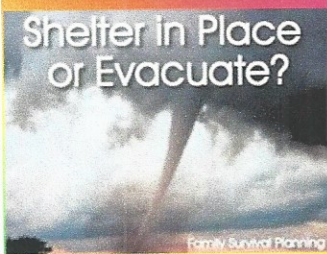


**DISASTER MANAGEMENT & PREPAREDNESS PLANS ACROSS CLIENT POPULATIONS**



Shelter in Place or Evacuate?


Family Survival Planning

Dr. Mary Schmitz,  
OTD, OT/L, ECHM

Western Regional Occupational Therapy Spring Symposium  
March 4, 2023

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INTRODUCTION





Objectives

1. Safety
2. Preparedness
3. Practice
4. Personal/Family

- > Learning
- > Sharing
- > Speaking Up
- > Gathering
- > Interacting

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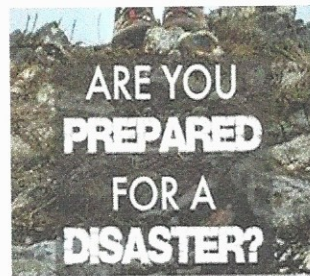
OTPF-4

- > Safety
- > Emergency

- > Individuals
- > Groups
- > Populations

3

**Defining a disaster...**



ARE YOU  
PREPARED  
FOR A  
DISASTER?

4


What are you most likely to experience?

- > Flooding, Monsoons, Severe Thunderstorms
- > Pandemics
- > Forest Fires
- > Extreme Heat/Climate Changes
- > Earthquakes
- > Tornadoes
- > Hurricanes/ Tsunamis
- > Snowstorms/Blizzards/Ice Storms
- > Volcanic Eruptions

Manmade

Natural

- > Technological
- > Intentional
- > Armed Conflicts



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Where are you most prepared?

Personal Readiness

- > Go Bag
- > Emergency Contacts
- > Practice Evacuation
- > Fire extinguisher/Smoke & CO2 Alarms

Work-Site Readiness

- > Practice Drills (Fire, Active Shooter...)
- > Annual training modules
- > Command Central Teams
- > Differentiated Shifts Report

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### Emergency Management

<b>Mitigation</b>	<b>Preparedness</b>	<b>Response</b>	<b>Recovery</b>
Disaster Risk Management & Reduction Accessibility	Patient/Client/Student & Caregiver Education	Early Mobilization Discharge Planning	Mental Health Resiliency Environmental Modifications

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### Phases of a disaster...

**Mitigation**

- Secure generators, alternative heating sources
- Check fuse box & main breaker (esp. following flooding)
- Update medication list,
- Refresh your "go" bag, contact tree
- Removing barriers to access

**How to Create a GO BAG AND GO BAG for Emergencies**

Critical... is for decision makers to be intentional in all phases of the disaster management cycle to minimize discriminatory actions to prevent undesired outcomes that plague underserved and marginalized communities."

Warren D. Miller, Equity Subcommittee Vice Chair, FEMA National Advisory Council

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### Phases of a disaster...

**Preparation**

**PREPAREDNESS INFLUENCERS**

Three main mechanisms influence preparedness: awareness of information, preparedness efficacy, and experience with disasters.

<b>Awareness of Information</b> 40% of respondents reported they have and use at least one other source to get better prepared for a disaster.	<b>Preparedness Efficacy</b> 42% of respondents reported they are sure or that they are quite sure they know what to do in the event of a disaster.	<b>Experience with Disasters</b> 43% of respondents reported they have had a disaster experience with a disaster.
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**Kids**

They learn about disaster preparedness and response through school.

Explore

**Teens**

The children in your family are critically important.

Explore

**Families**

All the loved ones you care about should be included in your disaster preparedness plan.

Explore

**Educators and Organizations**

Providing disaster preparedness and response plans to students, employees, and members is a critical component of disaster preparedness.

Explore

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## ARE YOU READY?

## Personal Plan

<https://youtu.be/6DmRz8gsU>

[Make a Plan Form | Ready.gov](#)

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### Phases of a disaster...

**Response**

The way to get started is to quit talking and begin doing.

-Walt Disney

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### Phases of a disaster...

