

Emergency Preparedness for Older Adults

Louise Ryan, Regional Administrator
ACL Region 10, Seattle, WA

10/17/2024



Administration for Community Living

All people, regardless of age and disability, live with dignity, make their own choices, and participate fully in society
– ACL Vision

U.S. Department of Health & Human Services (DHHS)



ADMINISTRATION FOR
CHILDREN & FAMILIES



Substance Abuse and Mental Health Services Administration
SAMHSA



HRSA
Health Resources & Services Administration

AHRQ



ATSDR

ASPR
ASSISTANT SECRETARY FOR
PREPAREDNESS AND RESPONSE

CMS
CENTERS FOR MEDICARE & MEDICAID SERVICES



We work locally



Mission - To make community living a reality for all people, regardless of disability or age.

Funding – Support disability and aging organizations in all 50 states, DC, and the US territories.

Impact – Over 20,000 community-based organizations.

Our programs are targeted to older adults, people with disabilities and their caregivers

ADMINISTRATION FOR COMMUNITY LIVING

IMPROVING THE LIVES OF OLDER ADULTS AND PEOPLE WITH DISABILITIES THROUGH SERVICES, RESEARCH, AND EDUCATION

WHAT IS COMMUNITY LIVING?

OLDER ADULTS AND PEOPLE WITH DISABILITIES HAVE THE SAME OPPORTUNITIES AS EVERYONE ELSE TO:

- ✓ CHOOSE WHERE TO LIVE
- ✓ EARN A LIVING
- ✓ PARTICIPATE IN SOCIETY
- ✓ MAKE DECISIONS ABOUT THEIR LIVES



WHY IS COMMUNITY LIVING IMPORTANT?

- PEOPLE PREFER IT
- IT COSTS LESS
- IT'S A LEGAL RIGHT
- EVERYONE BENEFITS WHEN EVERYONE CAN CONTRIBUTE



HOW DOES ACL SUPPORT COMMUNITY LIVING?

- FUNDS** SERVICES THAT HELP PEOPLE LIVE INDEPENDENTLY
- INVESTS** IN RESEARCH, INNOVATION, TRAINING, AND EDUCATION
- ADVOCATES** FOR PEOPLE WITH DISABILITIES AND OLDER ADULTS

WHO ARE ACL'S PARTNERS?

- NATIONWIDE AGING AND DISABILITY NETWORKS
- STATES, TRIBES, AND COMMUNITIES
- COLLEGES AND UNIVERSITIES
- NONPROFIT, FAITH-BASED, AND INDUSTRY PARTNERS
- OTHER FEDERAL AGENCIES



Authorizing Statutes

- Older Americans Act
- Elder Justice Act
- Public Health Service Act
 - Limb Loss Resource Center
 - Lifespan Respite Care
 - Alzheimer's Disease Programs Initiative
- Traumatic Brain Injury Reauthorization Act
- Omnibus Budget Reconciliation Act
 - State Health Insurance Assistance Program
- Health Insurance Portability and Accountability Act
 - Health Care Fraud & Abuse Control funding for Senior Medicare Patrol
- Medicare Improvements for Patients & Providers Act
- Developmental Disabilities Assistance & Bill of Rights Act
- Rehabilitation Act
 - National Institute on Disability, Independent Living & Rehabilitation Research
 - Independent Living Services
 - Centers for Independent Living
- Assistive Technology Act
- Help American Vote Act
- Christopher & Dana Reeve Paralysis Act



