



Welcome!

Thank You, Partners:





The background of the title slide is a scenic photograph of a rural Oregon landscape. It shows a calm river or lake in the foreground, reflecting the sky and the surrounding greenery. The middle ground is filled with lush green bushes and trees along the riverbank. In the background, there are rolling hills and mountains under a clear blue sky with a few wispy clouds.




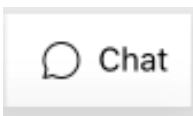
# 2021 Virtual Series Forum on Aging in Rural Oregon

## Disclosures

- Lauren Kraemer has no conflicts to disclose



# 2021 Virtual Series Forum on Aging in Rural Oregon

- Audio  and video  are muted for all attendees.
- Select  to populate the  feature to your right. Please ask session questions using the Q&A featured and use the Chat function for everything else.
- Presentation slides and recordings will be posted shortly after the session at:  
<https://www.ohsu.edu/oregon-office-of-rural-health/forum-aging-rural-oregon>.
- If you'd like the CEU for this session, please complete the survey.



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# 2021 Virtual Series Forum on Aging in Rural Oregon

Presents,

*Disaster Preparedness for Older Adults and Their Caregivers*

Speaker:

Lauren Kraemer, MPH | Associate Professor of Practice  
Extension Family & Community Health | Oregon State University



College of Public Health and Human Sciences

# DISASTER PREPAREDNESS FOR OLDER ADULTS & THEIR CAREGIVERS

Lauren Kraemer, MPH, Associate Professor of Practice  
Extension Family & Community Health



**Oregon State**  
University



# Introductions: (*share in chat if able*)

- Name, organization, location.
- What is something you are hoping to learn today?
- What is one aspect of disaster preparedness that nags at you?



# What we'll cover in today's conversation:

- Why might older adults be more vulnerable during disasters?
- The Three Steps to Preparedness:
  - Make a Plan
  - Make a Kit
  - Be Informed
- Follow up Information & Tools You Can Use



# WHY ARE OLDER ADULTS MORE VULNERABLE DURING DISASTERS?

*Advanced age in and of itself does NOT  
make a person vulnerable.*

*—American Psychological Association*



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# Older Adults and Disasters:

- By 2050, 1 in 5 Americans will be 65 years or older.
- Older adults are the **least** prepared for disasters.
- Older adults have the **highest** rate of disaster related deaths during and following disasters.
- The number of disasters is on the **rise**.
- 2/3 of seniors have **no** emergency plan.
- Older adults often have medical conditions that make disasters and evacuations more challenging.



# Older Adults and Disasters:

- Impaired mobility
- Diminished sensory awareness, slower reaction time
- Dementia or other cognitive disability
- Chronic health conditions
- Limited social and economic resources
- Lower technology use and familiarity
- More than 50% of older adults have some kind of functional limitation according to the CDC

