



***The Great Shake-Out:
Emergency Preparedness for Seniors and
People with Disabilities
October 2023***

The Great Shake-Out

- Review important steps to be prepared for an Emergency
- Tips for Seniors and People with Barriers to Safety and Rescue
- Practice Earthquake Drill



Steps to Be Prepared and Keep Yourself Safe



1. Plan Ahead for Your Own Security and Safety
2. Stay Safe and Connected
3. Plan Your Escape Route and How to Shelter in Place
4. Complete Vial of Life form



Step 1 - Plan ahead for your own security and safety

- Customize your Emergency Preparedness “Go Bag” (list included at end of slides)
- Follow the 72-hour Rule:
At least 3 days of supplies per person
Water
Food
Daily Essentials



Step 2 - Stay Safe and Connected

- Build a reliable **buddy system**
- Identify an **out of area contact**
- Choose safe **meeting places** outside your home
- Know who to call and where to meet
- Include solar or battery-powered **radio/amplification device** in your Go Bag



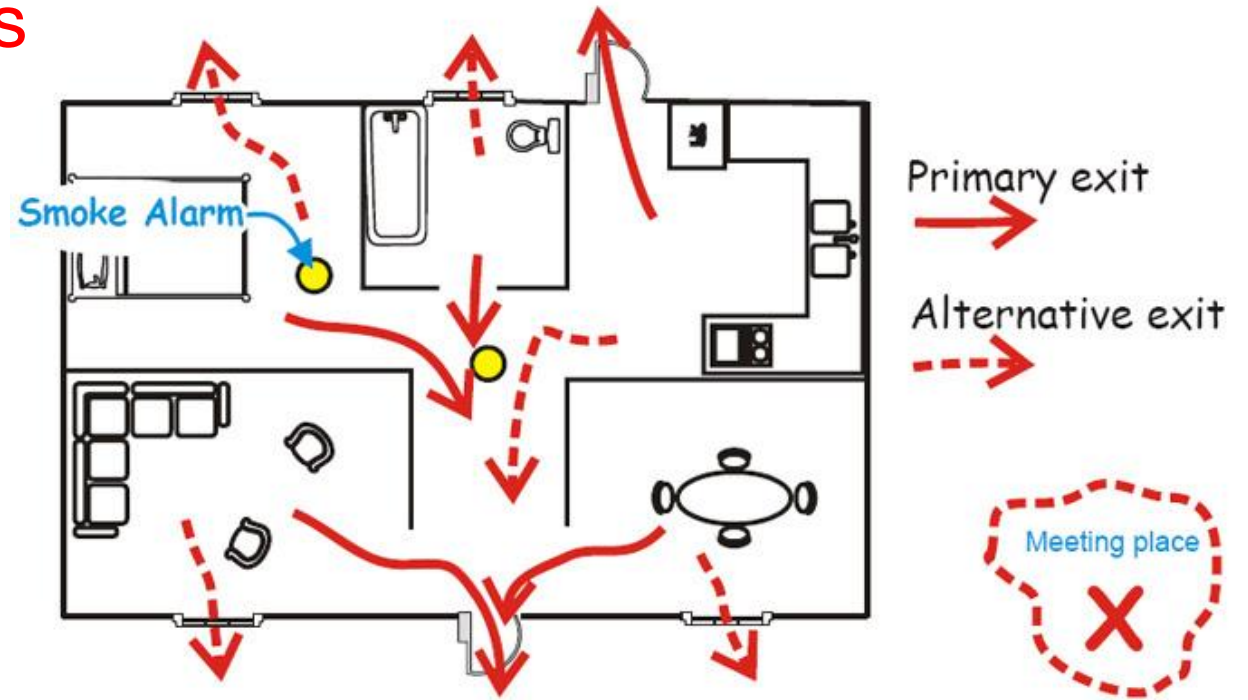
Step 2 - Stay Safe and Connected

- **Alert SF** is a text, e-mail and phone-based notification system for San Francisco residents and visitors
- Get alerts about emergencies, traffic disruptions, flooding, and Citywide pre/post-disaster information
- Alerts will go to your registered email accounts and phone numbers
- Choose to get alerts for the whole city or just your zip code



Step 3 - Plan to Evacuate...