Overview

- Local Hazards
- Great ShakeOut
- Preparedness at Home
- Special Considerations

Earthquakes



Winter Storms



Floods



Volcanic Eruption



Local Hazards

Flu/Hazmat



**POWER
OUTAGE**



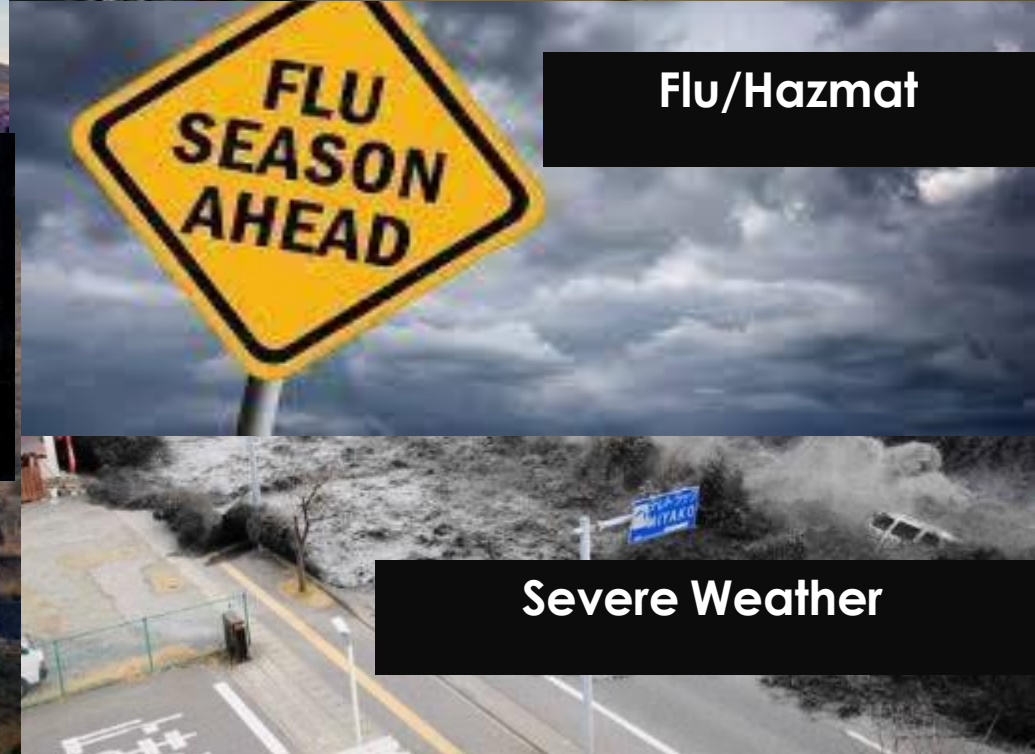
**Landslides/
Avalanches**



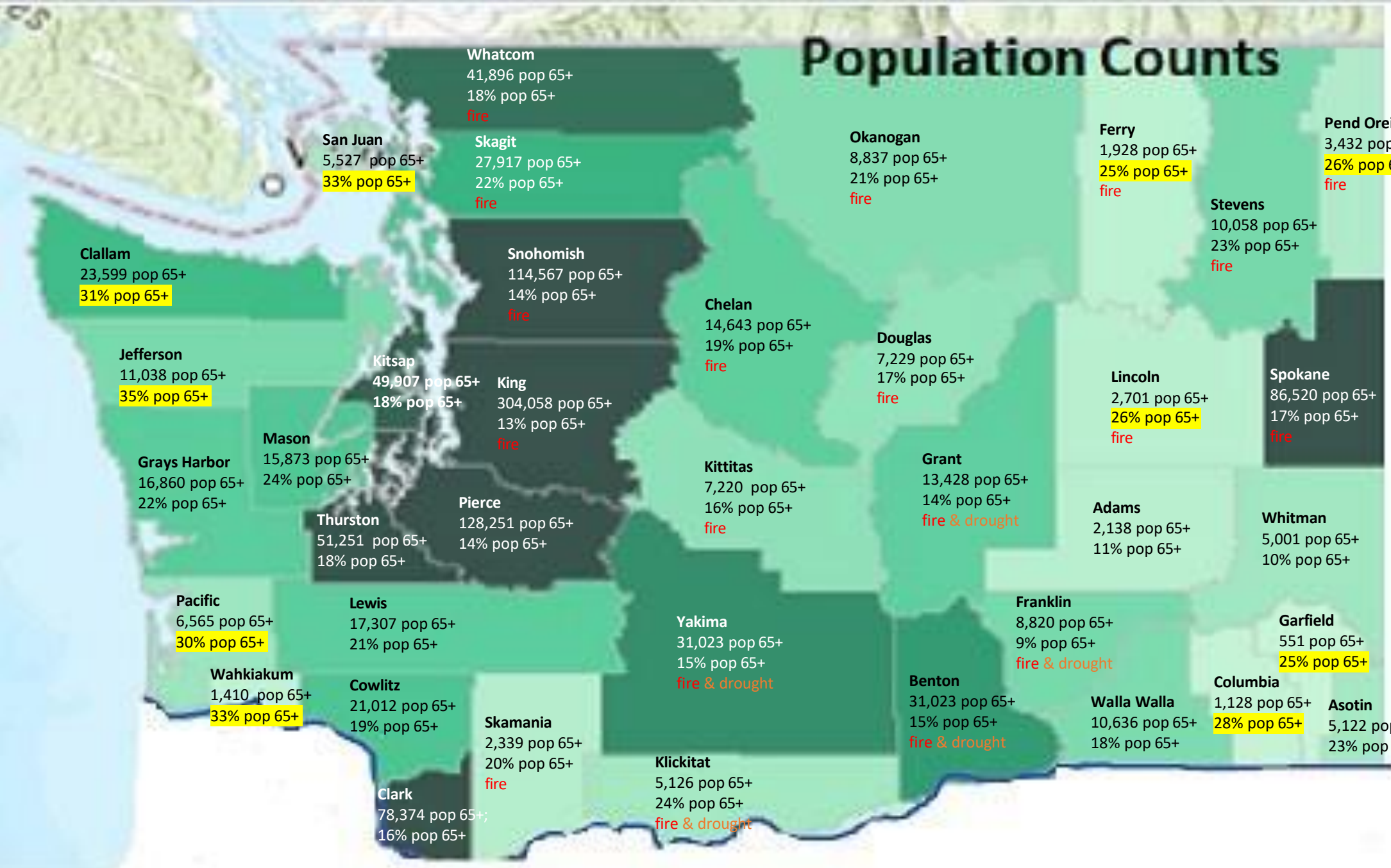
Home/Wild Fires



Severe Weather



Population Counts



25% or more of the population is 65+



Washington



FEMA Data March, 2023

Are You Prepared for Earthquakes?



FEMA

Federal Emergency Management Agency

Great ShakeOut Earthquake Drill



Earthquakes may happen anytime and almost anywhere.

Most injuries caused by earthquakes are from falling or flying objects.

It is important to practice how to be safe!



Today we are joining millions of people who are practicing earthquake safety!

**Shake
Out**TM

What do you do in an Earthquake?