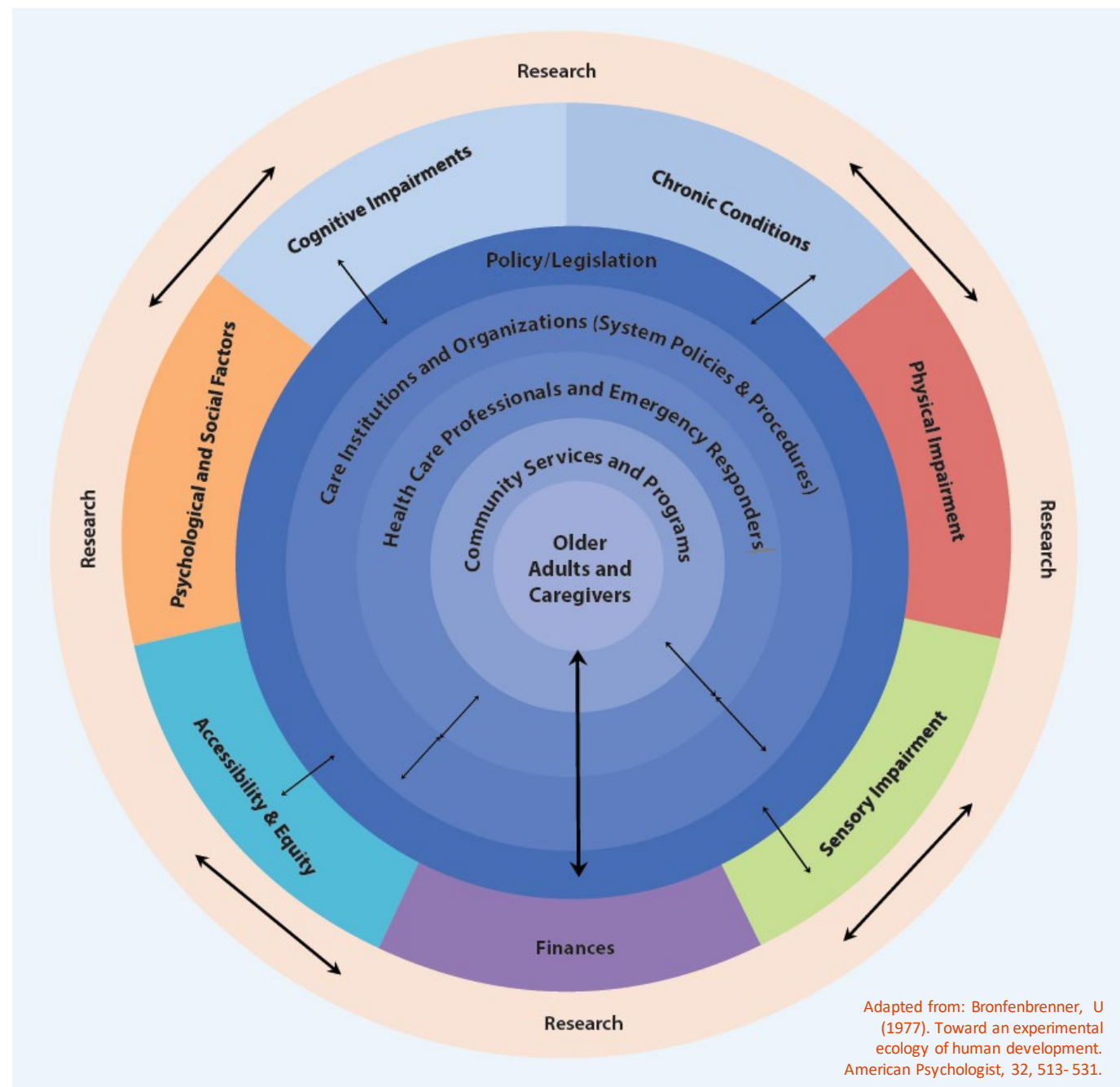


# Closing the Gaps: Advancing Disaster Preparedness, Response and Recovery for Older Adults

25 Evidence-Informed Expert Recommendations to  
Improve Disaster Preparedness, Response and Recovery  
for Older Adults Across the United States

JANUARY 2020

Authors adapted Bronfenbrenner's Ecological Framework to illustrate the interaction of the seven factors of vulnerability (*multicolored sections*) and the six emergency management domains identified (*blue concentric circles and research*).



Adapted from: Bronfenbrenner, U (1977). Toward an experimental ecology of human development. American Psychologist, 32, 513- 531.



A Louisiana National Guardsman carries a woman from the Superdome in New Orleans, September 1<sup>st</sup>, 2005 where people had been sheltering following Hurricane Katrina. More than 75% of the those who died following the hurricane were over 60. While shelters were supposed to be safe havens, they were described as squalid and lawless. Older adults struggle in shelters due to noise & accessibility.



Photo Credit: Robert Sullivan/AP



Photo Credit: Trudy Lampson

Residents of the La Vita Bella assisted living facility amid flood waters in Dickinson, Texas, on Sunday, August 27th, 2017 after Hurricane Harvey. 80% of older adults have at least one chronic health condition requiring medication or medical equipment.



200 evacuees wait outside the Veterans Memorial Building in Santa Rosa, California at 3 a.m. during the Glass Fire before being turned away from the temporary shelter, September 2020. Many shelters cannot meet the functional needs of older adults.



Photo Credit: Gabe Meline/KQED





Photo Credit: Gabe Meline/KQED

Residents who fled retirement communities under evacuation orders on September 28, 2020 came to the Veterans Memorial Building in Santa Rosa, California by bus. With less capacity because of the pandemic, that shelter filled up quickly.



Patricia Fouts, 73, sits with her dog Murphy and other evacuated residents of a senior living home in an evacuation center at the Oregon State Fairgrounds in Salem, Oregon following the 2020 Labor Day Fires. One reason older adults do not evacuate is fear of leaving pets behind.



