

Websites and links for more information and learning about Disaster Preparedness:

*Compiled by Lauren Kraemer, MPH, Associate Professor of Practice | Oregon State University Extension Service
For Disaster Preparedness Community Education and Outreach | September 2021*

Older Adult Focus:

- Disaster Preparedness for Older Adults:
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/older-adults.html>
- Health in Aging Tip Sheet: Emergency Preparedness for Older Adults:
<https://www.healthinaging.org/tools-and-tips/tip-sheet-emergency-preparedness-older-adults>
- Disaster Preparedness *For Seniors By Seniors*:
https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/Disaster_Preparedness/Disaster_Preparedness_for_Srs-English.revised_7-09.pdf
- CDC's Complete Care Plan:
<https://www.cdc.gov/aging/caregiving/pdf/Complete-Care-Plan-Form-508.pdf>
- CDC's Disaster Preparedness for Older Adults Page:
<https://www.cdc.gov/aging/emergency-preparedness/index.html>
- Extreme Heat: <https://www.cdc.gov/aging/emergency-preparedness/older-adults-extreme-heat/index.html>
- Disaster Preparedness for Alzheimer's Caregivers:
<https://www.nia.nih.gov/health/disaster-preparedness-alzheimers-caregivers>
- American Psychological Association: Older Adults and Disasters How to Be Prepared and Assist Others: <https://www.apa.org/pi/aging/resources/older-adults-disasters.pdf>
- How to Evaluate Emergency Preparedness in Assisted Living: Questions to Ask
https://dailycaring.com/how-to-evaluate-emergency-preparedness-in-assisted-living-questions-to-ask/?utm_source=DailyCaring&utm_campaign=64398ff8c8-DC_Email_2017-09-07&utm_medium=email&utm_term=0_57c250b62e-64398ff8c8-123161821
- Disaster Planning Tips for Older Adults and their Families:
https://www.cdc.gov/aging/pdf/disaster_planning_tips.pdf
- How To Boost Your Emergency Supply Of Prescription Medicines:
<https://www.npr.org/sections/health-shots/2020/03/09/813704598/how-to-boost-your-emergency-supply-of-prescription-medicines>

Older Adult Focus Continued:

- AARP Dealing with Disaster Guide: https://assets.aarp.org/www.aarp.org/articles/states/dealing_with_disaster.pdf
- Closing the Gaps: Advancing Disaster Preparedness, Response and Recovery for Older Adults-White Paper from American Red Cross, American Academy of Nursing, and other National Organizational Partners: Excellent resource for organizations and facilities wishing to improve preparedness <https://www.redcross.org/content/dam/redcross/training-services/scientific-advisory-council/253901-03%20BRCR-Older%20Adults%20Whitepaper%20FINAL%201.23.2020.pdf>
- Do 1 Thing: Small steps toward being prepared for an emergency: <https://www.do1thing.com/>

Cascadia Subduction Zone Earthquake:

- Great Oregon Shake Out-October 21st, 2021 at 10:21am: <https://www.shakeout.org/oregon/>
- Preparing for the Cascadia Subduction Zone Event Course on eXtension; *course is Free and available in English and Spanish*: <https://beav.es/Cascadia>
- Oregon State University's Cascadia Earthquake Preparedness Page: <https://extension.oregonstate.edu/cascadia-earthquake-preparedness>
- Survival Basics Publications:
 - Get Ready: <https://catalog.extension.oregonstate.edu/em9284>
 - Food: <https://catalog.extension.oregonstate.edu/em9331>
 - Water: <https://catalog.extension.oregonstate.edu/em9285>
 - Power Outages: <https://catalog.extension.oregonstate.edu/em9278>
 - Stress: <https://catalog.extension.oregonstate.edu/em9287>
 - *Forthcoming documents on "Preparedness Kits" and "Sanitation and Waste Management."*
- Regional Disaster Preparedness Organization Emergency Toilet Project: *outlines the Twin-Bucket toilet system and how-to-guides for setting up your own toilet*: <https://rdpo.net/emergency-toilet>

Wildfire:

- Oregon State University Fire Program Page: *excellent set of Fire Aware/Fire Prepared Webinars, contact information for regional specialists, and tools to learn about what to do before, during, and after a wildfire*. <https://extension.oregonstate.edu/fire-program>
- Mapping Fire Risk: *and interactive tool with layered maps indicating fire risk across Oregon* https://tools.oregonexplorer.info/OE_HTMLViewer/Index.html?viewer=wildfireplanning

Community Emergency Response Team (CERT) Volunteer Program: <https://www.ready.gov/cert>

Other helpful resources from partners:

- Food Storage for Emergencies from Utah State University: *in-depth food storage guide*: <https://extension.usu.edu/preserve-the-harvest/files/Food-Storage-Booklet.pdf>