Is Your Family Ready?
Emergency Planning and Preparation for Oregon’s Families of Children with Disabilities & Special Health Care Needs
Partners

- Oregon Center for Children and Youth with Special Health Needs
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Children in a Disaster

Children as a general population present challenging characteristics for disaster response
Why Prepare?
Why Prepare?

• An emergency is a sudden unforeseen

• Having a child with a disability or special health condition requires extra attention and planning

• What is familiar will become totally unfamiliar!

• Emergency situations are stressful
Why Prepare:

• We cannot always rely on others or our normal support systems

• It is your best protection and your responsibility!
Too Many Unknowns???

• Where will the emergency hit?
• Where will my family be?
• How long could it last?
• Will the power stay on?
• Should I leave my home?
• Where do I go if I need to evacuate?
• Who is going to help me?
Our Goal!!

Some Plan is Better Than no Plan!
Planning and Imagination
Primary Objectives

1.) Thinking Ahead
   • Identify local resources
   • Building support systems
   • Know what emergencies can happen
   • Assess your child’s specific needs

2.) Emergency Planning & Preparation
   • Emergency supply kits
   • Emergency contact list
   • Evacuation & communication plans
IT TAKES THE WHOLE FAMILY
Who’s Going to Save You?

Build support teams with many people at every place where you spend a large part of your day
Get Local

• Get to know your Neighbors
• Your Local Fire and Rescue
• Volunteer Emergency Registry
• Community Emergency Response Teams (CERT) or Neighborhood Emergency Teams (NET)
• Red Cross Chapter
• Talk with your PCP
• Philanthropic Groups
• Identify your County Emergency Officer

http://www.oregon.gov/OMD/OEM/docs/plan_train/locals_list.pdf?ga=t
Developing Support Groups

• Pick at least 3 people
• Live in your area
• High level of commitment to your child and family
• Include these people in all aspects of emergency planning
Traits of a Support Person

• Strong
• Calm
• Communicate Clearly
• Dependable
Discussions with your Emergency Support Group

• Communication

• Keys

• Emergency Supplies

• Discuss your Emergency Plans
Discussions with your Personal Support Group

• Let your support people know when you will be out of town.

• Hold practice sessions
Discussions with your Personal Support Group

• Mark your calendar to check in with your personal support group at least once every 3-6 months, to be sure each person is still able to be a part of your emergency team.
What Emergencies Might You Expect?
What Can Happen in Oregon

- Earthquakes
- Extreme Weather Conditions
- Floods
- Mudslides / Landslides
- Fires
- Tsunami
- Volcanic Eruptions
- Tornadoes
- Disease Outbreaks
Think About Your Environment

- Spilled contents in a damaged kitchen
- Earthquake damage to a building
- Flooded supermarket with goods scattered on the floor
What Is Your Community Plan

• What hazards exist in your community/area/region?

• What warning signals does the community use, and which radio and TV stations are assigned to the Emergency Alert System?
Child Ability Assessment
Child Ability Assessment

Based on your child’s **lowest** anticipated level of functioning, decide what their abilities are and the help you/they would need in an emergency in each of the following areas.
Personal Ability Self-Assessment:

- Daily Living
- Personal Care
- Adaptive Equipment
- Personal Care Equipment
- Power Equipment
- Adaptive Feeding Devices Supplies
- Evacuation and Exiting
Common Concerns: Medications and Medical Supplies

- Keep an extra 7-14 day supply on hand.
- Order refills as early as possible.
- Talk to your physician/pharmacist/durable medical supplier about medications/supplies in an emergency situation (ask for samples)
- Have the scrip, name, address & phone number of the prescribing health care professional/insurer/supplier
- Controlled substances
- Remember to watch expiration dates
Common Concerns: What if my child is at school

- Know the policies of the school or daycare center your child attends.
- Regularly update your child’s school with current emergency info (could be part of IEP).
- Include planning for emergency situations both in school and while being transported to school.
Common Concerns: Power Medical Equipment

- Register with utility company
- Talk with equipment suppliers
- Alternate power source (generator/plan how to recharge batteries)
- Regularly test and back up power supply
- Teach support group how to operate and safely move your equipment.
Resources:

- Oregon Department of Human Services (Fairview Community Housing Trust Fund)
- Impact NW (Multnomah, Clackamas, Washington)
- YWCA
- Human Solutions – (Multnomah)
- FISH Emergency Services
- Salvation Army
- Local Kiwanis Club
Emergency Lists

1. Neighbor Contact List
2. Medical Information List
3. Emergency Information List
4. Emergency Telephone List
5. Emergency ID Card
### NEIGHBOR CONTACT LIST

<table>
<thead>
<tr>
<th>Person</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Home</td>
<td>Cell</td>
</tr>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
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<tr>
<td>3.</td>
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<td>4.</td>
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<td>5.</td>
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<td>6.</td>
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<tr>
<td>7.</td>
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Source: June Isaacson Kailes, Disability Consultant, Playa del Rey, California and the Center for Disability Issues and the Health Profession, Western University of Health Sciences, Pomona, CA [www.cdhip.org](http://www.cdhip.org)
# Medical Information List