Photo Credit: Andrew Selsky/AP





Photo Credit: Nathan Howard/AP

A paramedic treats a man experiencing heat exposure during the June 2020 heat wave in Salem, Oregon. Most people who perished in the record-smashing heat were white (90%), male (63%), older (81.5%) and socially isolated (78%).

# WHAT TYPES OF DISASTERS CAN WE EXPECT IN OREGON?



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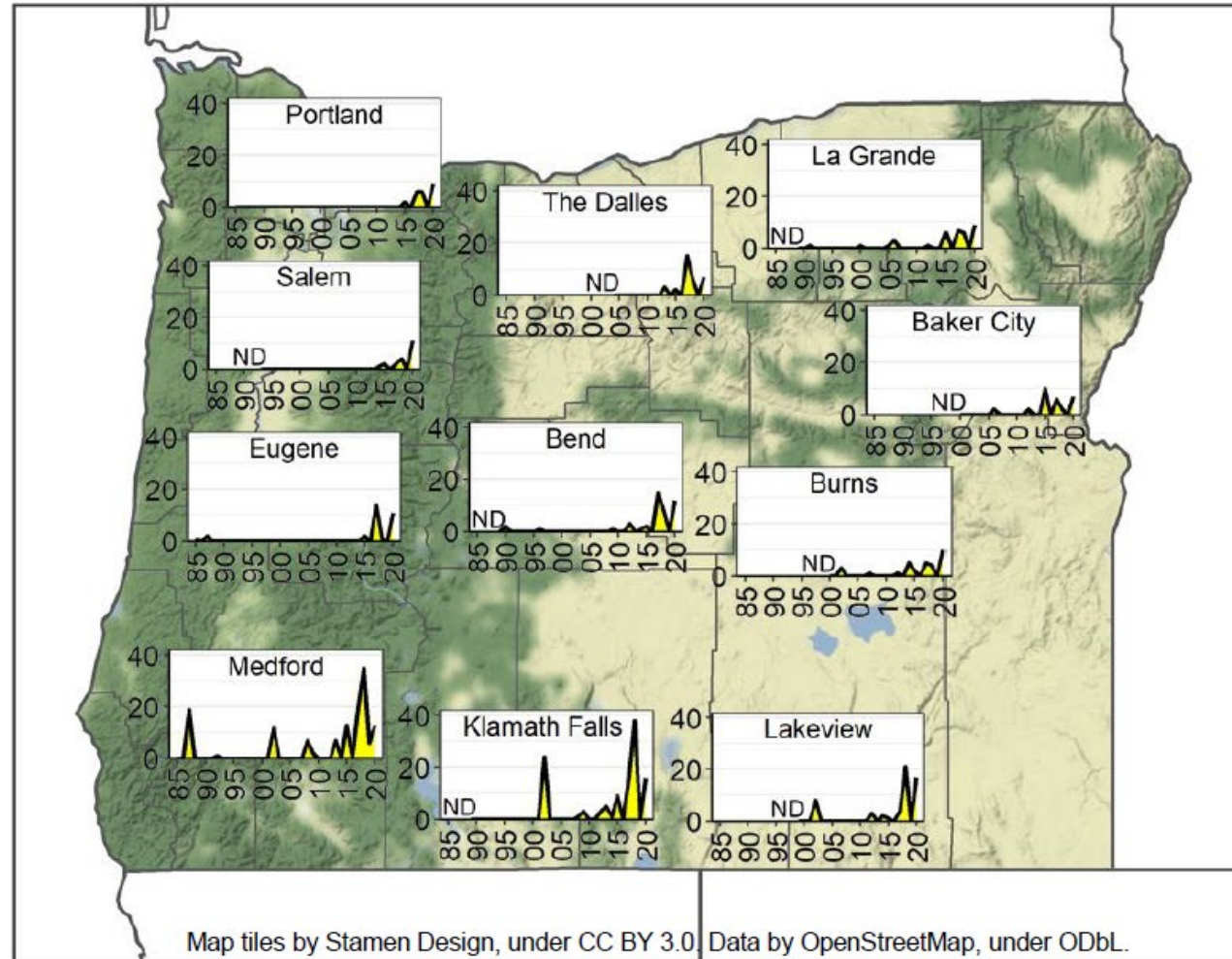
# Wildfire





