

2023 Forum on Aging in Rural Oregon

Emergency Preparedness & Older Adults: Special Considerations for Preparedness and Recovery

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Thank you to our partners:



EMERGENCY PREPAREDNESS & OLDER ADULTS: SPECIAL CONSIDERATIONS FOR PREPAREDNESS AND RECOVERY



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WHAT WE WILL COVER TODAY

- What is Emergency Preparedness and Why is it Important?
- Special Considerations for Older Adults
- Elder Services Innovation Grant Project
- Resources & Replication in Your Community



What is Emergency Preparedness and Why is it Important?

WHAT IS EMERGENCY PREPAREDNESS

Preparedness is the process of turning awareness of the natural hazards and risks faced by a community into actions that improve its capability to respond to and recover from disasters.

-National Academies of Sciences, Engineering, and Medicine.

WHY IS EMERGENCY PREPAREDNESS IMPORTANT?

- Frequency of hazards such as wildfire and severe weather events are increasing
- Being prepared can make the difference between life or death in a disaster
- Being prepared builds resilience and improves recovery
- Being prepared can decrease anxiety, fear and loss that happen as a result of a disaster

EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

KEY POINT #1

**Emergency preparedness is everyone's
responsibility**



Special Considerations for Older Adults

SENIORS IN DISASTER

Disasters disproportionately affect older people. Seniors are most vulnerable to loss of life.

- Hurricane Katrina
- Camp Fire
- Hurricane Sandy

WHY ARE OLDER PEOPLE MORE VULNERABLE?

Chronic medical conditions, multi-morbidities, cognitive impairments

Greater dependence on assistive devices, on caregivers and others

Gaps in preparedness of caregivers

Economic insecurity

Social isolation

HOW IS PREPAREDNESS DIFFERENT FOR SENIORS?

A few scenarios/considerations that illustrate how preparedness is different for seniors living in rural areas

KEY POINT # 2

Preparedness is more important for seniors because they are impacted more by disaster

UNDERSTANDING LOCAL HAZARDS- BUILDING YOUR OWN PROGRAM

Oregon is considered an all-hazard state and is vulnerable to many kinds of disasters

- Douglas County used the Hazard Analysis and Risk Assessment to identify priorities
- Handbook/outreach training focused on priority areas
- Additional materials created/added specifically for senior population

Fortunately, preparing by planning, learning skills and gathering supplies will help in any kind of disaster

KEY POINT # 3

Oregon is an all-hazard state, we must teach, prepare, learn skills and plan for all types of emergency situations



Elder Services Innovation Grant Program

ESI GRANT NEEDS IDENTIFIED

- DPHN's 2022-2023 Community Health Disparities Assessment has highlighted:
 - Larger proportion of seniors in Douglas county than other counties, we are an “older” county
 - History of significant crisis and emergencies in the last decade
 - Isolation (both geographical and physical) is significant for seniors in Douglas County, which has implications for preparedness and evacuation

ESI GRANT

- Partnership with Douglas Senior Services and Douglas Public Health Network
 - With additional support from Douglas County Sheriff's Office Emergency Management Division, Cow Creek Band of the Umpqua Tribe of Indians, Red Cross
- Leveraged expertise, networks and funds:
 - Expertise & Networks
 - Emergency Preparedness
 - Public Health
 - Communications
 - Working with seniors-Meals on Wheels, Senior Dining sites
 - ESI funding, County Funding, Public Health Modernization Funding



PROGRAM PROGRESS

1. Print materials

- Developed professional infographic-good way to communicate complex thoughts in a simple way
- Family Emergency Preparedness Handbook
- Sample Grab-n-Go Binder

2. Purchased and assembled 400+ kits

3. Staff training

- Senior Services & EP Outreach staff

4. 7 Senior Dining Site Presentations

5. 200+ home delivery (Meals on Wheels) kits

6. Applied for additional funding through AARP to expand to Senior Living Communities & Manufactured Dwelling Parks



KEY POINT # 4

Programs such as the ESI grant project are more successful with multi-sector collaboration and devoted staff



