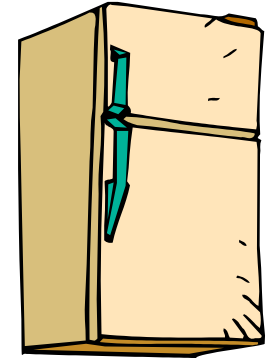


More Things the Planning Team Could Do

- Put together a “GO-KIT”
- Practice Dialing in a good Radio Station
- Don’t forget a plan for your Pets
- Don’t forget your Important Papers
- Don’t forget to ask a lot of Questions.
- Make signs for Your Windows that Say



PrepGUIDE™



- This is a sample **Home Safety EMERGENCY Planning Guide to Keep and use.**
 - **Fill it out and hang it on your refrigerator**
 - **It contains 11 INFORMATIONAL TIPS for you and your support staff**
 - Things to write in
 - Things to do
 - Safety Tips
 - Emergency Supply Check List

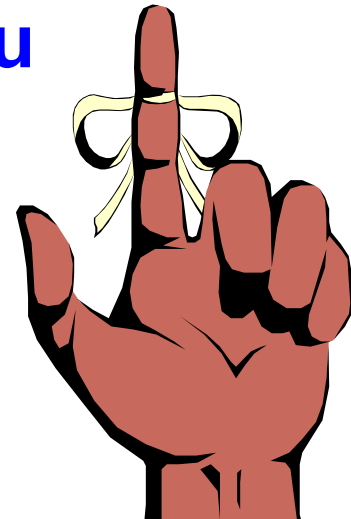


**LET'S TAKE A CLOSER
LOOK
AT YOUR IPP**



Things that You Should Remember When Having the Meeting.

- Remember: You are an important person and that your safety matters.
- Remember: Everyone who is on your team should help you in the planning process,
- Remember: Your team should help you get the things and the information you need to stay safe.

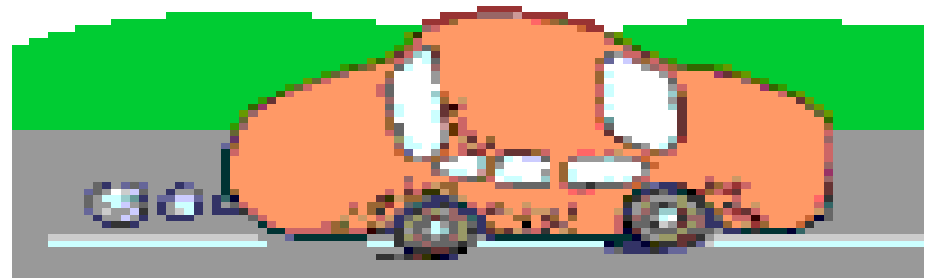
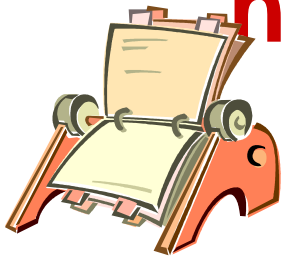


What Could Be in Your IPP?

- **Your Planning team could focus on things such as developing a “TO GO KIT” – or BAG**
- **Making sure that you have certain things in your home that could keep you safe in case you have to stay indoors.**
- **(Disaster Supplies: especially water, a radio, and a flashlight)**
- **Here’s a BIGGIE: Complete your brand new PrepGUIDE™**

What Could Be in Your IPP?

- Map out your evacuation routes from home and from work.**
- Make a List of People you Would Call – with their phone numbers.**
- Make a List of your Health Care Providers – with their phone numbers.**



What Could Be in Your IPP?

- Write out your List of Medications
- Post FIRST AID Information
- Learn What to Do Before, During, and After an Emergency
- Learn Safety Tips
- Get Basic Supplies



Be Responsible and Be Responsive!

- **How Many of You Know Your Next Door Neighbor?**
- **How Many of Your Next Door Neighbors Know You?**



Be Responsible and Be Responsive!

- Knowing your neighbors is important for safety, for evacuation, and for rescue.
- What a GREAT thing for your Planning Team to include in your plan.



Be Responsible and Be Responsive!

- Take responsibility for your plan.
- Ask a lot of questions.
- This will show great Self-Advocacy and Leadership Skills for you as an Individual

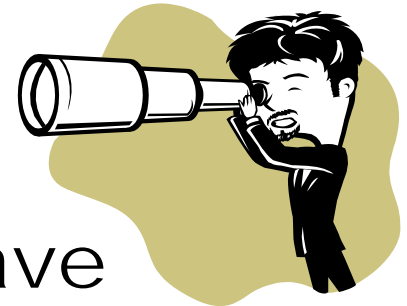


REVIEW AND REVISE!

- **When Your Needs Change:**
 - **Your Plan Needs to Change.**
 - **Look at Your Plan Every Time You Update Your IPP**
- **Your Safety Should be at the Top of the List of Your Goals.**

REMEMBER THIS!

- If 1st Responders can Spend Less Time Looking for You or Assisting You in an **EMERGENCY** :



- the More Lives they Can Save
- the More **POWER** You Have as an Individual,
- the More **CONTROL** You Have of Your Own Life!

Thank you for getting . . .

Disaster Prepared!

**The More You Know The Safer
You Will Be!**

As The Disaster Daves say: “Stay Safe – Be Prepared!”