# Smoke and Poor Air Quality

AQI days  $\geq$  USG caused by wildfire smoke



**Figure 2. Map of wildfire AQI trends across Oregon.**

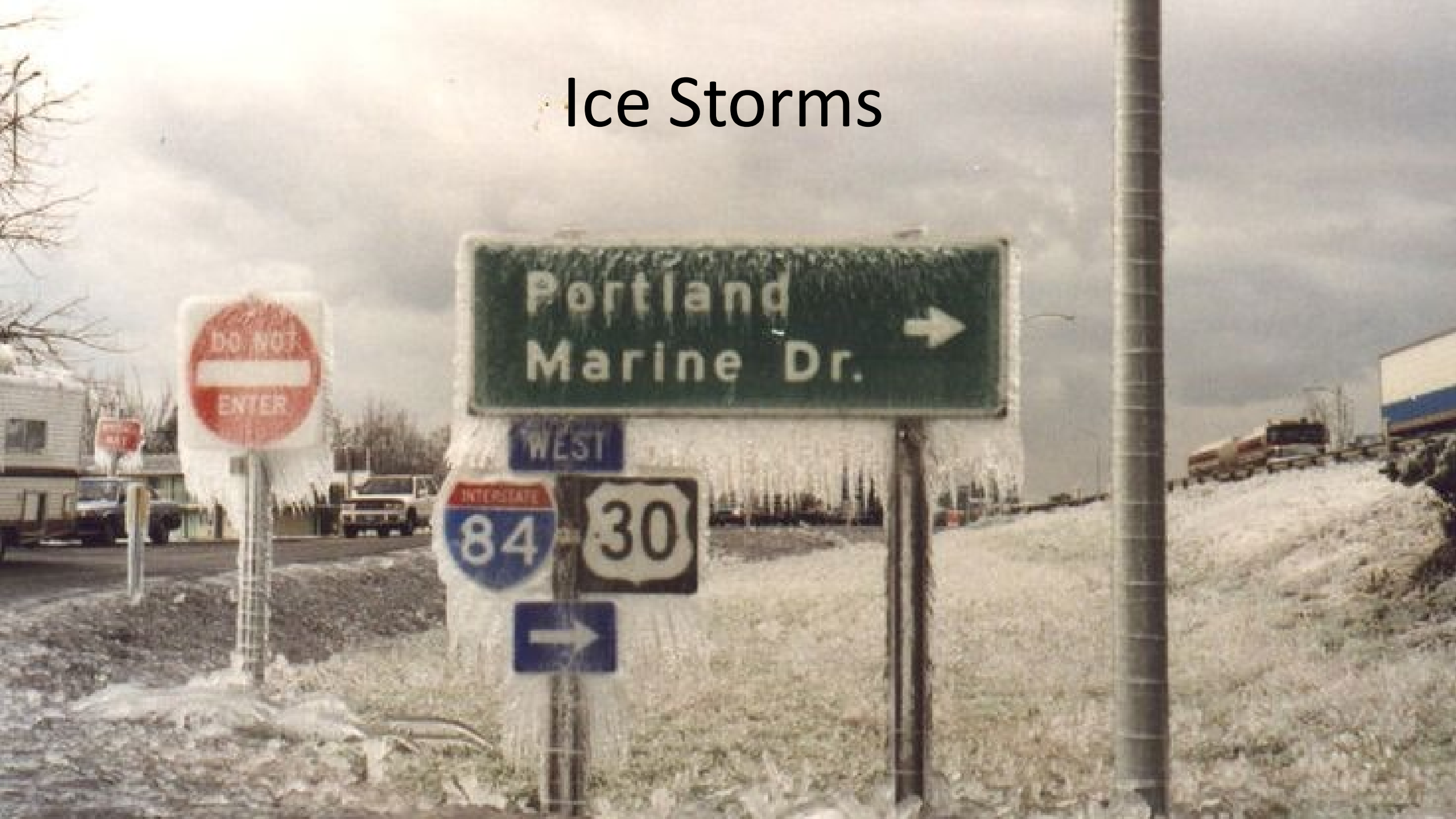
The charts' vertical axis are the number of days per year that have an AQI of  $\geq$ USG (Unhealthy for Sensitive Groups or worse). ND = No data collected for these years. The charts' horizontal axis is the year.



