

Module #12 – Emergency Preparedness

Activity #1 – Emergency Responders for Patient

Patients should know who their local disaster/emergency responders are prior to an emergency. Home care aides would also benefit from knowing this information. In the event of an emergency, the internet or a printed phone book may not be easily accessible. If a patient has a landline, a printed phone book is usually delivered annually. If a printed phone book is not automatically delivered, contact a public library for instructions on how to have a printed phone book delivered to a home or business.

Complete this form for your own record, with information from the area in which you live, so you can have experience looking up this vital information.

Police Department:	Address & Phone Number:
Fire Department:	Address & Phone Number:
Hospital:	Address & Phone Number:
Urgent Care:	Address & Phone Number:
Homeless Shelter:	Address & Phone Number:
Red Cross:	Address & Phone Number:
Local Evacuation Site:	Address & Phone Number (if applicable):
Other:	Address & Phone Number (if applicable):

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Handout #1 – Prepare your car for winter

In the event of a winter storm, drive only if necessary. If you MUST drive, stay on main roads, and tell someone else your planned route or schedule for that day.

Here is a winter car kit checklist – keeping these items in your car in the wintertime could save your life in the event of an emergency:

DO YOU HAVE:		
<input type="checkbox"/> A shovel	<input type="checkbox"/> Necessary medications	<input type="checkbox"/> Blankets
<input type="checkbox"/> Windshield scraper and small broom	<input type="checkbox"/> First aid kit with pocketknife	<input type="checkbox"/> Fluorescent distress flag
<input type="checkbox"/> Battery powered radio	<input type="checkbox"/> Matches	<input type="checkbox"/> Tow chain or rope
<input type="checkbox"/> Extra batteries	<input type="checkbox"/> Road salt and sand	<input type="checkbox"/> Jumper cables
<input type="checkbox"/> Water	<input type="checkbox"/> Snack food	<input type="checkbox"/> Emergency flares
<input type="checkbox"/> Extra hats, socks, and mittens		

IF A BLIZZARD TRAPS YOU IN YOUR CAR:	
Pull off the highway. Turn on hazard lights and hang a distress flag from the antenna or window.	Take turns sleeping. One person should always be awake to look for rescue crews.
Remain in your vehicle where rescuers are most likely to find you.	Drink fluids to avoid dehydration.
Run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, open a downwind window slightly for ventilation and periodically clear snow from the exhaust pipe. <i>This will protect you from carbon monoxide poisoning.</i>	Be careful not to waste battery power. Balance electrical energy needs – the use of lights, heat, and radio – with supply. Turn on the interior or dome light at night so work crews or rescuers can see you.
Exercise to maintain body heat but avoid overexertion. Use road maps, seat covers, and floor mats for insulation. Huddle with other passengers and use your coat for a blanket.	If stranded in a remote area, stomp large blocks of letters in an open area spelling out HELP or SOS and line with rocks or tree limbs to attract the attention of rescue personnel who may be surveying the area by airplane.

Adapted from *The Association for Home and Hospice Care of North Carolina Emergency Preparedness Handbook, 2007.*

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Handout #2 – Emergency Information Sheets

These are example lists that you or your patient could fill out, give to an emergency contact, and keep at the home in a safe place.

Emergency Information List

Name:		Birth Date:
Address:		
Phone Number:	SSN:	
Local Emergency Contact Person:		
Local Emergency Contact Person's Phone Number(s):		
Out-of-Town Contact Person:		
Out-of-Town Contact Person's Phone Number(s):		
How best to communicate with me:		

Adapted from the American Red Cross: Disaster Services: Disaster Preparedness for People with Disabilities

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Medical Information List for: _____

Primary Physician:		Telephone #:	
Address:			
Hospital Affiliation:		Type of Health Insurance:	Policy #:
Blood Type:	Allergies and/or Sensitivities:		
Medications and Dosages:			
Specific Medical Conditions:			
Physical Limitations:			
Adaptive Equipment and Vendor's Phone#:			
Communication Difficulties:			
Cognitive Difficulties:			
Other Important Information:			

Adapted from the American Red Cross: Disaster Services: Disaster Preparedness for People with Disabilities

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Disability-Related Supplies and Special Equipment List for:

Check the items that you use or need and describe the item type and location.

Glasses: _____ Ostomy Supplies: _____

Diabetes Devices: _____ Motorized Wheelchair: _____

Grooming Utensils: _____ Manual Wheelchair: _____

Dressing Devices: _____ Walker: _____

Writing Devices: _____ Crutches: _____

Hearing Device: _____ Cane(s): _____

Oxygen & Flow Rate: _____ Dentures: _____

Suction Equipment: _____ Monitors: _____

Urinary Supplies: _____ Dialysis Equipment: _____

Sanitary Supplies: _____ Other: _____

Adapted from the American Red Cross: Disaster Services: Disaster Preparedness for People with Disabilities

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Activity #2 – Case Scenarios

1. It is extremely cold outside, and the forecast is for a great deal of snow and ice. You are trying to see as many patients as possible today before the storm.

What types of questions do you need to ask the patient to make sure they are going to be safe if the storm does hit?

2. After several days of rain, you are traveling to your patient's house. You come to a place in the road where you can see nothing but water.

What should you do?

3. On your way to your patient's home, you see billowing smoke and the air is also cloudy with smoke. You arrive at your patient's home to start your work when there is a breaking news report that a chemical fire is out of control. People are warned not to leave their homes.

What action should you take?

4. You arrive at a patient's home when you hear a news report say that severe thunderstorms are heading toward your area.

What type precautions should be taken when thunderstorms are underway to keep you and your patient safe?

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Activity #2 – Case Scenarios – Faculty Guide

1. It is extremely cold outside, and the forecast is for a great deal of snow and ice. You are trying to see as many patients as possible today before the storm.

What types of questions do you need to ask the patient to make sure they are going to be safe if the storm does hit?

Do they have enough food? Is the heat working properly? Does the patient have enough medications? Who will check on them if we cannot come?

2. After several days of rain, you are traveling to your patient's house. You come to a place in the road where you can see nothing but water.

What should you do?

Do not attempt to drive through it. Call the office and inform them of the road condition and they can assist with an alternate route if needed.

3. On your way to your patient's home, you see billowing smoke and the air is also cloudy with smoke. You arrive at your patient's home to start your work when there is a breaking news report that a chemical fire is out of control. People are warned not to leave their homes.

What action should you take?

Make sure all doors and windows are closed. Turn off the air conditioner unit, ensure that all vents are closed so no outside air comes in and then call the office.

4. You arrive at a patient's home when you hear a news report say that severe thunderstorms are heading toward your area.

What type precautions should be taken when thunderstorms are underway to keep you and your patient safe?

Move the patient and yourself into an interior room without windows if possible. Keep the patient secured and call the office for any further direction/information.