<table>
<thead>
<tr>
<th>Name: ______________________</th>
<th>Date Last Updated: ____ / ____ / ____</th>
</tr>
</thead>
</table>

## Primary Physician:
- **Telephone:**
- **Address:**

## Specialist:
- **Telephone:**
- **Address:**

## Hospital affiliation:

## Type of Health Insurance:
- **Policy Number:**

## Blood Type:
- **Allergies and sensitivities:**

## Medications and dosage being taken:
- **1.**
  - **Dosage:**
- **2.**
  - **Dosage:**
- **3.**
  - **Dosage:**
- **4.**
  - **Dosage:**
- **5.**
  - **Dosage:**

## Specific Medical Conditions:
- **Physical Limitations:**
- **Adaptive Equipment and vendors’ phones:**
- **Communication difficulties:**
- **Cognitive difficulties:**
- **Mental Health condition:**

## Other:
## Emergency Information List

<table>
<thead>
<tr>
<th>Name:</th>
<th>Birth date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Security Number:</td>
<td></td>
</tr>
<tr>
<td>Address:</td>
<td></td>
</tr>
<tr>
<td>Home Phone Number:</td>
<td>Cell Phone Number:</td>
</tr>
<tr>
<td>Local emergency contact person:</td>
<td>Emergency contact person’s numbers:</td>
</tr>
<tr>
<td>1.</td>
<td>Home:</td>
</tr>
<tr>
<td>2.</td>
<td>Home:</td>
</tr>
<tr>
<td>3.</td>
<td>Home:</td>
</tr>
<tr>
<td>4.</td>
<td>Home:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Out-of-town contact:</th>
<th>Out-of-town contact’s numbers:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Out-of-town contact name:</td>
<td>Home:</td>
</tr>
<tr>
<td></td>
<td>Cell:</td>
</tr>
<tr>
<td></td>
<td>Work:</td>
</tr>
<tr>
<td>How best to communicate with me:</td>
<td></td>
</tr>
<tr>
<td>Other Information:</td>
<td></td>
</tr>
</tbody>
</table>
Emergency Information Forms: Special Needs

Specialized Health Information Forms for Children with Special Needs

- Swindells Resource Center for Children and Families – My Child’s Life Care Notebook & Organizer

- American Academy of Pediatrics
  http://www.aap.org/advocacy/blankform.pdf
**Name:** Blue, Little B.  
**Birth date:** 7/4/96  
**Nickname:** LB

**Home Address:** 1313 Mockingbird Lane, Anytown, USA, 11111

**Parent/Guardian:** Sandra Blue, mother

**Signature/Consent:** [Signature]

**Primary Language:** English

**Physicians:**

<table>
<thead>
<tr>
<th>Primary care physician:</th>
<th>Marcus Welby, MD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Phone:</td>
<td>1-800-KIDS-RUS</td>
</tr>
<tr>
<td>Fax:</td>
<td>000-000-0000</td>
</tr>
</tbody>
</table>

| Current Specialty physician: | P. Card. Jim Heart, MD |
| Specialty:                   |  
| Emergency Phone:             | 000-000-0000      |
| Fax:                         | 000-000-0000      |

| Current Specialty physician: | P. Neuro. Joe Neuro, MD |
| Specialty:                   |  
| Emergency Phone:             | 000-000-0000      |
| Fax:                         | 000-000-0000      |

**Anticipated Primary ED:** Smallville Hospital

**Anticipated Tertiary Care Center:** Childrens All Star Regional Med Center

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**Diagnoses/Past Procedures/Physical Exam:**

1. Tetralogy of Fallot with pulmonary atresia; RV to PA conduit 2/97 VSD left, ductus and collaterals ligated

2. Asplenia syndrome

3. Thrombosed bilat femoral, iliac veins and inferior vena cava

4. Seizure disorder; generalized tonic-clonic

**Baseline physical findings:** Gp III harsh murmur, few crackles at base of left lung, liver down 5 cm.

**Baseline vital signs:** P 70 BP 100/50 K 24, O2 sat 85%

**Weight:** 12 kg  
**Date:** 5/15/98

**Synopsis:** Asymptomatic, mildly cyanotic nb. Asplenia syndrome noted. Surgery of RV to PA conduit at 8 mos. of age. Post-op seizures-mild R CVA, hemiparesis resolved.

**Baseline neurological status:** Awake, age appropriate, interactive. Mild increased tone L>R. EEG 5/97: Mild asymmetry with right-sided slowing
Tips for Specific Disabilities
Specific Disabilities

- Communication Disabilities
- Cognitive Disabilities
- Hearing Impairments
- Mobility Impairments
- Mental Health Disorders
- Visual Impairments
Children Using Assistive Mobility Equipment

- Plan for how you will evacuate in an emergency and discuss it with your family and support persons.
Children who are Blind or Visually Impaired:

• Practice various exits, way finding methods and alternative alert methods

• Extra glasses, canes, other aids
Children who are Hearing Impaired

- Keep extra batteries for hearing aids with emergency supplies.
- Alternative alert methods
- Communication plan
Children with Communication Disabilities

Store paper, writing materials, copies of a word or letter board and preprinted key phrases in your emergency kit (backpack)
Children with Intellectual / Developmental Disabilities

• Practice, Practice, Practice
• Practice leaving places where your child spends time until they feel comfortable
• Practice how to tell someone about what they need.
Children with Mental Health Impairments

• Anticipate Reactions your child may have and plan strategies for coping with these reactions.