# Evacuation & Infrastructure Challenges



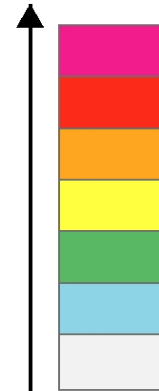
# Ice Storms



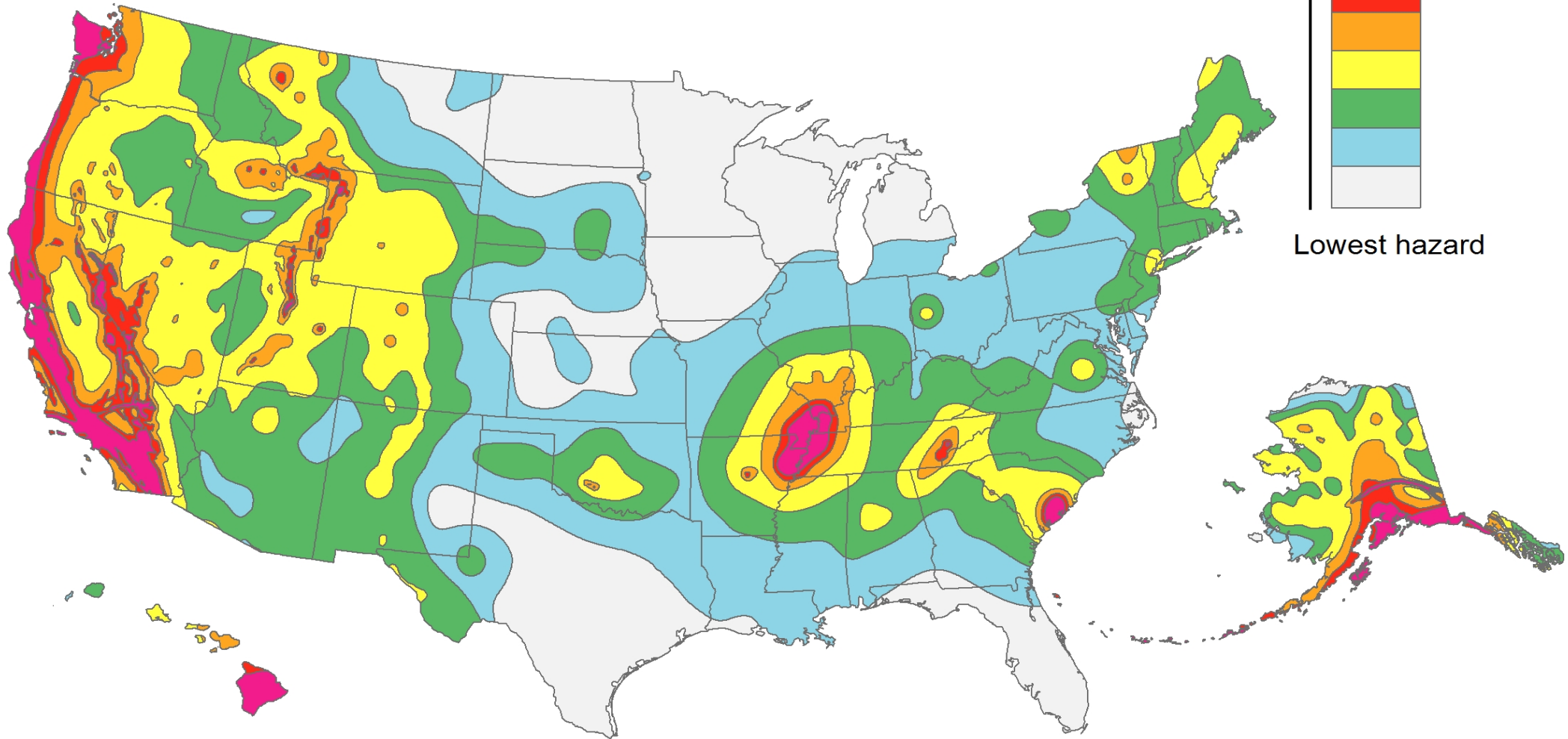


# Earthquakes

Highest hazard



Lowest hazard



- Emergency Managers are encouraging Oregonians to be *minimally* “2 Weeks Ready.”
- However, based on previous disasters and impacts on rural communities 4-6 weeks of emergency supplies is better.
- Personal Preparedness is key; cannot rely on FEMA or local governments for immediate response.



