

Emergency Preparedness

2018 National Title VI Conference

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Inter Tribal Council of Arizona, Inc. – Area Agency on Aging Region 8



Declared Disasters

Presidentially-Declared Disasters

- Declared by the U.S. President
- Federal resources become available
- Conditions Include:
 - Widespread
 - Many Casualties
 - Widespread property loss
 - Disruption of life support systems
 - Infrastructure collapse

Non-Presidentially Declared Disasters

- Declared by a tribal official
- Limited federal resources are available
- Conditions Include:
 - Small isolated land areas
 - Limited incidents



Federal Resources

- AOA Disaster Assistance
- Federal Emergency Management Agency (FEMA)
- Small Business Administration
- Department of Housing and Urban Development
- American Red Cross
- Corporation for National Service
- Salvation Army

FEMA Disaster Declarations by State/Tribal Government

Disaster Declarations by State/Tribal Government

Download this data: [CSV](#) | [XLS](#)

Show entries

Search:

Title	State	Declaration Date	Declaration Type
Arizona Tenderfoot Fire (FM-5125)	Arizona	2016-06-07 20:00	Fire Management Assistance Declaration
Arizona Lizard Fire (FM-5183)	Arizona	2017-06-10 20:00	Fire Management Assistance Declaration
Arizona Goodwin Fire (FM-5186)	Arizona	2017-06-24 20:00	Fire Management Assistance Declaration
Arizona Roach Fire (FM-5188)	Arizona	2017-07-07 20:00	Fire Management Assistance Declaration
Arizona Tinder Fire (FM-5236)	Arizona	2018-04-28 20:00	Fire Management Assistance Declaration
Arizona 89 East Fire (FM-5238)	Arizona	2018-05-10 20:00	Fire Management Assistance Declaration

Showing 81 to 86 of 86 entries

Previous 1 ... 5 6 7 8 **9** Next

<https://www.fema.gov/disasters/state-tribal-government>

A large, billowing plume of orange and yellow smoke or fire against a dark background. The plume is thick and rises from the bottom center, spreading out at the top. The colors range from bright yellow at the top to deep orange and red at the base. The background is dark, making the plume stand out prominently.

COMMUNITY APPROACHES TO DISASTER PLANNING

Community Emergency Plans

- Get involved!
- Plans need to be comprehensive but vague enough to apply to many situations
- Identify possible shelters & vehicles
- Form Multi-Agency Coordination Groups

(key players)

Tribal Council

Police Departments

Senior Centers

Schools

Medical staff

Fire Departments

Public Works

Utility Departments

Media



Incident Action Planning

- Cover a specific timeline
- Be proactive
- Specify the incident objectives
- State activities to be accomplished
- Assign responsibilities
- Specify communication protocols
- Identify needed resources



Incident Coordination Responsibilities

Overarching Areas:

1. Direct response to save lives, property, and the environment
2. Gathering supplies, information, and inter-agency coordination
3. Policy guidance and decision making
4. Outreach and communication to the media and public



**KEEPING ELDERS SAFE AT THE
SENIOR CENTERS**

Plan for an Emergency

- Find out what the emergency plan is for your senior center & Tribal community
- Back up files
- Know health needs
- Have printouts of elder contact information
- Have enough food and water for 3 days
- Maintain all emergency exit signs, fire extinguishers, medications
- Have an evacuation plan and share with others
 - Include transporting wheel chairs, oxygen tanks, and other necessary equipment

Practice!