• Think through what a rescuer might need to know about your child and be prepared to tell them briefly, or keep a written copy with them for example:
  “I have a psychiatric disability. In an emergency I may become confused. Help me find quiet corner and I should be fine in approximately 10 minutes”

• Include a coping mechanism in their Grab and Go Bag
Emergency Supplies
• Oregon Emergency Management recommends that you store enough food and water to survive on your own for a min. 7 – days

• In rural Oregon, it may take longer for assistance to reach you – plan to be on your own for at least a week or more

• The general rule is 72-hours
2 - Types of Emergency Kits

Grab & Go Bag

72- Hour Kit

- First Aid Kit
- Canned Foods
- Water
- Canned Milk
- Blankets
- Miscellaneous
Go Bags

- MY information
- flashlight
- paper communication displays
- radio & batteries
- food
- medication
- medical supplies
- pet food
- water
- change of clothes
Items to include

- Water (1 gallon/person/day)
- Food/Formula (3 days)
- Hand crank radio
- Flashlight
- First Aid Kit
- Moist towelettes
- Wrench pliers to turn off utilities
- Can opener
- Local maps
- Cash
- Blankets
- Shoes

- Matches
- Mess Kits
- Paper Pencil
- Games, puzzles
- Sanitary supplies
- Diapers
- Plastic sheeting
- Duct Tape
- Whistle
- Gloves
- Important documents
- Change of Clothes
Grab and Go Bags

• Everyone in your family should have a personalized Grab & Go Bag

• Keep bags where you spend most of your time

• Store them where they are easily accessible

• Tailor the contents of these kits to specific needs and abilities
Specific Items

- Favorite toy: calming
- Comfort food or treats
- Recent photo
- Emergency information include info on reunification locations and out-of-town contacts
- ID Bracelet
- Specific supplies
"Now I know why," puffed Janet, "they call it a 72 hour kit..."

©Kate Myers; Rachel Woods, lds.about.com
Emergency plans and supply kits should be where you spend most of your time:

- Home
- Car/Bus/Para-transit
- Work
- School/Day Care/Inclusion Program
Emergency Papers

Disability Specific Examples:

• Guardianship documentation
• Style/Serial Numbers of Medical equipment/devices
• Insurance documentation
• Send to out-of-state contact

Storing Emergency Papers
Alerts and Warnings!!

• Always listen to your TV, battery operated radios, NOAA weather systems

• The EAS covers AM, FM and Land Mobile Radio Service, as well as VHF, UHF and cable television including low-power stations. Digital television and cable providers, along with Sirius XM satellite radio, IBOC, DAB and digital radio
Communication

• Pick two places to meet in the event you are separated
• Ask an out-of state friend to be your “family contact”
• Discuss what to do in an evacuation (practice)
• Decide best evacuation routes from your home and identify 3 places you could go
• Advocate for yourself
Evacuation!!!!
Emergency Shelters

- Go to the shelter you are told to go to.
- Tell your support group (& out-of-town contact) where you are going.
- Take your Emergency Supply Kit (at least the Grab & Go with you).
- Bring extra items if possible.
- Know what to do if you are taking an animal.
Prepare Your Service
Animals and Pets
Prepare Service Animals & Pets

- Service Animals vs. Pets
- Emergency Kit for Service Animal/Pet
- Pet/Service Animal Identification
Pet Carriers?

No!

Yes!
Summary
Practice, Practice, Practice!
Practice and Review: Checklist

- Do you have a current care plan and list of medications from your child’s physician?
- Do you have an emergency information form filled out on your child?
- Do you have a minimum of a two week supply of medications and supplies for your child?
- Do you have back up systems or plans for medical equipment that require electricity?
Practice and Review

- Have you discussed with your child’s doctor the best place for him/her in the event there is a disaster?

- Are your local emergency management team and neighbors aware that you have a child with special needs and are they familiar with those needs?

- Do you have an emergency plan for your child while he/she is at school, day care or other locations?
There are many parts to a personal emergency plan. Fortunately, they do not have to be completed all at once.

**Review and Update Regularly**
Preparing does take time and effort. So do a little at a time, as your energy & budget permit.
QUESTIONS?
Evaluation

To receive the $20 gift card to Fred Meyer and/or magnetic pouch (1st 150 attendees) Please click the following link to complete the evaluation:

Resources

- www.preparenow.org/prepare.html
- http://www.jik.com/disaster.html
Resources

- http://www.cincinnatichildrens.org/assets/0/78/1067/4357/4389/0c9f17dc-7ba3-4805-b9ed-427119f54844.pdf
- https://www.citizencorps.gov/
Thank You!!

For more information about this webinar or topic, contact Danielle Bailey:

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