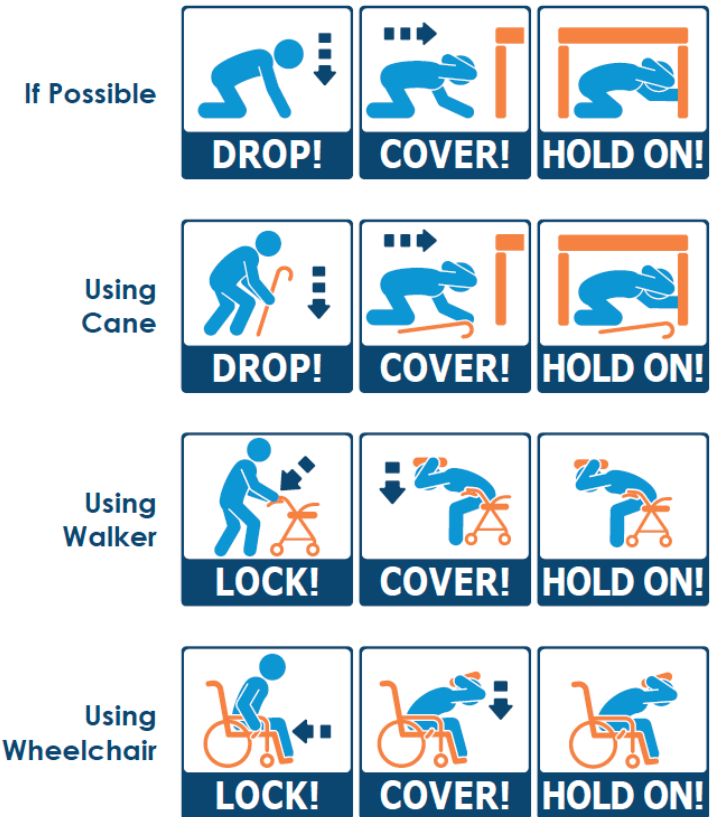


FEMA

Adapt for Your Situation

- If you cannot get back up again by yourself, do not drop to the ground.
- If using a wheelchair or walker, **lock** the wheels (or set the brake).
- Bend over and **cover** your head and neck with your arms/hands. You can also **hold on** to a book or other object over your head.
- Instruct others how to assist you.

If You Feel Shaking or Get an Alert:



EarthquakeCountry.org/step5



If There is Nothing to Get Under



Drop where you are,
onto your hands and knees.



Cover your head and neck
with one arm and hand.

- Then crawl next to a wall,
away from any windows.
- Stay on your knees and bend forward
to protect vital organs



Hold On to your shelter with one hand.
Keep covering your head/neck with your other hand.



Local Hazards

Earthquakes

- Can happen anywhere without warning
- Secondary concerns
 - Tsunamis
 - Landslides/avalanches
 - Fires
 - Structural collapses
 - Power outages
 - The list goes on...



Magnitude 6.8 Earthquake - February 28, 2001
About 400 injuries related to quake
Approximately \$305M insured losses and \$2B worth of damage in WA

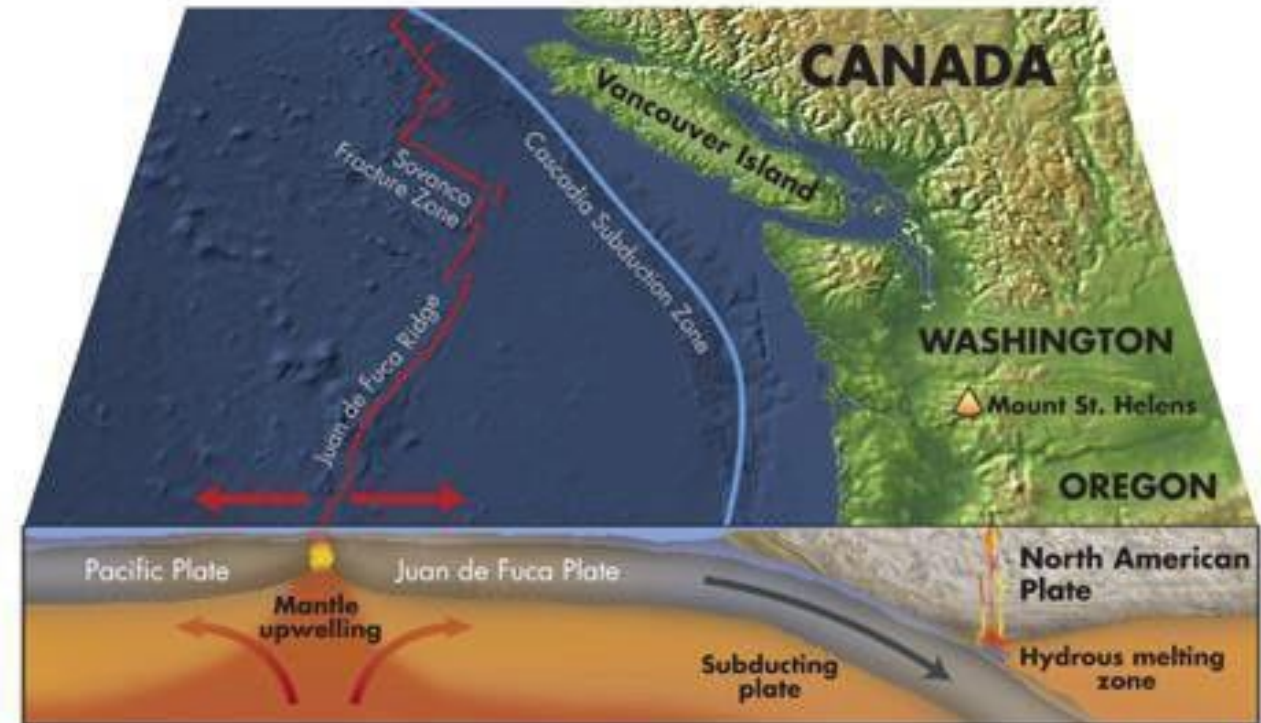


FEMA

Cascadia Subduction Zone

Magnitude 9.0 lasting up to 5 minutes

- Aftershocks could exceed 7.0
- Tsunamis could be 30-40 feet high in some areas
- Liquefaction in many areas along I-5 Corridor
- Landslides and avalanches
- Significant damage to infrastructure and large scale fires
- Widespread power and communication outages



FEMA

What do you do in an Earthquake?