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**Follow us on Facebook**

<https://www.facebook.com/2WeeksReady>

# STEP 1: MAKE A PLAN



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# Discuss and plan with family and/or caregivers



**Know how to communicate:**  
**1) Have an out-of-state contact**  
**2) Use simple messages: IMOK**

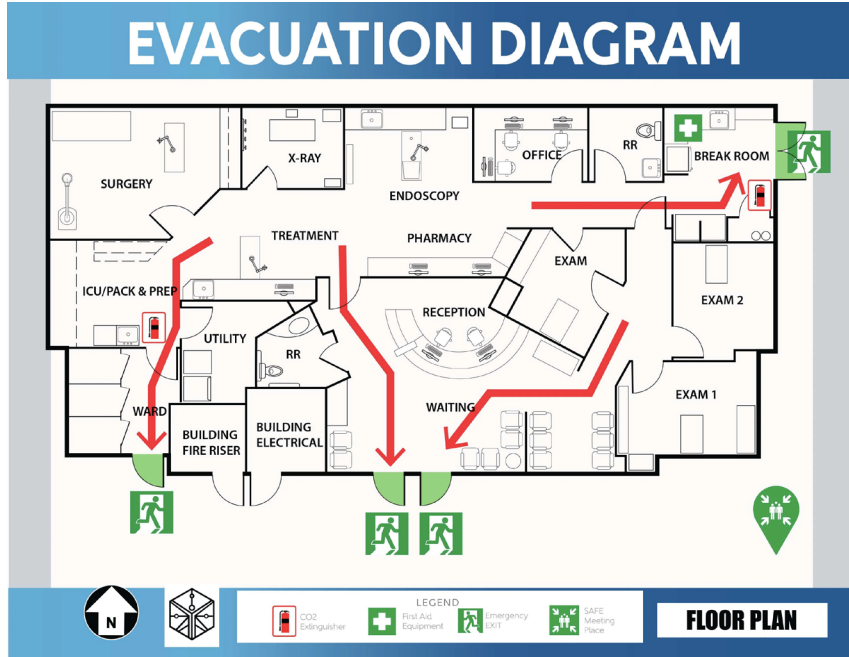




**Know escape & evacuation routes  
based on your abilities**



# Evacuation



 **RAND McNALLY**

**Easy to Read!**

**Oregon**  
state map

Visit [bestoftheroad.com](https://www.bestoftheroad.com) to see travel reviews, photos, and videos from across the U.S.



**DETAILED MAPS**

Corvallis  
Eugene  
Medford  
Portland & Vicinity  
Downtown Portland  
Salem

**FEATURING**

Distance Chart  
Distances &  
Driving Times Map  
Crater Lake  
National Park

[randmcnally.com](https://www.randmcnally.com)



## ***MENTAL MUSTER:***

The purpose of a **muster** drill is to prepare passengers for safe evacuation in the event of an emergency while on board the ship and to familiarize crew and passengers with escape routes.



# STEP 2: MAKE A KIT



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# Food, Water, Waste, Medical:

- 1,500-2,000 calories/person/day
- 1 gallon water/person/day
- Waste management
- Medications & Medical equipment
- Where do you have some of these items already?