DINING SITE PRESENTATIONS

- Two Emergency Preparedness Outreach Staff presented at Douglas County's 7 Senior Dining Sites in March and April 2023



Emergency Preparedness: Hazards



Prevent:

- Heating Equipment
- Smoking/Ash
- Cooking
- Electrical
- Flammable Liquids
- Practice (Smoke Detector)
- Hold Regular Fire Drills to Practice Your Escape Plan





UMPQUA PREPARED
FAMILY EMERGENCY PREPAREDNESS
HANDBOOK



UMPQUA PREPARED BOOK CHAPTER CONTENT

- Hazards -Top hazards in Douglas County
- Fundamentals - Water, food, shelter, etc.
- Special Considerations – Mental health, kids, pets & livestock, varied abilities
- Kit Types - Go-kit, pet kit, car kit, etc.
- Resources – 12 month-preparedness calendar, citizen alert, evacuations, neighborhood preparedness

EMERGENCY PREPAREDNESS

FOR OLDER ADULTS



Know the **types of emergencies and hazards** most likely to happen locally.

TOP 10 STEPS

you or your loved ones can plan to stay safe in an emergency.



Update your emergency contacts and loved ones of your plan at least once a year.



Create a **network of support** to help in an emergency, including help with transportation if you need to evacuate.

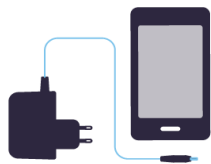
It is important to have an emergency plan in place, especially for older adults and individuals with medical or independent living needs as they are often the hardest hit during emergencies.



Have copies of **Medicare, Medicaid and other insurance cards** in your emergency kit.



Prepare emergency supplies with food, water and essentials for you and your pets.



Prepare and have **back up for power outages** for your medical devices and cellphone.



Keep a **two-week supply of medications**, along with a list of allergies, and medicines you need regularly.



Identify a evacuation shelter and/or friend where you can evacuate.



Pack/have an evacuation bag/ go kit.



Make a communication plan, including written phone numbers and add to your kit.



GO KIT

USES:

- **Stuck in Vehicle**
- **Evacuation**
- **Emergencies Away from Home**

TIP: A Go Kit is a 3-day supply of essential items for survival and should be kept in your vehicle. Have one kit for each person that travels with you. Consider packing your Go-Kit in a backpack or a roller bag (if you are unable to carry a pack). Keep in mind that you may be walking a long distance to get back home or to safety if you happen to be away from home during a large-scale event such as the Cascadia Subduction Zone earthquake. This starter kit from Douglas County Senior Services and Douglas Public Health Network provides some of what you need in your kit.

Circle what you still need and when your kit is complete, contact Senior Services and we will enter you in a drawing for a free NOAA radio.

Some suggested items are listed to the right.

YOUR EMERGENCY COMMUNICATIONS PLAN

You may not be with your family or your care providers when disaster strikes.

- Make a plan on how you will contact one another and where and how you will evacuate.
- Make a plan for if phone lines and internet are down, who will come check in on you and at what time after the disaster.
- Make a list of important phone numbers here, including loved ones, care providers and organizations that can help you.

Available in Spanish

Every consumable item in this kit should last you for three days.

- | | | |
|---|--|---|
| <input type="checkbox"/> Water | <input type="checkbox"/> Money — | <input type="checkbox"/> Toilet Paper |
| <input type="checkbox"/> Food — lightweight/
no preparation needed | in small denominations | <input type="checkbox"/> Leather and nitrile gloves |
| <input type="checkbox"/> First aid supplies | <input type="checkbox"/> Blanket or sleeping bag | <input type="checkbox"/> Poncho |
| & prescription medications | <input type="checkbox"/> Extra cell phone charger | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Shelter building supplies | <input type="checkbox"/> Fixed-blade knife | <input type="checkbox"/> NOAA radio |
| <input type="checkbox"/> Flashlight or headlamp | <input type="checkbox"/> Season-appropriate clothing | <input type="checkbox"/> N95 mask |
| <input type="checkbox"/> Fire-starting method(s) | <input type="checkbox"/> Comfortable, sturdy shoes | <input type="checkbox"/> Personal items:
lip balm, hair tie, etc |
| | <input type="checkbox"/> Hand sanitizer | |