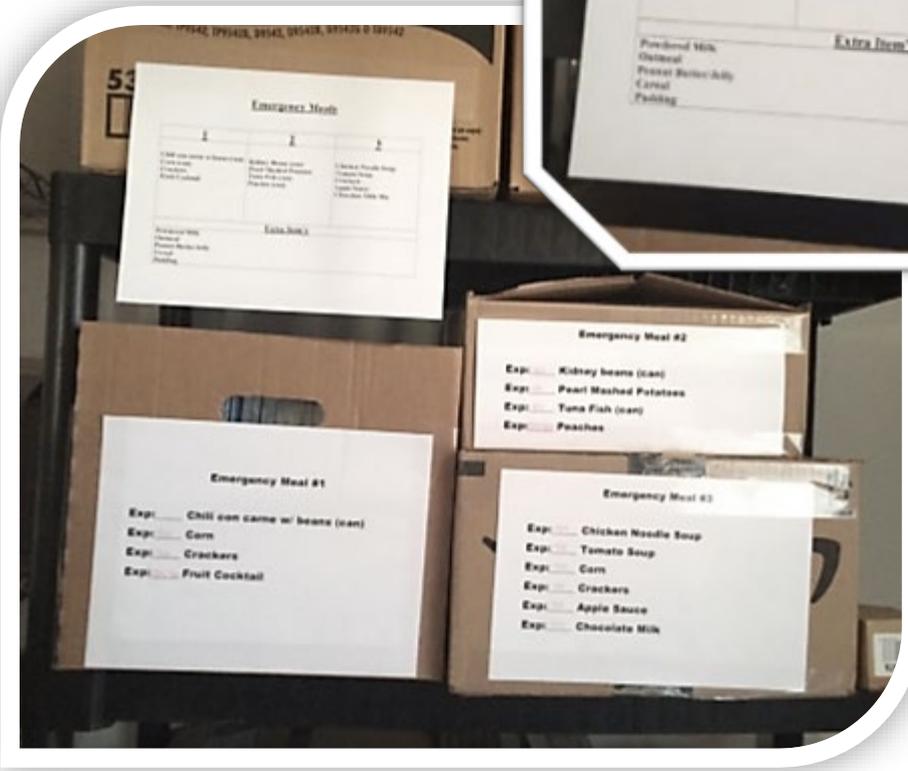
Practice!

Practice!

Emergency Meals

Emergency Meals

1	2	3
Chili con carne w/beans (can) Corn (can) Crackers Fruit Cocktail	Kidney Beans (can) Pearl Mashed Potatoes Tuna Fish (can) Peaches (can)	Chicken Noodle Soup Tomato Soup Crackers Apple Sauce Chocolate Milk Mix
<u>Extra Items</u>		
Powdered Milk Chocolate Powdered Biscuits Cereal Pudding		



Emergency Meal #3

Exp: 1/14 Chicken Noodle Soup

Exp: 1/14 Tomato Soup

Exp: 1/14 Corn

Exp: 1/14 Crackers

Exp: 1/14 Apple Sauce

Exp: 1/14 Chocolate Milk

Positive Daily Practices

- Talk with the elders
- Wellness checks
- Alternate phone numbers & emergency contacts
- Follow up with clients