- Know location of **emergency exits**
- Plan how to get down **stairs or ramps**
- Practice **emergency drills** if you need assistance getting out



Step 3 - ... OR Shelter in Place

- Sometimes it is safer to **stay** where you are
- Know how to stay safe during an earthquake

USING
CANE



USING
WALKER



USING
WHEELCHAIR



EarthquakeCountry.org/step5



OH NO! WHAT IS HAPPENING!?

USING
CANE



USING
WALKER



USING
WHEELCHAIR



EarthquakeCountry.org/step5



Step 4 - Complete the Vial of Life Form

Why is it important?

- Easy access to vital information for **first responders**
- **Update** as information changes



Step 4 - Complete the Vial of Life Form

- Medical Conditions
- Medications
- Allergies
- Doctor & Insurance
- Special Instructions
- Emergency Contact(s)



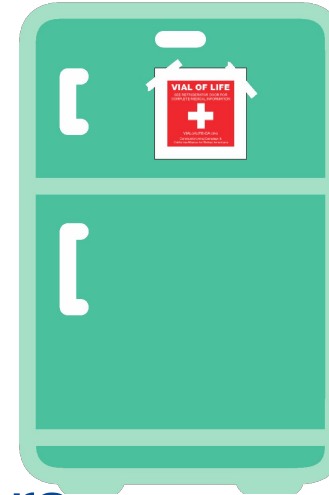
VIAL OF LIFE		VialofLife.com • 1-888-734-1200	
Medical Information Form			
DATE COMPLETED:			
First Name	Last Name	Middle Name	
Street	City	State	Zip
DOB	Sex	Height	Weight
Eye Color	Hair Color	Build	Religion
Allergies (List All)		Current Medications (List All)	Insurance (List All)
Special Instructions (List All)		Emergency Contact (List All)	
<p>Print Clearly + Follow Directions on Back to Store on Refrigerator</p> <p>Copyright © 2010 Vial of Life, Inc.</p>			

Step 4 - Posting Your Completed Vial of Life form

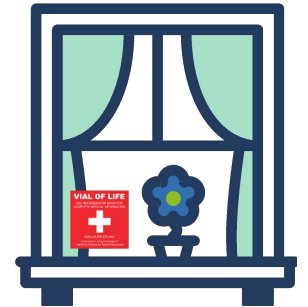


1. Put your completed Vial of Life form and other important documents in a **ziplock bag**. Add a Vial of Life **sticker** on the front.

2. Put the bag on your **refrigerator door** for medical emergency responders to see.



3. Place a **second sticker** on your **front door** or window to alert first responders.



Tips for Seniors and People with Barriers to Safety & Rescue



Accessibility Preparedness

Hearing impairments

Visual impairments

Mobility challenges

Communication challenges

Service animals



For People Who Have Hearing Impairments

Have a **Visual** Smoke alarm (flashing lights)

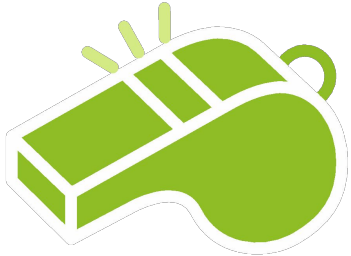
Have a **battery-powered television with a decoder chip** for access to signed or captioned emergency reports

Keep a card in your emergency kit and wallet or purse that explains if you need an **interpreter**

Hearing aids - have an extra **charger and backup batteries** in your Go Bag

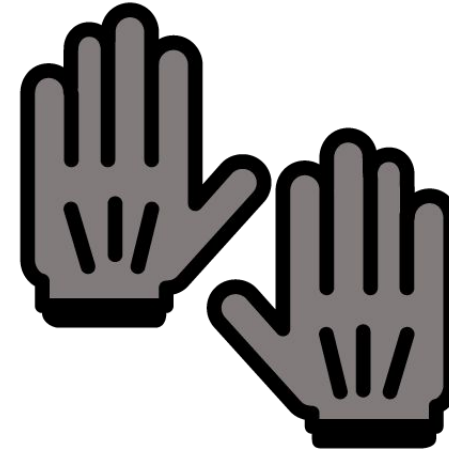


For People Who Are Blind or Visually Impaired



Have a **whistle** to attract attention (by the bed and in “go bag”).

Label your emergency supplies using large print, fluorescent tape, Braille or other ways that work for you.



Be careful when moving. Paths may be blocked. If you need to find your way by touch, **have a pair of work gloves** to avoid injury if something is broken or hot.