**If in a vehicle,
pull over and stop.**



**If in bed,
stay there.**



**If outdoors,
stay outdoors.**



**Do not get in
a doorway.**



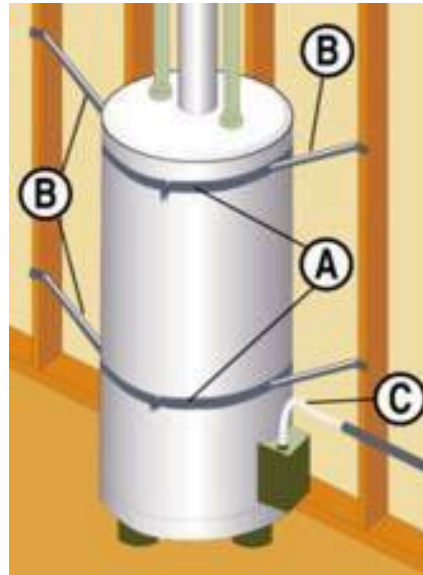
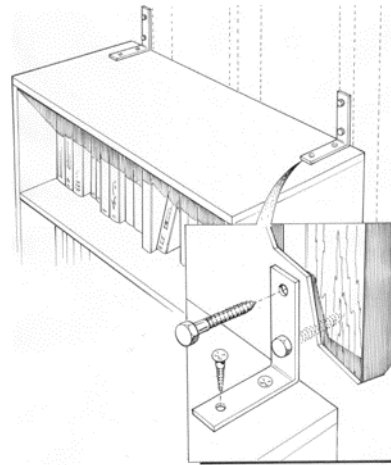
**Do not run
outside.**



FEMA

Prepare for Earthquakes

- Have an emergency plan and supplies
- Secure items at home and work
- Know about other/secondary hazards

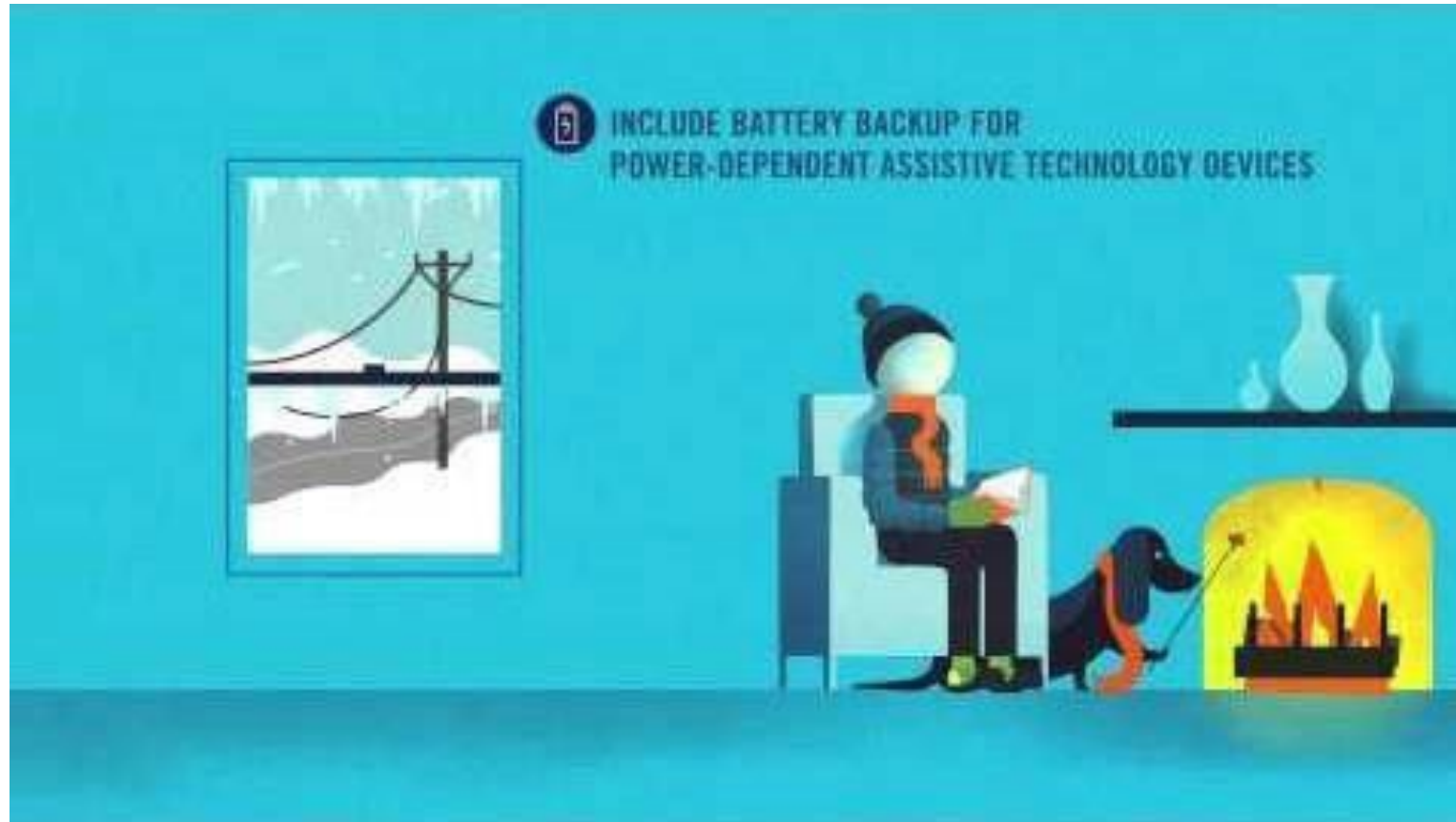


Prevent this:



FEMA

Are You Prepared for Winter Storms?