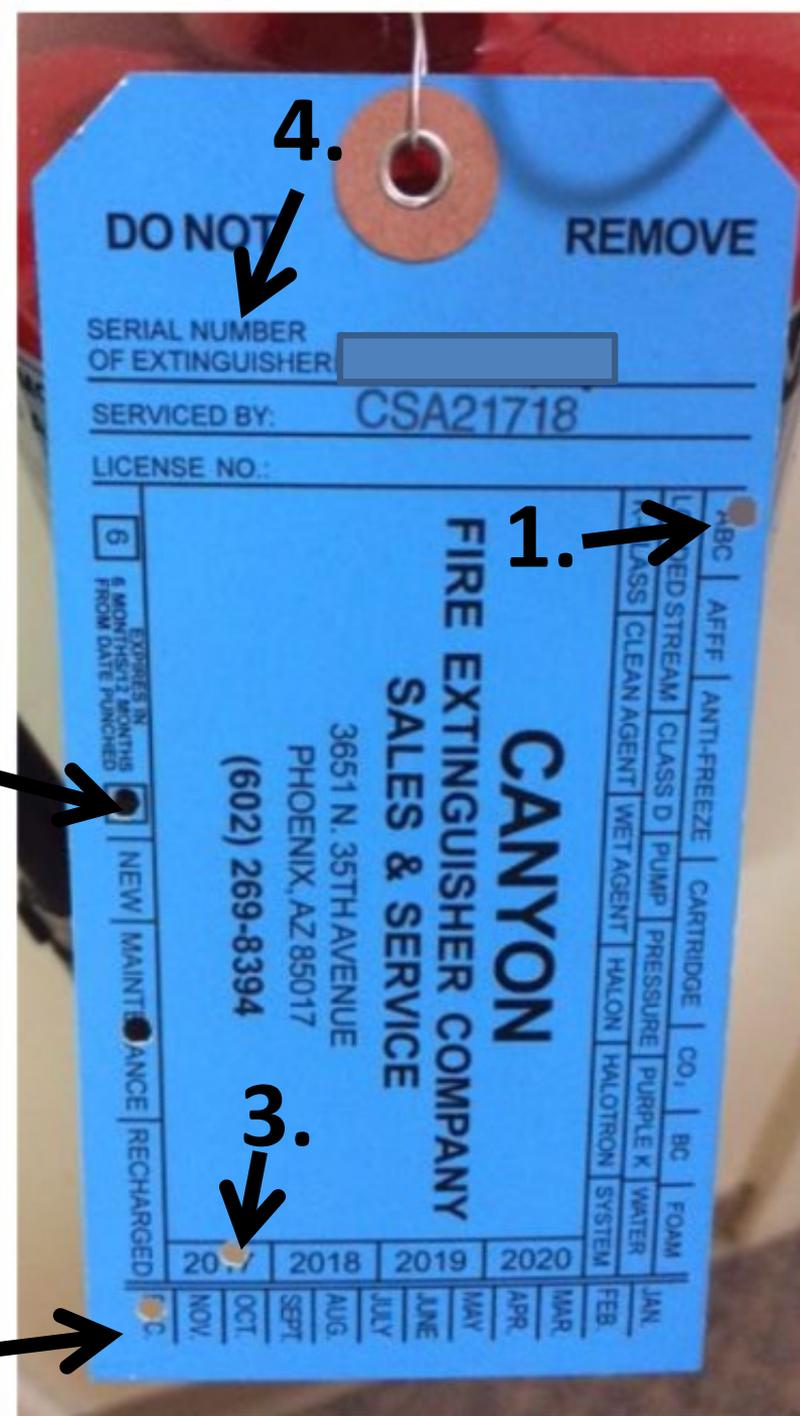
Emergency Contact List 

Local contact		
[Name]	[Phone]	[Alternate Phone]
Out-of-state contact		
[Name]	[Phone]	[Alternate Phone]
Next of kin		
[Name], [Relationship]	[Phone]	[Alternate Phone]
Work contact		
[Name]	[Phone]	[Alternate Phone]
Physician name		
[Name]	[Phone]	[Alternate Phone]
Neighbor or landlord/homeowner association contact		
[Name]	[Phone]	[Alternate Phone]
Other emergency contact		
[Name]	[Phone]	[Alternate Phone]
Police/Ambulance		
	911	
Fire department		
	[Phone]	
Gas company		
	[Phone]	
Electric company		
	[Phone]	
Water company		
	[Phone]	
Poison control center		
	[Phone]	

Fire Extinguishers

- Read Tag For:
 1. Type of Fire Extinguisher
 2. When service expires
 3. Date of service
 4. Serial Number

*Date on tag is service date
NOT expiration date*





KEEPING ELDERS SAFE AT HOME

Preparing for a Disaster

Four Steps:

1. Make a plan
2. Build a kit
3. Stay informed
4. Know your neighbors





Emergency Preparedness Kits

- Cash
- Keep kits in a waterproof container
- Flashlights, extra batteries
- First aid kit
- Waterproof matches, candles
- Blanket or sleeping bag
- Extra set of keys
- 3 days of food, water, and medications
 - Sugar & salt for oral rehydration solution
 - 1 gallon of water per person each day
 - Pharmacy will often give extra bottle
- Manual can opener
- Sturdy, comfortable shoes
- Dust mask
- Duct tape
- Paper plates, cups, plastic utensils
- Plastic sheeting
- Extra clothes
- Rain jacket or umbrella
- Basic personal hygiene items
 - Toilet paper, alcohol wipes, hand sanitizer
- Important documents in a waterproof envelope
 - Copy of emergency plan
 - Medication list
 - Emergency contacts
 - Identification (Certificate of Indian blood, Tribal ID, State ID, Passport)
 - Personal legal information
 - Insurance information
- Pet supplies
 - Food, vaccination records, leash, crate, etc.

What Should Your Emergency Pantry Look Like?

Suggested by the Canned Food Alliance

The last thing people probably think about in an emergency situation is consuming the proper quantities and varieties of food to meet the daily recommended amounts. The Canned Food Alliance suggests stocking your emergency pantry with a variety of nutrient-rich foods and recommends keeping the following amounts of food and water per person, per day.

Food Group	What Counts	Recommended Amounts <small>(Per person for 2,000 calories a day)</small>	Pantry Options <small>(Per person, per day)</small>
Meats & Beans	Canned meat, chicken, turkey, seafood and other protein-rich foods, such as beans (legumes), nuts and peanut butter	Enough to provide 5 1/2 ounces per day	<ul style="list-style-type: none"> 1 can (5 ounces) meat, fish, chicken or turkey 1 can (15 ounces) beans (provides about 1 3/4 cups beans to equal about 7 ounces meat) Keep peanut butter and nuts on hand: 1 Tbsp. peanut butter or 1/2 ounce nuts is equivalent to 1 ounce meat
Vegetables	Canned vegetables and vegetable juices	Enough to provide about 2 1/2 cups per day	<ul style="list-style-type: none"> 1 can (14 1/2 ounces) (provides about 1 1/3 cups) 1 can (8 ounces) (provides about 1 cup)
Fruits	Canned fruits and fruit juices	Enough to provide about 2 cups per day	<ul style="list-style-type: none"> 1 can (8 ounces) (provides about 1 cup) Keep dried fruit on hand: 1/4 cup dried fruit is the equivalent of 1/2 cup canned fruit
Milk	Canned, boxed or dried milk and shelf-stable, processed cheese	Enough to provide 3 cups of fluid milk equivalent per day	<ul style="list-style-type: none"> 1 can (12 ounces) evaporated milk (provides about 3 cups fluid milk) 1 box (1 quart) shelf-stable milk Keep dry milk and shelf-stable, processed cheese on hand: 2 ounces processed cheese or 1/3 cup dry milk is equivalent to 8 ounces of milk
Grains	Ready-to-eat cereal, crackers, pretzels, instant oatmeal or other non-perishable grain products (granola, granola bars) that don't require cooking	Enough to provide 6 ounces of grain equivalent per day	<ul style="list-style-type: none"> 1 ounce is 1 cup ready-to-eat breakfast flakes or 5 whole-wheat crackers or 7 saltines
Water		Enough for 1 gallon per day	<ul style="list-style-type: none"> In hot weather or when vigorous activity is required (perhaps during storm clean up), people may perspire more and may need to plan to have additional fluids on hand.

Remember to have other non-perishable items on hand such as canned chili, soup and spaghetti, trail mix, instant pudding, mustard, catsup, vinaigrette-type salad dressing, cookies and perhaps candy. Plan ahead to keep any unused canned products in a well-chilled cooler. Plan for food and water for infants, those with special health needs and don't forget your pets.