Talk to your health care provider about getting a two-week supply of necessary medications, to help stick to your regular schedules even if you're not able to get to a pharmacy. Add any over-the-counter medications to this medication kit, such as aspirin or other things that you take regularly. Add a small first aid kit to that medication kit. Many stores and pharmacies may be closed so it is important to plan for these supplies. Most emergency shelters do not have visual aids, mobility aids or durable medical equipment available, if you can get back ups and add them to your kit this will help ensure you can hear, see and use your usual medical equipment. Also add extra personal care and sanitation supplies such as adult briefs and pads, wet wipes, catheter and ostomy supplies etc.



STARTER KITS INCLUDE

Mylar blanket

Rain poncho

3 pairs disposable
gloves

Hand sanitizer

Flashlight with
batteries

2 boxes wooden
matches

First aid kit

3 N95 masks

Emergency signal
whistle

1 roll toilet
paper

Lantern with
batteries

2 packages of
freeze-dried food

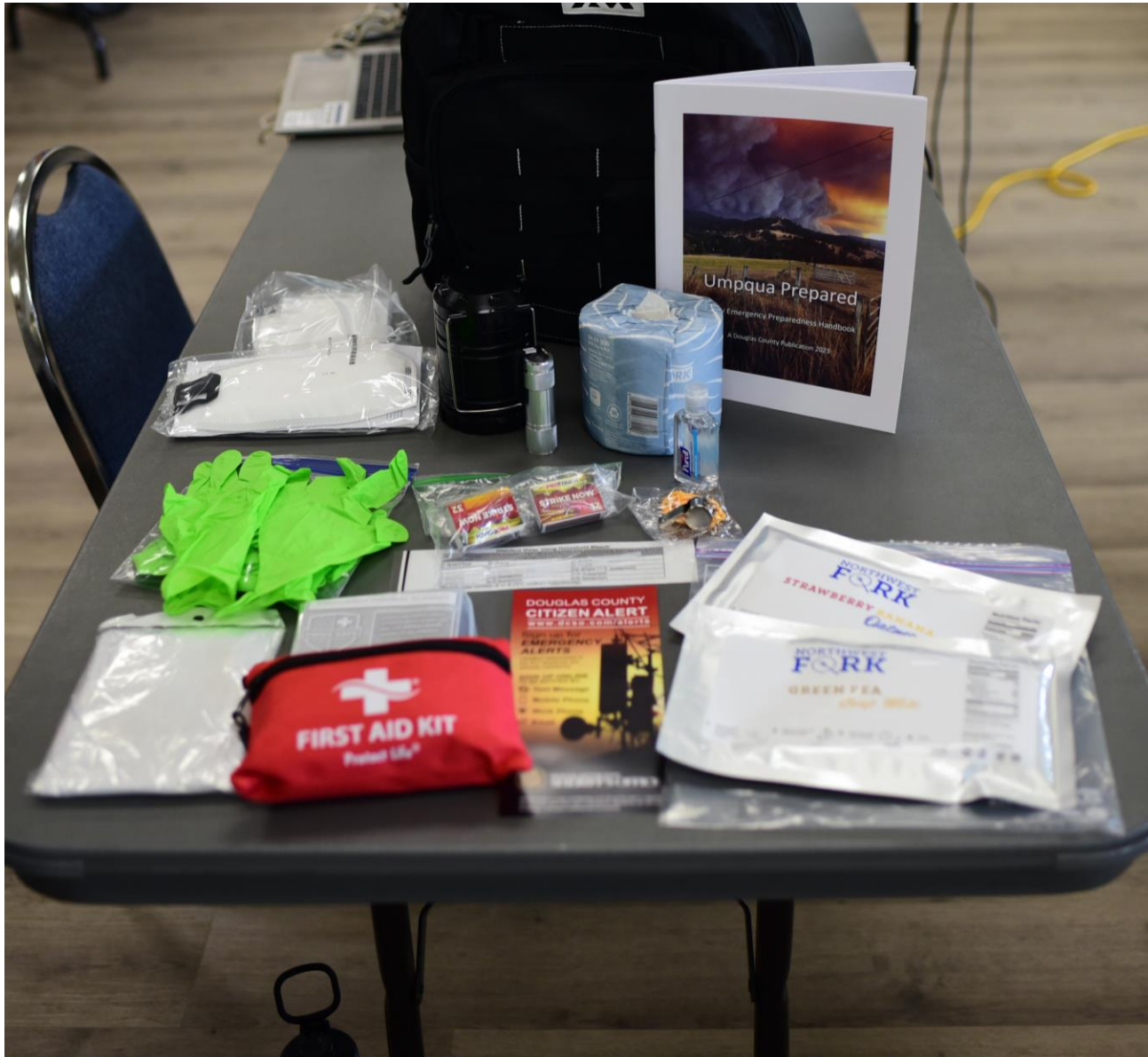
Water sanitation
chart and
dropper for
bleach