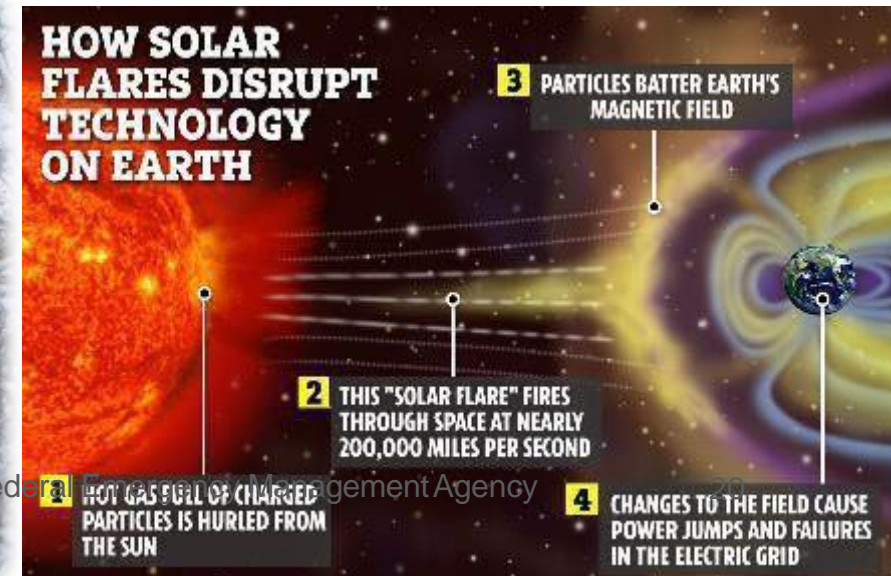


FEMA

Local Hazards

Power Outage & Winter Storms

- Can last a few hours, several days, or weeks
- Disrupt communications (to family, friends, and work)
- Close retail businesses we typically rely on – grocery stores, gas stations, ATMs/banks
- Medical needs that rely on electricity will be disrupted
- Places older adults, children, and sick individuals at risk



FEMA

What Do You Do in a Power Outage?

PROTECT YOURSELF DURING A POWER OUTAGE

Keep freezers and refrigerators closed.



Disconnect appliances and electronics to avoid damage from electrical surges.

Only use generators outdoors and away from windows.



Use alternate plans for refrigerating medicines or power-dependent medical devices.

Do not use a gas stove to heat your home.



If safe, go to an alternate location for heat or cooling.



Check on neighbors.



FEMA

What Do You Do in a Winter Storm?

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

- Stay off roads.   Use generators outside only.
- Stay indoors and dress warmly.   Listen for emergency information and alerts.
- Prepare for power outages.   Look for signs of hypothermia and frostbite.
-  Check on neighbors.



FEMA

Prepare for Power Outages

- Take an inventory of the items you need that rely on electricity.
- Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Plan for batteries and other alternatives to meet your needs when the power goes out.
- Install carbon monoxide detectors with battery backup in central locations on every level of your home.
- Keep mobile phones and other electric equipment charged and gas tanks full.



FEMA

Preparedness at Home

Resolve
to be
Ready

IT NEVER
HURTS TO
BE PREPARED

Be ready this year by practicing your
emergency plan with your family.

Building a Prepared Home



FEMA

STEP 1 | ASSESS YOUR NEEDS

First, know your risk. Then, understand your needs during emergencies. This section guides you through a self-assessment process to identify your specific needs so that you can create a personalized emergency plan.

STEP 2 | MAKE A PLAN

Develop a comprehensive emergency plan and emergency preparedness kit tailored to your unique needs. This section ensures you are well prepared to respond to various emergency scenarios.

STEP 3 | ENGAGE YOUR SUPPORT NETWORK

Build a strong support network and include them in your emergency planning. This section provides recommendations for how you can engage your family, friends, caregivers, neighbors, fellow congregants from your place of worship, and others who can assist you during an emergency.

FEMA Disaster Preparedness Guide for Older Adults

- <https://www.ready.gov/older-adults>

GET
PREPARED TODAY
in three
SIMPLE and
straightforward
STEPS!



1. Assess Your Needs

- Know your risk
- Understand your needs during and after emergencies
 - Food/water
 - Evacuation, Shelter
 - Funds, Important Paperwork
- Identify your specific needs (using the available self-assessment process) to create a personalized emergency plan
 - Social Support
 - Transportation
 - Medications, Assistive devices



FEMA

2. Make a Plan

- Create a support network of family, friends, caregivers, and others who can assist you during an emergency. Make an emergency plan and practice it with them.
- Make sure at least one person in your support network:
 - Has an extra key to your home
 - Knows where you keep your emergency supplies
 - Knows how to use lifesaving equipment or administer medicine
- If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify backup service providers.
- Don't forget your pets or service animals.
 - Not all shelters accept pets, so plan for alternatives. Consider asking loved ones or friends outside of your immediate area if they can help with your animals.