NOTE: Suggested amounts reflect the amount of food in common sizes of canned products, and help people consume amounts close to the USDA's MyPyramid recommendations.



Cocopah Indian Tribe

- [Cocopah Indian Tribe Emergency Preparedness Kits Video](#)
 - Mike Fila, Cocopah Emergency Manager
- Tribe received supplies through donations
- Met with the elders once a month for 6 months
 - Each meeting the elders received 1 supply item for the kit
 - They were taught how to use each item





Professional Support Network

- Encourage elders to call Police & Fire Departments to make them aware of special needs
 - Ask about possibility of wellness checks
- Community Resources List
 - Emergency Depts., Indian Health Service, Senior Center, etc.
 - Include phone numbers, addresses, contact names, and after hours numbers
- Put Emergency Contacts in phone



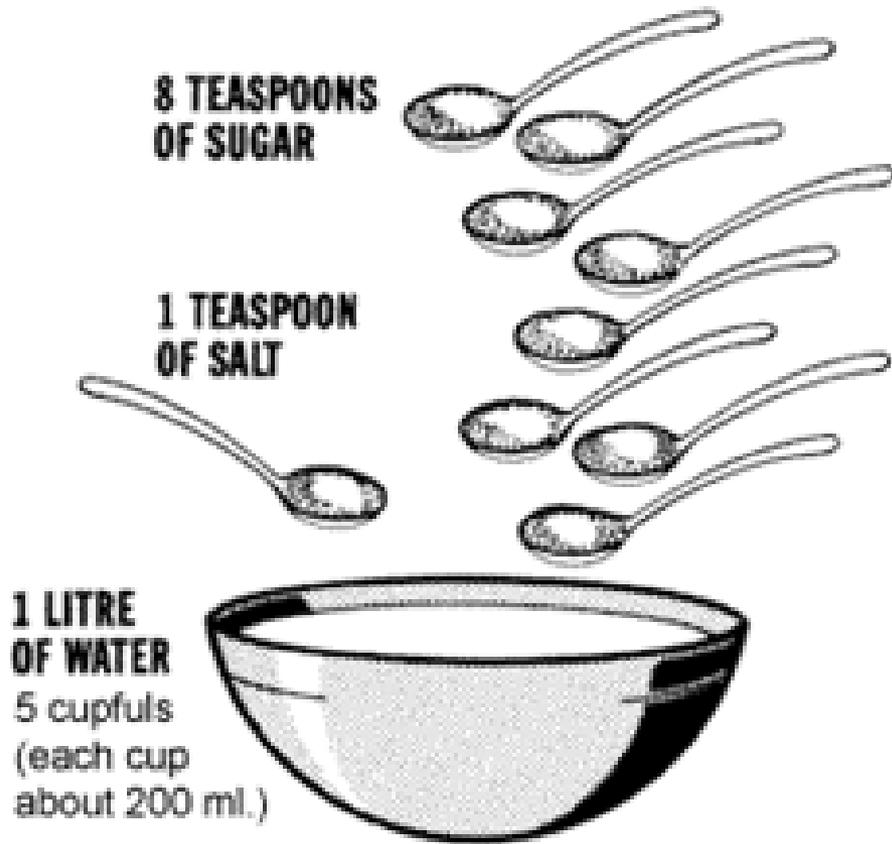
Personal Support Network

- Make arrangements in case of an emergency
- Exchange important keys
- Show where emergency supplies are kept
- Share copies of emergency plans, health information card, & other emergency docs.
- Keep network notified when you/elder will be out of town

An aerial, black and white photograph of a large hurricane or tropical storm. The storm's eye is visible in the center, surrounded by dense, swirling cloud bands. The text "HELPFUL RESOURCES" is overlaid in the middle of the image in a bold, black, sans-serif font.

