Preparedness Begins with You
Disasters in Missouri
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Potential Disasters in Missouri

- Fires
- Floods
- Tornados
- Ice/Snow & Other Severe Storms
- Severe Heat/Cold
- Power Outages
- Earthquakes
- Chemical Spills
- Plane Crashes
- Terrorism
- Pandemic Flu
Whose Responsibility is it to be prepared for emergencies?
It is *EVERY* American’s civic duty to be prepared for emergencies.

Planning and Preparation are critical.
1% of the population are individuals (e.g. firefighters, EMTs, first responders, police, etc.) who will respond to 99% of the population.
What Can You Do?

- Get Informed
- Make a Plan that Includes a Personal Support Network
- Assemble a Kit
- Practice with Your Network and Team
- Maintain Your Plan and Kit
Contact local offices and learn what disasters are likely to occur in your area.
Get Informed

How would you learn about an emergency?

- Friends and Neighbors
- Reverse 911/ Code Red
- National Weather Service
- Weather Call
- TV
- Sirens
- 2–1–1
- Newspapers
- Internet/Blogs
- Social Media
Know the effects on you and your community:

- Utilities (electric, phone, gas, water)
- Groceries, medical supplies, medications
- Community environment
- Home environment
- Emergency services
- Support services
- Service animals
Don’t Isolate Yourself

- Speak to family members. Get to know your building manager, neighbors and other community members.

- Contact your local fire department and other emergency service’s non-emergency line and explain your functional needs.

- Ask emergency providers to keep your functional needs information on file.
Make a Plan

- Complete a personal assessment of your needs.
- Evaluate your capabilities in an emergency.
- Make emergency officials, employers, personal network, utility companies, etc., aware of your abilities, limitations and assistance required during an emergency.
Make a Plan

- Create a personal support network for home, school, work...
  - Individuals (other than PCAs) who will check with you in an emergency.
  - A minimum of 3 people in your network for each location where you regularly spend time during the week.
  - Provide training regarding personal needs.
  - Exchange important keys.
Personal Support Network, cont.:

- Show where you keep emergency supplies.
- Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
- Agree and practice a communications system.
- The relationship should be mutual. Learn about each others needs and how to help each other in an emergency – practice your emergency plans.
Building connections, a network or relationships makes a difference and can save lives.
Practice with Your Network and Team
Maintain a List of Important Items

- Current prescription information with correct doses.
- Names, addresses and telephone numbers of doctors, therapists and pharmacists with copies of insurance cards.
- Listing of DME and supplies to include supplier and serial numbers.
- Detailed information about the specifications of your medication regime/medication allergies.
Maintain a List of Important Items

- Names, addresses and telephone numbers of personal support network.
- Service provider names, addresses and telephone numbers.
- Names, addresses and telephone numbers of PCAs to include back-up supports.
- Detailed information about how others can assist you.
Make a Kit

- Emergency food
- Bottled water
- Non-electric can opener
Make a Kit

- Essential medicines/supplies – at least a 7 – 14 day supply.
Make a Kit

- First aid kit and manual
  - Non-latex bandages
  - Sunscreen
  - Hand sanitizer
  - Topical ointments
- Hygiene supplies
Make a Kit
Don’t Forget Four-legged Family Members

- Pet food and water
- Carrier and leash
- Comfort toys
- Pet medications
- Updated shot records
- Veterinarian contact information
- Extra kitty litter
Service Animals

- Service animals are *not* considered as pets, they are necessary supports for individuals with disabilities. Don’t forget to include them in your plan.
- If evacuation and sheltering are necessary, service animals *can* stay with the individual.
Evacuation

- If possible, find out community shelter sites (communicate functional needs).
- Plan for two evacuation routes.
- Make prior arrangements for accessible transportation.
- Include personal care and/or family in evacuation plans.
Make a Go Bag

- Easy-to-carry bag with the most essential items if you must evacuate:
  - Essential medications
  - Medical information (include doctors’ contact information)
  - Communication devices
  - Portable ramp
  - Hearing aid batteries
  - Extra eyeglasses/contacts & solution
  - Cash & credit/debit cards
  - Sturdy shoes and gloves
  - Hygiene supplies
  - Supplies for your service animal
Maintain Your Plan and Kit
Inclusion of people with disabilities and other special needs must occur at **ALL** phases of emergency management.

Planning saves lives – it is too late to bring people to the table to start planning when you are in the midst of a disaster.
Resources


Resources

- Department of Mental Health Disaster Readiness: [http://dmh.mo.gov/disaster/](http://dmh.mo.gov/disaster/)
Resources

- Ready In 3 preparedness information: http://www.health.mo.gov/emergencies/readyin3/
- Disability Preparedness Resource Center: www.disabilitypreparedness.gov
- National Organization on Disabilities: www.nod.org/emergency
Resources

- Missouri Centers for Independent Living: http://www.mosilc.org/CIL.htm
- National Organization on Disabilities: www.nod.org/emergency
- Disability Preparedness Resource Center: www.disabilitypreparedness.org
Get Involved

- Volunteer for the American Red Cross: http://www.redcross.org
- Contact your local Citizen Corps: http://www.citizencorps.gov/
- Contact the National Voluntary Organizations Active in Disaster (NVOAD): http://nvoad.org/
Questions?

Vicky Davidson  
Executive Director  
Missouri Developmental Disabilities Council  
1706 East Elm Street  
P.O. Box 687  
Jefferson City, MO  65102  
Office: (573) 751–8206  
Fax: (573) 526–2755  
vdavidson@moddcouncil.org