Photo Credit: Associated Press





Photo Credit: OPB

# #14gallons challenge

# Waste Management: Avoiding secondary outbreaks following natural disaster

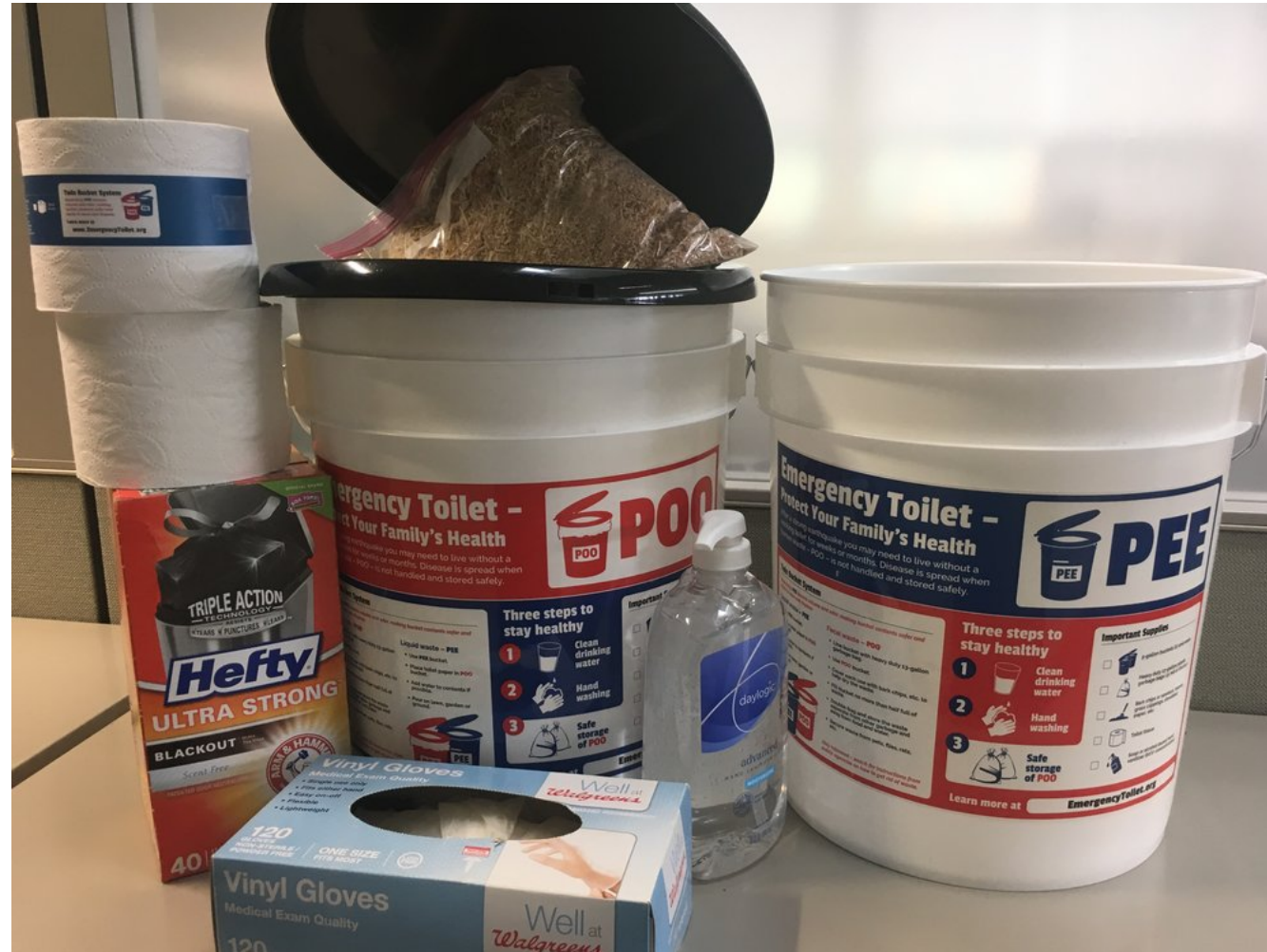


Photo Credit: RDPO



## Personal Items 2x







# STEP 3: BE INFORMED



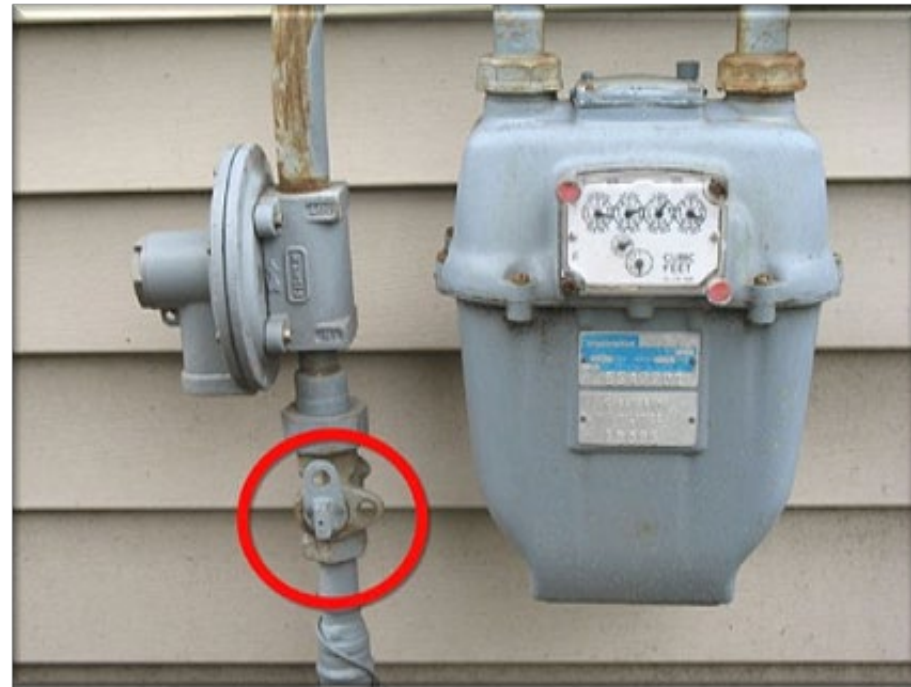
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# Steps to Being More Prepared