Douglas County
Citizens alert
flyer

Infographic

57-page Family
Emergency
Preparedness
Booklet



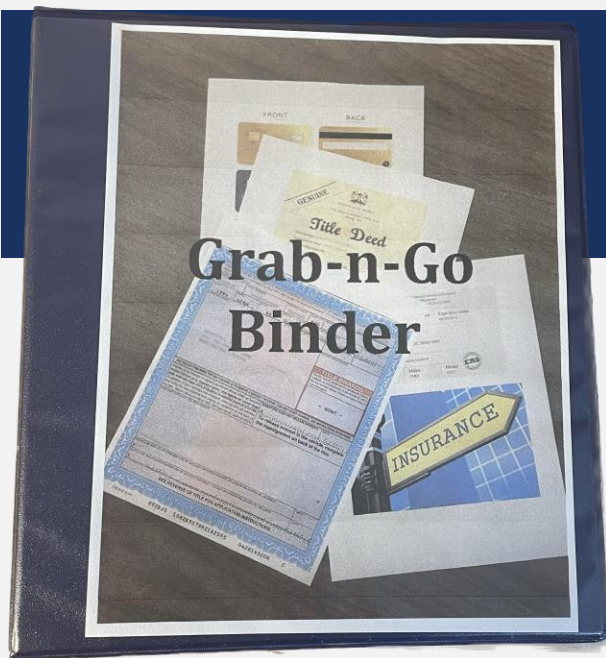


STARTER KITS



COUNTY COMMISSIONERS HAND OUT GO-KITS TO SENIORS





ADDITIONAL MATERIALS



- Grab-n-Go Binder
- Car kit sample
- NOAA radios
- Red Cross Sound the Alarm program flyers
- Directions for building Corsi-Rosenthal Box

HAPPY RAFFLE WINNERS!

- Raffle tickets for those that come back after presentation with more items checked off their preparedness checklist
- Winners get a free NOAA radio



KEY POINT # 5

Preparing can feel overwhelming, take one step at a time and work with your neighbors and support networks



PROGRAM BARRIERS/CHALLENGES

- When buying in bulk you often get mismatched numbers of items
- Storage of kits requires space
- Printing and design-always budget beyond what you think you'll need and use a professional design person
- Make time for onboarding, devote staff and support training
- Create space for conversations, not just handing out stuff

KEY POINTS

Emergency preparedness is everyone's responsibility

Preparedness is more important for seniors because they are impacted more by disaster

Oregon is an all-hazard state, we must teach, prepare, learn skills and plan for all types of emergency situations

Programs such as the ESI grant project are more successful with multi-sector collaboration and devoted staff

Preparing can feel overwhelming, take one step at a time and work with your neighbors and support networks

RESOURCES

- For copies of The Umpqua Prepared Book, Infographic and Preparedness Skills Inventory Worksheets look on our website at:
 - Douglas Public Health Network:
www.douglaspublichealthnetwork.org/emergency-preparedness/
- For specific hazards information and preparedness, look on: www.ready.gov



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Thank you!