HELPFUL RESOURCES

Oral Rehydration Solution



- Can be refrigerated for 24 hours
- For severe dehydration, vomiting, or diarrhea
- Sip through the day
- Adults can have 3 liters (.80 gallons) in a day
- Double the recipe and use a 2 – liter soda bottle

***Seek medical attention as soon as possible!**

Water Filtration Methods

Solar Water Disinfection

- Use clear plastic bottles
- Fill bottles with water & leave in direct sunlight (6 hours in full sun or 2 days in cloudy weather)
- Recommend 12 hours and 3 days

Boiling Method

- Fill water in a pot and bring to a boil
- Boil for at least a minute to kill bacteria (3 minutes if higher than 5,000 ft. in elevation)



Water Filtration Methods Cont'd

Charcoal Water Filter

- Supplies: plastic bottle, knife, hammer, nail, coffee filter, cup/jar, charcoal, sand, gravel
- *Can also use fine & coarse sand and rocks

- Directions:
 1. Cut bottom inch off bottle
 2. Poke hole in bottle cap
 3. Put coffee filter over mouth of bottle and tighten cap
 1. Put bottle face down in cup
 2. Fill bottom 1/3 with charcoal
 3. Fill to middle with sand
 4. Fill to top with gravel- *May require multiple filtering attempts



The Red Cross

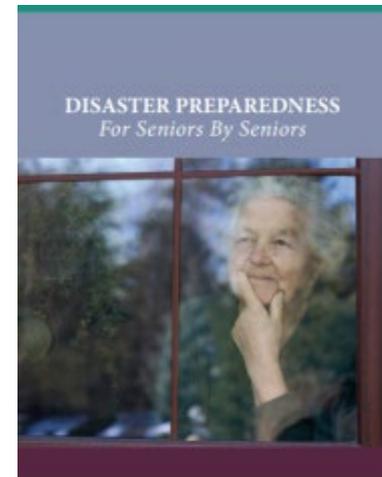
- **Personal Support Network for Seniors webpage**
 - <http://www.redcross.org/prepare/location/home-family/seniors>

- **Disaster Preparedness *For Seniors By Seniors***

- 32 Page book that details:

- Emergency kits for hot and cold weather
- Making a plan (preparing house, communications, escape routes)
- Being informed (seasonal disasters, community warning signs)
- What to do when a disaster strikes

- https://www.redcross.org/images/MEDIA_CustomProductCatalog/m4640086_Disaster_Preparedness_for_Srs-English.revised_7-09.pdf



Be Red Cross Ready for Disaster



Other Online Resources

- Ready.gov
 - Older Americans Webpage
 - <https://www.ready.gov/seniors>
- Centers for Disease Control and Prevention
 - Disaster Planning Tips for Older Adults and their Families
 - https://www.cdc.gov/aging/pdf/disaster_planning_tips.pdf
- State Department of Economic Security-
Department of Aging and Adult Services

Administration on Aging

- Title VI Resource Manual (pgs. 48-50)
- Preparedness Resources for Individuals, Families, and Caregivers Webpage
 - Best Practices and resources for: service providers, community based organizations, and individuals
 - <https://www.acl.gov/programs/emergency-preparedness>



The screenshot shows the ACL website's navigation and content. At the top left is the ACL logo with the tagline "Community Living". To the right is a search bar and a button labeled "Find Services or Other Help". Below this is a red navigation bar with links for "Community Living", "Aging and Disability in America", "Programs", "Grants", "Newsroom", and "About ACL". The main content area has a breadcrumb trail "Home > Emergency Preparedness" and a heading "Emergency Preparedness". A sub-heading reads "Get the latest information on 2017 Hurricanes." followed by a paragraph: "Disasters, man-made or natural, can happen at anytime, anywhere, and vary in magnitude. Older adults and people with disabilities have unique and special needs during a crisis. Approximately half of those over age 65 have two or more chronic health problems, such as heart disease, diabetes, and Alzheimer's disease. These conditions increase a person's vulnerability

THANK YOU!



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