

Disaster Readiness for Seniors

Carson Family Resource Center, 12555 Lakeview Drive
 Saturday, April 30, 2011
 9:00 – 11:00 am

Purpose: To empower seniors to be prepared to help themselves and others in the event of a disaster. Participants will start their own emergency plan, and leave with an emergency starter kit and “to do” list.

Facilitators: Ed Greene (Volunteer Coordinator), Stephanie Campbell (Red Cross Volunteer), and Louisa Guzman (RSVP Volunteer)

AGENDA

Facilitator	Outline Notes	Time (approximate)
Ed	Welcome and introductions Ice-breaker	9:00 – 9:15
Louisa	Large group discussion: <ul style="list-style-type: none"> • Emergencies in our area: Extreme temperatures, tornados, floods, blizzards • Importance of having a plan: be prepared, not scared. 	9:15- 9:30
Stephanie	Presentation: <ul style="list-style-type: none"> • Create a personal support network. • Prepare for evacuation: transportation, personal needs, pets. • Special situations: medical conditions, dementia, and severe physical limitations (mobility, hearing, visual impairment). • What about seniors living in a facility? Talk to staff about disaster plan. Ask questions. Find out how you can help if the need arises. • Prepare to shelter in place. What would you need if you were on your own for a time? 	9:30 – 9:50
	Break	9:50 – 10:00
Ed	Exercise (in pairs): Start your plan (<i>distribute “Be Ready” planning worksheets</i>) Objective: To help people think about their own individual needs and begin concrete steps. Participants will have a written plan and “to-do” list from this exercise.	10:00 – 10:20
Ed	Exercise Debrief (large group): How far did you get? What do you still need to do? What did you learn?	10:20-10:30

Using the Independent Living Curriculum and Planning Volunteer Training
TRAINING AGENDA SAMPLE

Agenda, continued

Facilitator	Outline Notes	Time (approximate)
Louisa	<p>Presentation: Create an emergency supply kit (<i>distribute “Emergency Starter Kits” with checklist and discount coupons</i>)</p> <ul style="list-style-type: none"> • Food, water, blanket, extra clothing • Cell phone, flashlight, radio, batteries • First aid kit, medications (including dosage, treatment, allergy information, doctor and pharmacy information) • Emergency documents (phone numbers, identification, medical records, wills, deeds, insurance, charge and bank account information) 	10:30 – 10:45
Ed	<p>Closing</p> <p>Summary of Next Steps:</p> <ul style="list-style-type: none"> • Get your kit together. • Organize your support network. • Keep your plan and supply kit updated. 	10:45- 11:00