# Steps to Being More Prepared



# Steps to Being More Prepared

Join 70,163 caregivers and get free senior care tips

Get Tips →

HOME SHOP ABOUT US IN THE NEWS

SEARCH


## DailyCaring

Award Winner: Best Caregiver Website in 2021

COVID-19 TOP 10 DAILY CARE CAREGIVER STRESS SENIOR HEALTH SENIOR HOUSING MONEY & LEGAL HOLIDAY


ASSISTED LIVING FACILITY / NURSING HOME / SKILLED NURSING FACILITY


### HOW TO EVALUATE EMERGENCY PREPAREDNESS IN ASSISTED LIVING: QUESTIONS TO ASK



Make sure your older adult will be safe in an emergency

ADVERTISEMENT





U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION  
ATLANTA, GA 30329

### Complete Care Plan

Complete THIS FORM with the information about the PERSON RECEIVING CARE  
A care plan summarizes a person's health conditions and current treatments for their care

Reset Form

First Name:

Last Name:

Date of birth:  Age:  Phone number:

Address:  E-mail:

About the person receiving care – This information will help your caregivers to know you better and plan activities that you enjoy

In a few sentences, tell people what you want them to know about you. What is your family like? Where did you grow up? What kind of activities do you like doing (walking, sitting by the garden, playing cards, watching a TV show)? What things are you interested in learning about?

My Medical Conditions

Condition	Healthcare Provider for this condition	Medicine(s) I take for it	Things that help (resting, exercising)
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Page 1 of 4







Lose your medical equipment  
in a wildfire?



We can help **older adults** and  
**people with disabilities**  
access supports they need.

Visit [adrcoforegon.org](https://adrcoforegon.org) or call  
1-855-ORE-ADRC for help and information.



# Support for Older Adults following Disasters

Are you an older adult who  
evacuated due to wildfires?  
**Free or inexpensive meals**  
are available to older  
adults who need them.



Visit [adrcoforegon.org](https://adrcoforegon.org) or call  
1-855-ORE-ADRC for help and information.

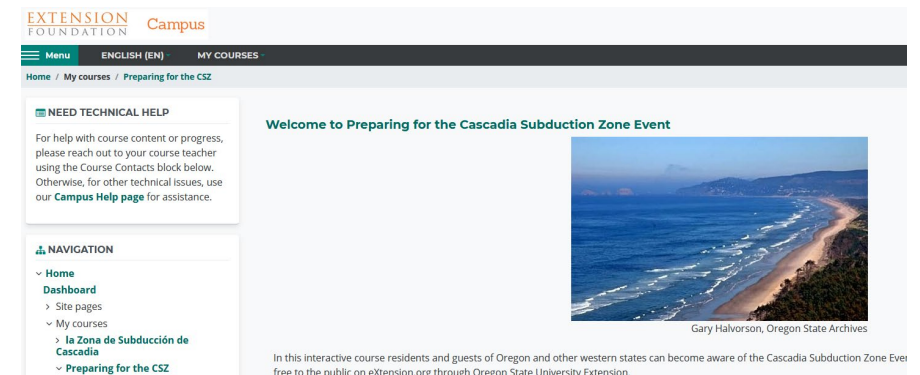


# What are Benefits of Being More Prepared?



# Opportunities to Practice & Prepare:

- September: Disaster Preparedness Month
- October 21<sup>st</sup> at 10:21am: Great Oregon Shake-Out
- 3-day “Camp-In” following the Shake-Out
- Cascadia Rising Event: June 13-17<sup>th</sup>, 2022 (*FEMA Region 10, Idaho, Oregon, Washington, with support from Alaska*)
- Mental Muster when you are in a new place
- Do-1-Thing: <https://www.do1thing.com/>
- Cascadia Subduction Zone Event Course: <https://beav.es/Cascadia>





We are used to spending lots of time preparing for life's big events—make this one of them.



Consider preparedness a gift to the next generation...