FEMA

3. Engage Your Support Network

- Build a strong support network and include them in your emergency planning
 - What support do you need day to day or week to week?
 - What would you do if a caregiver were unable to reach you?
- The [FEMA Disaster Preparedness Guide for Older Adults \(ready.gov\)](#) provides recommendations for how to engage your family, friends, caregivers, neighbors, fellow congregants from your place of worship, and other who can assist you during an emergency.
- Webinar on [Social Support Networks](#) by FEMA and partners



FEMA

Make a Plan: Important Documents

Have backup copies (tangible and/or digital)

- Government issued photo ID
- Social Security cards, Birth Certificates
- Medical records and immunization records, including for your pet
- Health insurance and life insurance information, health care providers
- Insurance information



FEMA

Build a Kit

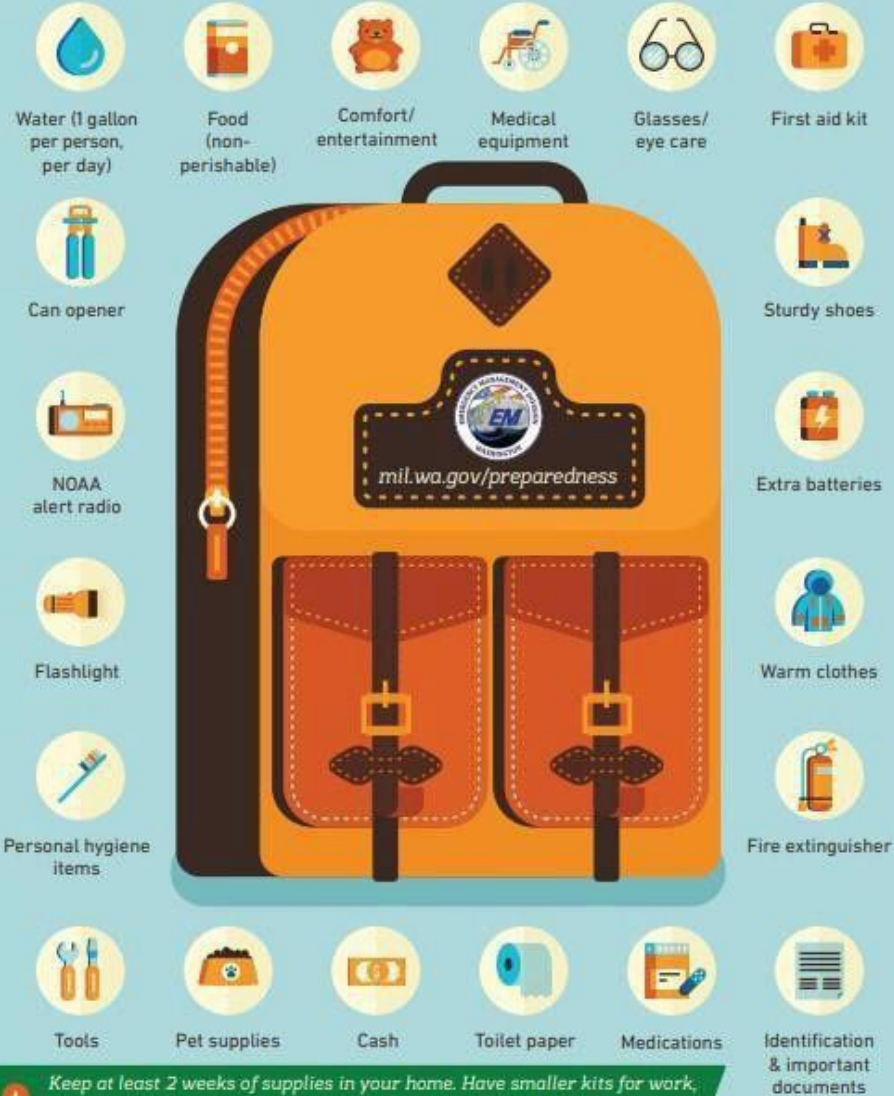
- 2 weeks ready
Focus on kits:
-For your family if you were deployed
-For power outages
-For earthquakes



2 WEEKS READY

BUILD KITS

Plan to be on your own for at least 2 weeks



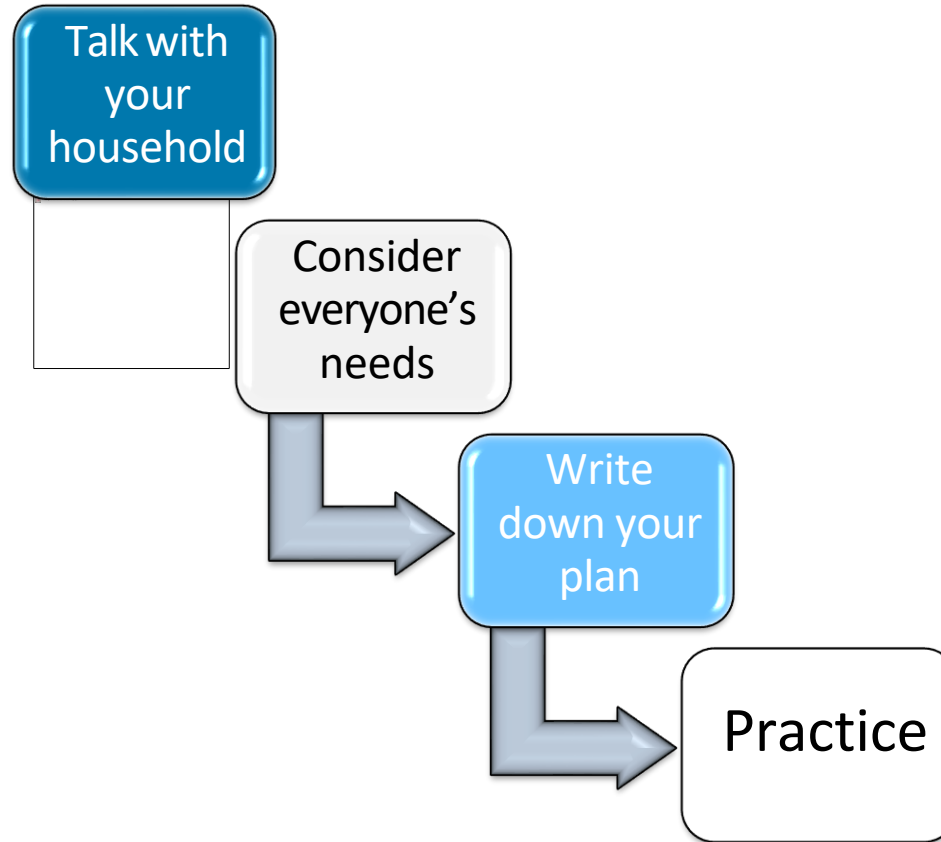
Keep at least 2 weeks of supplies in your home. Have smaller kits for work, for every family member, and pets. Have a vehicle safety kit too.