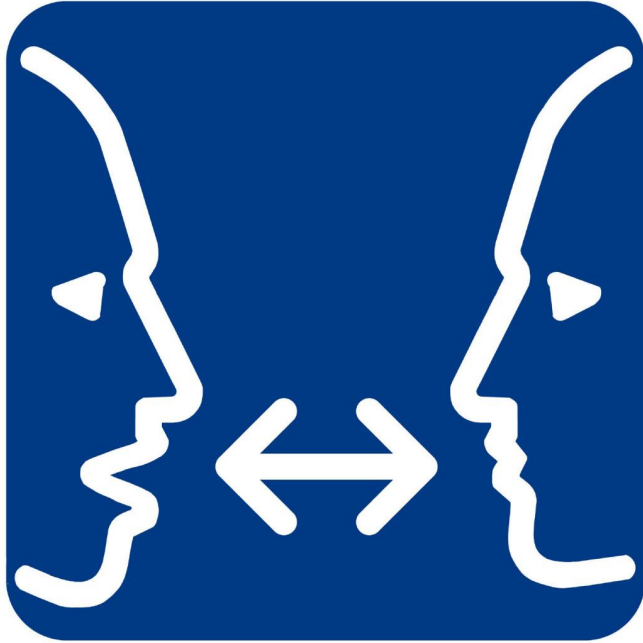
For People with Mobility Impairments

Plan how you will evacuate in an emergency - Discuss with your family and caregivers.

- If you use a **cane**, have extras in various parts of your home
- When using a **motorized wheelchair**, make sure you have the battery charger and charge it nightly
- If you can, keep a **manual wheelchair** in case power is down for several days



For People with Communication Impairments



Keep a set of communication aids:
writing materials, copies of a word or
letter board and preprinted
key phrases—in your emergency
kit, your wallet, purse, etc.

Write down the best way to
communicate with family, neighbors,
and emergency personnel. Have
copies in your emergency kit, wallet
or purse.



Service / Support Animals and Pets

Keep collar, license and ID tags on your pets

Have in your **Go Bag**:

- Sufficient food and water
- Copies of your animal's medications, immunizations, and veterinarian contact
- An extra harness or leash



Emotional
Support Animal



Service Animal



Therapy Animal





Next Steps Start Now!



Other Resources

- **Power outage** information from American Red Cross:
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html>
- **MyShake app** will keep you notified of quakes in your area or other parts of the world
- To sign up for **Alert SF**, text your zip code to 888-777 or go to www.alertsf.org
 - <https://www.ready.gov/older-adults>
- Create a **family/household communication plan** via link on the FEMA site - This is a handy form to fill out and have with you, as well as to print out for your Go Bag



Emergency Supplies (“Go-Bag”)

Store In airtight plastic bags - pack in one or two duffle bags or backpacks - and refresh annually!

- ❑ Prescription medicines and vitamins - a two week supply
- ❑ Water - one gallon per person per day for several days, for drinking and sanitation
- ❑ Food - At least three days of non-perishable food
- ❑ Battery-powered or hand crank radio (a NOAA Weather Radio with tone alert)
- ❑ Flashlight with extra batteries
- ❑ First aid kit
- ❑ Whistle (to signal for help)
- ❑ N-95 mask (to help filter contaminated air or if you need to shelter with others)
- ❑ Plastic sheeting and duct tape (to seal windows for smoky conditions)
- ❑ Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- ❑ Wrench or pliers (to turn off utilities)
- ❑ Manual can opener (for food)
- ❑ Printed local maps
- ❑ Cell phone with charger
- ❑ Soap, hand sanitizer and disinfecting wipes



Additional Items for your “Go Bag”

Consider having additional Go-Bags at your workplace and in your car. Review list and add to your Go Bag if needed:

- ☐ Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- ☐ Prescription eyeglasses and contact lens solution
- ☐ Pet food and extra water for your pet
- ☐ Cash or traveler's checks
- ☐ Copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- ☐ Sleeping bag or warm blanket for each person
- ☐ Complete change of clothing appropriate for your climate
- ☐ Sturdy shoes
- ☐ Fire extinguisher
- ☐ Matches in a waterproof container
- ☐ Feminine supplies and personal hygiene items
- ☐ Mess kits, paper cups, plates, paper towels and plastic utensils
- ☐ Paper and pencil
- ☐ Books, games, cards, puzzles or other activities



Contact Us!

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Ready for Almost Anything!