

Pathways to Personal Preparedness



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Why is personal
preparedness
important?



First responders will come, but it may not
be right away.





How do I help families of children and youth with special health care needs get on the path?

Three Steps



1. Make your plan.
2. Build and customize your kit.
3. Be connected.

Make your plan



- ☞ **Step One: Get your team together.**
 - ☞ Include other household members (they need to know the plan too!) to ensure you're meeting everyone's unique needs.
 - ☞ Also include your child's primary care physician, school, extended family, friends, neighbors, and caregivers who you may look to for help in an emergency.

Personal preparedness is like team sports



Make your plan



Step Two: Determine what emergencies are most likely to occur where you live/work/go to school.

If you aren't sure-check with your local Emergency Manager.

http://www.michigan.gov/msp/0,4643,7-123-60152_66814---,00.html

Make a plan



Step Three: Assess your needs.

Each person is unique and has unique needs.

The needs of a child who relies on a respirator are going to be very different from the needs of one who uses a wheelchair or a child or youth who is autistic.

You have to figure out what works best for you.



Make a plan



Step Three: Assess your needs (cont.)

- How do your household members handle stressful situations? What might provide some comfort, distraction, or reassurance in a an uncertain situation?
- Take this into consideration in your planning process.





Tips and Strategies



- 1 Strategies for persistence
- 2 Coping with separation
- 3 Practicing patience
- 4 Overcoming mistakes
- 5 Building confidence and communication skills
- 6 Encouraging independence
- 7 Handling Mean or Aggressive Behavior
- 8 Managing Sibling Rivalry
- 9 Adjusting to a move

Make a plan



Step Four: Create a written plan.

Include the following:

- Communication plan
 - Capture all phone numbers (work, school, cell phones, etc.) for everyone in your household-make sure everyone has a copy.
 - Include an out-of-area contact: someone you can all call and check in with in case you can't reach each other directly.

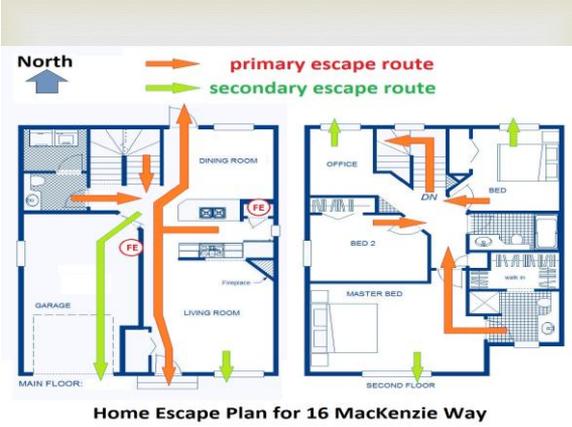
Make a plan



Step Four: Create a written plan (cont.)

Include the following:

- Reunification location
 - Spot outside your home.
 - Spot somewhere outside the affected area.
- Copies of important documents, including a list of medications for each household member.



Make your plan



- ☞ **Step Five: Regularly review, test, and modify the plan (and repeat).**
- ☞ Ask yourself: does the plan still make sense for my household and our unique needs?

Build your kit



- ☞ **Build a three day supply kit**
 - ☞ Water (1 gallon/person/day)
 - ☞ Food (non-perishable)
 - ☞ Don't forget a manual can opener & utensils!
 - ☞ Cash
 - ☞ Battery powered/crank radio
 - ☞ First aid kit
 - ☞ Whistle
 - ☞ Flashlight

Customize your kit



- ☞ Unique items:
 - ☞ Sanitation supplies (toileting & hygiene)
 - ☞ Extra clothing & bedding
 - ☞ Heavy gloves for those who use a wheelchair
 - ☞ Medications (over the counter and prescriptions)

Customize your kit



- ☞ Unique items:
 - ☞ Epi pen
 - ☞ Battery pack up
 - ☞ Hearing aid
 - ☞ Extra eyeglasses

Be connected



- ☞ We can't get through emergencies alone-we all need to help each other:
 - ☞ Primary Care Physician
 - ☞ Family
 - ☞ Friends
 - ☞ Neighbors
 - ☞ Caregivers
 - ☞ First responders
 - ☞ CSHCS staff



Be connected



☞ Offer your unique experiences, skills, and resources to those in need during an emergency

- ☞ Consider getting trained in CPR, first aid, etc.-you may be able to help not only those in your household, but others as well in an emergency



Be connected



☞ Connect with first responders

- ☞ Sign up to receive alert notifications-contact your local Emergency Manager to find out what automated notification system they use
- ☞ Know what communication channels will be used to communicate emergency information to the public and note these in your communication plan
 - ☞ Designated radio stations
 - ☞ 2-1-1
 - ☞ Websites or social media accounts

Personal preparedness is your insurance!





Personal Preparedness Resources

- ☞ www.ready.gov
- ☞ www.do1thing.com
- ☞ <http://goodandready.org>
- ☞ <http://makeitthrough.org>
- ☞ www.adaconferences.org
- ☞ www.redcross.org/prepare
- ☞ <http://www.emd.wa.gov/preparedness>
- ☞ <https://www.oakgov.com/health/services/Documents/CSHCS%20booklet.pdf>

Be a preparedness superhero!