Emergency Kits

- Keep at least 2 weeks of supplies in your home
- Have smaller kits for work and your vehicle
- Make sure to think about family members' unique needs such as accessibility, medical needs, and ages
- Don't forget about pets!

Household Emergency Plan

- You aren't prepared until you make a plan.
- Simple 4 Step plan :



FEMA

Household Plan

Talk with your household

- Step 1, can you answer these questions?
 - How will I receive alerts/warnings?
 - What is my shelter plan?
 - What is my evacuation route?
 - What is my family/household communication plan?



FEMA

Household Plan

Step 2: Consider specific needs of the household

- Different ages of members within your household
- Responsibilities
- Locations frequented
- Medical needs
- Access and functional needs, including equipment
- Cultural and religious considerations
- Don't forget about pets and service animals!

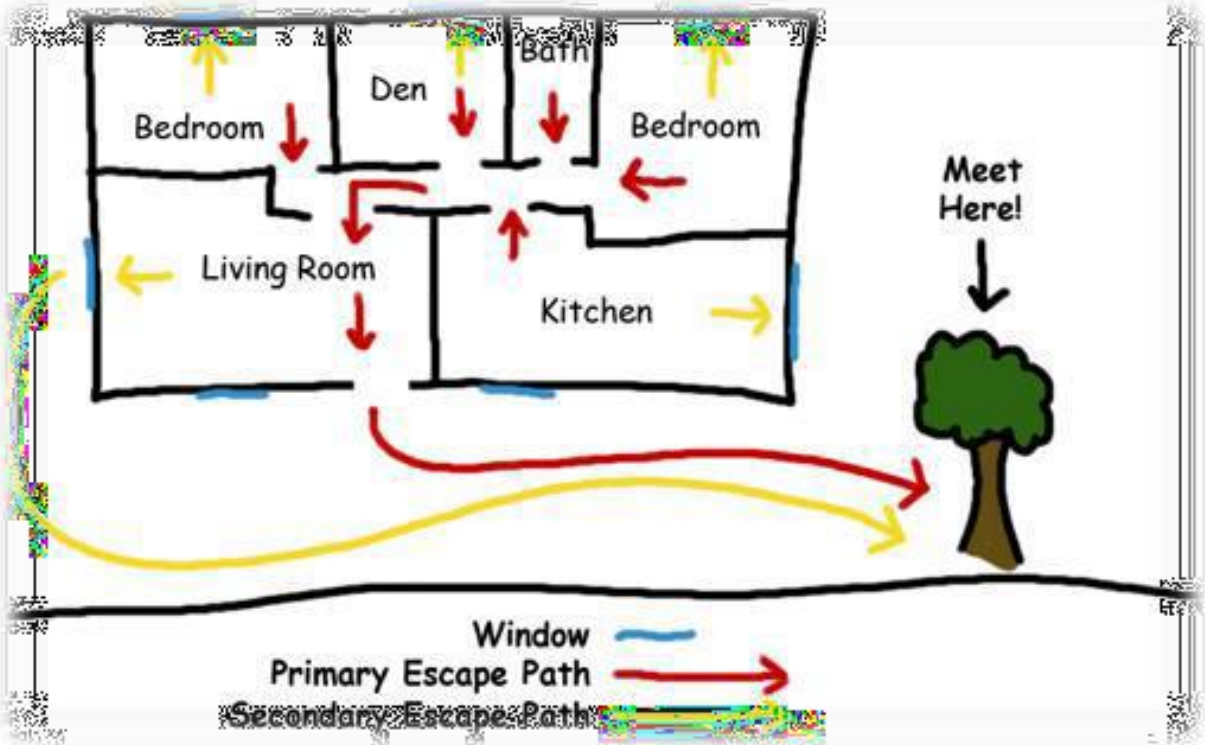


FEMA

Household Plan

Step 3: Write your household emergency plan

Step 4: Practice your plan!



