

Who we are

Disability Services & Legal Center is an Independent Living Center providing seniors and individuals with disabilities with information, resources, advice and assistance on matters related to disability since 1976.

We proudly serve Sonoma, Lake, Mendocino and Napa counties.

Contact Us

DSLCL proudly serves Sonoma, Lake, Mendocino and Napa counties

Santa Rosa Main Office:

521 Mendocino Ave
Santa Rosa, CA 95401
Ph. 707-528-2745
Fax: 707-528-9477

Ukiah Branch Office:

415 B Talmage Rd.
Ukiah, CA 95482
Ph. 707-463-8875
Fax 707-258-0275

Napa Branch Office:

1820 Jefferson Street
Napa, CA, 94559
Ph. 707-258-0272
Fax: 707-258-0275

www.mydslc.org

This document is available in alternative formats, please talk with staff for reasonable accommodations



Disaster Preparedness for Seniors and People with Disabilities



**DISABILITY SERVICES
& LEGAL CENTER**

An Independent Living Center

Table of Contents

How To Be Prepared	1
Build A Kit	2
For where and what to include?	2
Disaster Supply Check - List	2 & 3
Make A Plan	4
Establish A Personal Support Network	4
Develop A Family Plan	5
Deciding if to Stay or to Go.....	5
Develop a Plan for your Service Animals or Pets	6 & 7
Sheltering In Place	8
Shelter In Place Supply List	9
Evacuation.....	10
Shelters: What to Expect.....	11
Stay Informed.....	12
Additional Emergency Contacts.....	13

This booklet is to prepare people with disabilities, aged, and their caregivers for disasters, including floods, power outages and earthquakes.

Additional Emergency Contacts:

Napa County Office of Emergency Services:
707-299-1892

Napa County Emergency Public Information:
707-299-1593

Napa Weather & Road Conditions:
707-299-1595

Napa Community Emergency Response Team (CERT):
countyofnapa.org/362/Community-Emergency-Response-Team-CERT

American Red Cross Northwest Chapter
(707) 577-7600 || redcross.org/

Additional information @ ready.gov

Family/Friend: _____

Telephone: _____

E-Mail: _____

Family/Friend: _____

Telephone: _____

E-Mail: _____

Family/Friend: _____

Telephone: _____

E-Mail: _____

STAY INFORMED

It's important that you keep up to date with events going on in your area. Particularly, during times of crisis this information can be lifesaving.

NIXLE ALERTS: To sign up for Nixle alerts simply text your zip code to 888777. Nixle will periodically send you information directly from your fire and police departments and will keep you updated with crucial information during disasters.

IPAW: Napa County Utilizes the Integrated Public Alert and Warning System to distribute life-saving information to the public. No sign up required.

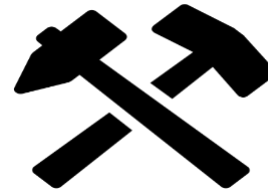
Local City Twitter, Next Door & Facebook Pages: Many police and fire departments will update their Twitter and Facebook pages with information during disasters. The Next Door is a citizen run application that also provides updates and alerts.

Local Radio and Tv Stations:

Local radio and TV stations are a great way to stay informed. For Napa County KVON or 1440 a.m. is a great source of information and updates during an emergency.

How to be Prepared

Build a Kit



- Build a kit for your home, work, and vehicle
- Have a Supplies Checklist ready to go
- Include emergency documents and copies for each kit

Make a Plan



- Develop a plan that includes a support network, a communications plan with family and friends, what to do in case of an evacuation and more
- Pet plans are also crucial in times of emergency

Stay Informed



- Stay informed about events and disasters in your area before, during and after the fact
- Locate and identify good reliable sources of information and services

BUILD A KIT

What to include?

Having the proper materials and supplies in your emergency kits can make a drastic difference on how you will react and deal with any type of disaster.

Disaster preparedness is not about hoping for the best it's about expecting the worst and being ready wherever you are. Having a kit for your home, work and in your vehicle is a great way to start.

Disaster Go-Bag Checklist:

Remember to keep and store a Go-Bag in your **Home**, have a **Car Bag**, and a **Work Bag**

- Water – (Water purification pills or tablets in your different bags)
- Food – At least a 3-day supply of nonperishable food per person
- Battery powered/hand cranked radio
- Garbage bags & Ziplock bags
- A copy of this pamphlet
- Cell phone chargers

Evacuation Shelters: What to Expect

- Mass care shelters often provide water, food, medicine and basic sanitary facilities, you should plan to take your Go-Bag and pet bag with you, so you will have additional supplies you might need.
- Medical areas are for individuals with acute medical conditions, that may require medical monitoring, treatment or personal care beyond what is available in general population sheltering.
- Functional Assessment Service Teams (FAST) provide staff that are trained to conduct a functional assessment of facilities and survivors with disabilities or access and functional needs as they arrive at shelters. Request to speak with one of them at your local shelter when you arrive if all your needs are not being met.
- As a person with mobility impairments you have the option of going to the head of long lines. Accessible cots are also available at shelters.

Shelters should have information about accessible transportation resources in times of crisis.



Evacuation

When the emergency is more pressing in nature and closer to your home the best course of action will be to evacuate, authorities may also instruct you to evacuate for various reasons.

The first thing you want to have set up in case of an evacuation is your destination. Ideally your first choice should be to go to family, friends or caregivers. Reach out and find someone that would live outside of your area that you could safely stay with.

Emergency Contact: _____

In case your emergency contact is unable to house you research and find the closest shelter. Find out ahead of time if they accept pets and make sure you know the quickest way to get there.