**Resiliency Building**

- Health
- Home
- Community
- Purpose

Essential Elements for Recovery

Trauma Informed Care

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**Safety Plan (template)**

Client:	Areas to address:	Resources including personnel:	Plan:	Follow-up needed:
<b>OT Role:</b>				

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## Breakout activity

- Adolescent with Autism
- Adult with COPD
- Adult with IDD

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**Safety Plan**

Client:	Areas to address:	Resources including personnel:	Plan:	Follow-up needed:
<ul style="list-style-type: none"> <li>• 15 yo male</li> <li>• Autistic</li> <li>• Hypersensitive to sounds</li> <li>• Self stimulating activities</li> <li>• Escape risk</li> <li>• Ambulatory</li> </ul>	<ul style="list-style-type: none"> <li>• School based fire drill</li> </ul>			
<b>OT Role:</b>				

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**Safety Plan**

Client:	Areas to address:	Resources including personnel:	Plan:	Follow-up needed:
<ul style="list-style-type: none"> <li>• 64 yo female</li> <li>• COPD, O2 dependent (4L/hr)</li> <li>• Uses power chair to go outside</li> <li>• Lives in senior low-income high rise, 4<sup>th</sup> floor</li> <li>• Has power lift chair &amp; bed</li> </ul>	<ul style="list-style-type: none"> <li>• Monsoon resulting in power outages of &gt;15-hour duration</li> <li>• Home Health Client</li> </ul>			
<b>OT Role:</b>				

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**Safety Plan**

Client:	Areas to address:	Resources including personnel:	Plan:	Follow-up needed:
<ul style="list-style-type: none"> <li>• Intellectually disabled/otherwise abled adults</li> <li>• Residing in group home</li> <li>• 6 individuals (ambulatory)</li> <li>• 3 staff (LPN, House Mgr, Personal Ass't)</li> </ul>	<ul style="list-style-type: none"> <li>• Sheltering in place or evacuation to designated shelter</li> <li>• Encroaching wildfires</li> </ul>			
<b>OT Role:</b>				

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**Multiple Roles of the OTP**

- Clinician
- Problem-solver
- Program Developer
- Trainer, Educator, Mentor
- Consultant/Advocate
- Information Specialist, Resource Linker

- Helping throughout phases
- Perpetuating a preparedness culture into everyday
- Incentivizing positive behaviors at all ages

- Collaborating with inclusive stakeholders
- Connecting with experts
- Disseminating information, academia

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### Occupation- shapes & is shaped...

Meaning, Belonging, Purpose

Healing, Development, Reframing

Equity, Human Right

Ecological, Wellbeing, Sustainability

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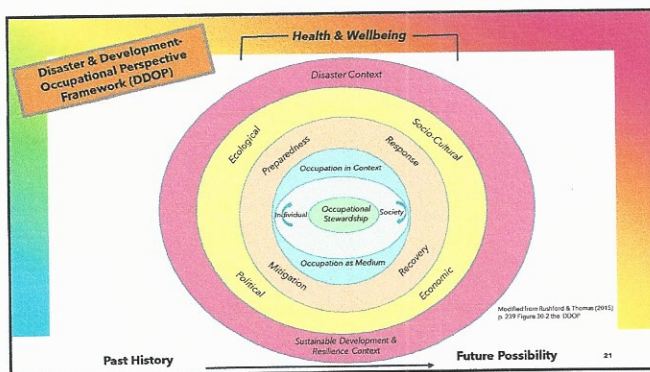
Occupational Disruption

Familiarity Relationships Routines

Sleep School Employment Play Health Management

Perceptions Experiences Attitudes

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## Wanna learn more?

Check out the AOTA Dosis Community of Practice on the 1<sup>st</sup> Monday of the month @ 5 - 6 pm MST. Check.

All participants that sign up for the CoP do have to be current AOTA members. In order to join a CoP AOTA asks, though doesn't require, that everyone read and complete the CoP Guidance document:

<https://surveys.aota.org/s3/Emergency-Disaster-Response-CoP-Membership-Enrollment-Survey>

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**Emergency Alert**  
National Weather Service: A FLASH FLOOD WARNING is in effect for this area until 7:00 PM PDT. This is a dangerous and life-threatening situation. Do not attempt to travel unless you are fleeing an area subject to flooding or under an evacuation order.

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