FEMA



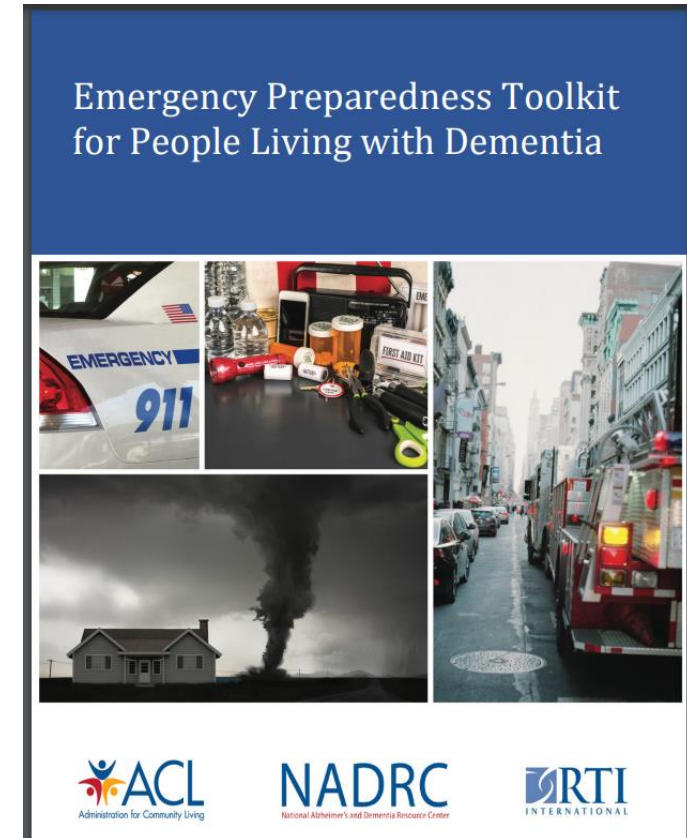
Additional Tips for Family Caregivers

- Understand the risks that the community is likely to face
- Enroll in the local special needs emergency registry; may require annual registration
- Notify the utility company of any needs for power for medical equipment
- Get to know your/your loved one's neighbors
- Keep portable cell phone chargers on hand
- Arrange for back-up in case primary caregiver not available
- Sign up to receive official communications in an emergency
- Keep at least a half a tank of gas in the car and some cash on hand



NADRC Emergency Preparedness Toolkit for People Living with Dementia

Helps people living with dementia, their family members, and their caregivers understand what to expect in the event of a disaster and how to prepare for it.



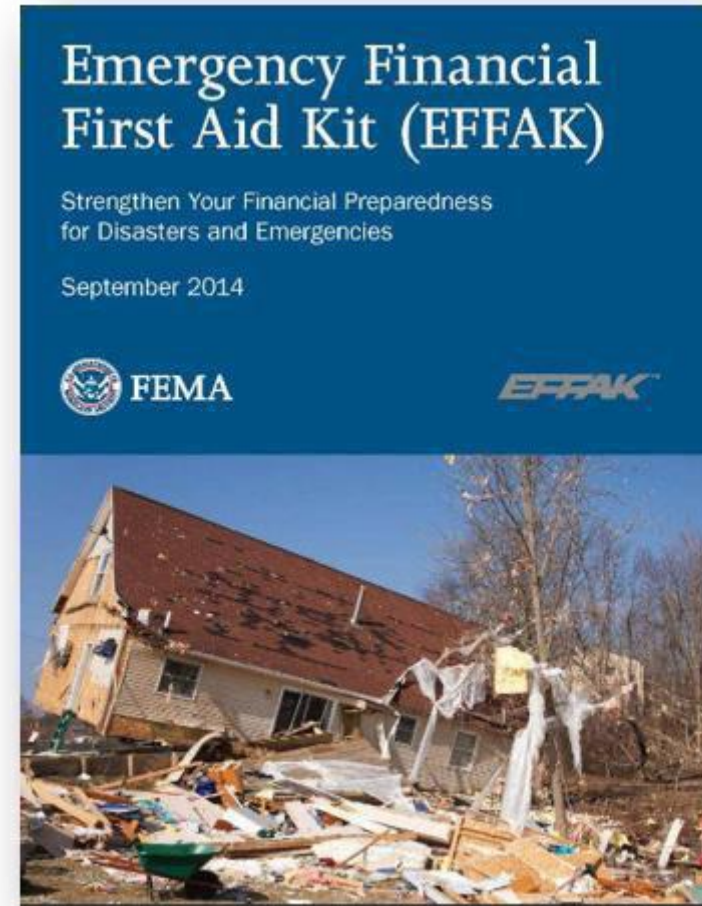
Financial Preparedness

Make a plan to prepare for disasters

- Know what your insurance covers
- Have cash on hand
- Set a little money aside as you can
- Gather/consolidate:
 - Financial information/accounts
 - Important documents, including medical records
 - Other critical information



FEMA





RESOURCES

- Preparing Makes Sense for Older Americans. Get Ready Now
www.ready.gov/sites/default/files/documents/files/older_americans.pdf
- Emergency Preparedness for Older Adults
<https://www.cdc.gov/aging/publications/features/older-adult-emergency.html>
- Ready.gov preparedness information for older adults <https://www.ready.gov/seniors>
- NADRC Emergency Preparedness Toolkit for People Living with Dementia
(<https://pblob1storage.blob.core.windows.net/public/nadrc/docs/2022-NADRC-Emergency-Prep-Toolkit-04202022.pdf>)



RESOURCES (2)

- FEMA and AARP, *Guide to Expanding Mitigation – Making the Connection to older Adults*, <https://www.fema.gov/press-release/20220713/fema-aarp-release-new-resources-help-local-communities-protect-older-adults>
- FEMA and American Red Cross, *Preparing for Disaster for People with Disabilities and other Special Needs*, August 2004, https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness___Disaster_Recovery/General_Preparedness___Recovery/Home/A4497.pdf
- Addressing the Needs of Older Adults in Disasters Web-Based Training (<https://www.phe.gov/Preparedness/planning/abc/Pages/addressing-older-adults-needs-in-disasters-web-trng.aspx>)
- Resources for At-Risk Individuals (<https://www.phe.gov/Preparedness/planning/abc/Pages/atrisk.aspx>)

Contact us!

Region 10 Individual & Community Preparedness
Program:

FEMA-R10-communityprep@fema.dhs.gov

Ilyssa Plumer

Community Preparedness Officer

Ilyssa.plumer@fema.dhs.gov

Samantha Robinson

Community Preparedness Specialist

Samantha.Robinson@fema.dhs.gov

Resources

www.Ready.gov

[https://www.fema.gov/emergency-
managers/individuals-
communities](https://www.fema.gov/emergency-managers/individuals-communities)



FEMA

Questions?

Louise Ryan

Regional Administrator, Region X

**U.S. Department of Health and Human
Services**

Administration for Community Living

Email: Louise.Ryan@acl.hhs.gov