Shelter Location: _____

In case you are unable to drive yourself who will be driving you in case of an evacuation.

Transportation Contact: _____

- First Aid Kit equipped with enough medical supplies.
- Flashlight
- Extra Batteries
- Whistle
- Mobility equipment and assistive equipment (transfer board, hand splints, prosthetics)
- Personal hygiene supplies -Toothpaste, toothbrush, brush, etc.
- Wet wipes
- Local Maps - *AAA members get free maps
- Cash (\$50-\$100)
- Fork, spoon and knife
- N-95 rated filtered face mask
- Medical Supplies (gloves, pads, urology & ostomy equipment)
- Copies of important documents (SSN, birth certificate, insurance cards, etc.)
- Prescription medications – talk to your doctor on how best to prepare for this. (Keep a list of medications on hand or pictures on your cellphone.)
- Activities for children
- Sleeping Bag or warm blanket – one for each family member
- Family photos on an USB Thumb drive or cell phone
- Extra set of glasses
- Full change of clothing for the season including a spare jacket and a rain poncho

MAKE A PLAN

Establish a Personal Support Network

Having a strong support network comes in handy regardless of what situation you are in, it comes particularly important to have one in time of crisis. Think through your daily life and write down any people who assist you get through the day, crucial to your wellbeing, and who should be aware of your whereabouts.

Neighbor: _____

Telephone: _____

E-Mail: _____

Caregiver: _____

Telephone: _____

E-Mail: _____

Primary Doctor: _____

Telephone: _____

E-Mail: _____

Veterinarian : _____

Telephone: _____

E-Mail: _____



Shelter In Place Supply List

- 14 Day Food & Water Supply (to sterilize water boil for one minute after boiling process starts. For chlorination place 1/8 tsp of bleach per gallon of water)
- Manual, non-electric, can opener
- Instant coffee
- Food and water for service animals and pets
- Battery Powered Radio
- Flashlights and Lanterns
- Medical Supplies (Refer to Go-Bag Medical Supplies)
- Generator or battery backup for essential equipment, such as wheelchairs, scooters, or ventilators
- Extra batteries for oxygen, breathing devices, hearing aids, cochlear implants, cellphones, radios, and other devices
- Whistle or other signaling device
- Books, playing cards, crossword, games to entertain children
- Plastic sheeting and duct tape
- N-95 mask for the family
- Fridge Thermometer
- Tool Box & First aid kit
- Maps of surrounding areas
- Camp stove or BBQ with enough propane canisters
- Water proof matches or BBQ lighter
- Large plastic container to store supplies and this pamphlet

Sheltering in Place

When there is no immediate danger it is better for you and your community to shelter at home or work. Authorities may direct you to remain inside your home or office in the event of a chemical, biological or explosive emergency.

When sheltering in place remember to:

- Bring children and pets indoors immediately
- Close and lock all windows and outside doors
- Turn off all fans, heating and air conditioning systems
- Close the damper to all fireplaces
- Gather disaster supplies and battery-operated devices

Go to most interior room, ideally without windows in case of a present chemical threat



Develop A Family Plan

Preparedness is not an individual action in times of disaster. Having your family be ready is also important. Consider a plan where each family member contacts the same friend through calls, texts or email. An out of town contact is best as the long-distance line would be easier to access than a local one during an emergency.

Have your family think about what transportations you use, if any one requires life-sustaining equipment to come with them and find out the location and availability of more than one facility where such equipment can be used outside the area.

Have your family write down your emergency plan, and keep a copy of contact information, meeting spots and other important details on their phones or in a safe/accessible place.

Deciding to Stay or Go

Use common sense & available information to determine if there is an immediate danger. In an emergency local officials may not be able to provide information. You should monitor TV, radio, social media news reports information and official instructions. More information on evacuating and sheltering in place on later sections.

Develop a Plan for Your Service Animal or Pets

Your service animals and pets are key parts of your day to day life and are like family. Having an emergency plan that involves them will save you stress, time and grief. These tips are just some of the many things you can do to be prepared.

- Get A Rescue Alert Sticker – This sticker is visible to rescue workers and includes the types and number of pets in your home as well as the name and number of your veterinarian. If time allows you to evacuate with your pets write “EVACUATED” on the sticker. For a free Emergency Pet Alert Sticker visit aspca.org
- Arrange a Safe Haven – **DO NOT LEAVE YOUR PETS BEHIND**
 - Contact your veterinarian for a list of preferred boarding kennels and facilities.
 - Ask your local animal shelter if they provide emergency shelter or foster care for pets.
 - Identify hotels or motels outside your immediate area that accept pets.
- Establish “Designated Caregivers”

When choosing a designated caregiver consider their proximity, their knowledge of your pet, access to your home, and other factors. Once chosen an extra set of keys should be given to them to access your pet in time of emergency and crisis.

- Prepare Your Pet for Travel with the Proper Supplies
 - Make sure your pet wears their collar with up-to-date tags. Tags should have their name, your telephone number and existing medical needs. Tip: Make sure your pet’s carrier has this information as well.
 - Make sure to have water, extra food and medication for your pet ready to-go in their crate.
- Special Considerations for Birds and Small Animals
 - Birds and small animals should be transported in small carriers or cages with their information attached to them.
 - For Birds have a blanket handy to cover their cage as this will reduce stress associated with travel.

Keep extra bedding, a small hide box or tube, and salt lick for small animals such as hamsters, gerbils, mice and guinea pigs.

For larger animals and livestock keep up to date information on shelters that are willing to house them temporarily during evacuations and emergencies.

