



# Disaster Planning For Patients Following a Spinal Cord Injury

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# Video



# Disclosure

**Presenter has no  
financial interest to  
disclose.**

# Video



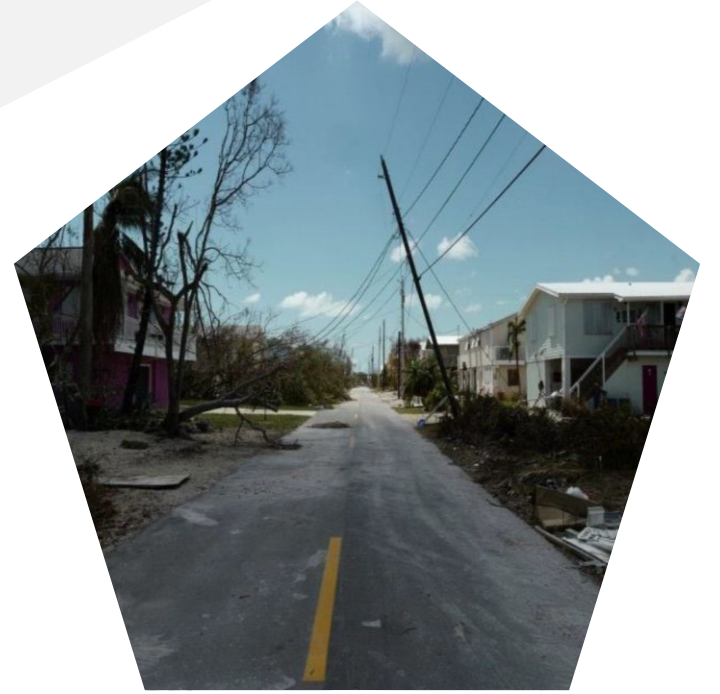
# ASCIP 2017



Harvey



Maria



Irma

Fuller, R. (2019, February 19). Prepping for Disabled and Elderly Populations (part I). Retrieved from <https://www.askaprepper.com/prepping-for-disabled-and-elderly-populations/>



**Prepping for Disabled and Elderly Populations**



Smith, J. (2017, August 29). Efforts to rescue thousands from Houston flooding continue. Retrieved from <https://www.dailymail.co.uk/news/article-4831914/Efforts-rescue-thousands-Houston-flooding-continue.html>





2018

California Fires

Volcanic eruption  
in Hawaii on the  
island of Kilauea

NJ Flood

Hurricane Lane in  
Hawaii



2019

Excessive Heat  
Waves

Black and Brown  
Outs

Tornados







WEST ORANGE November 15, 2018 at 4:48 PM



# Disasters Can Happen to Anyone

Hurricane

Sandy

2012



# Turn Around, Don't Drown

In 9 out of 10 Disasters, Flooding is a major component

14% of fires victims are those with impaired mobility

# Get Ready

- Emergencies and disasters strike without warning
- Federal agencies are not prepared to assist with people who have disabilities
- Get ready now- Be prepared



# Planning for Disaster after SCI

- Everyone needs a plan
- Kessler decided to educate our patients after spinal cord injury
- Created a 3 step program
  1. provide education
  2. assist in making a plan
  3. initiate the assembling of Emergency Go Bags

# Emergency Preparedness Project

- Education classes
- Assist with filling out emergency information
- Assist with registering on databases
- Work with preparing a Go Bag with the patient
- Follow up after discharge to check on the Go Bag

The background features a series of overlapping geometric shapes. A large, light gray triangle points towards the top left. Overlapping this are several dark blue shapes, some of which contain a white, cloudy sky pattern. A thin, light yellow line runs diagonally across the lower right portion of the image.

# **6 Important Things to Know Before a Disaster**



## Goals for disaster planning are:

- Getting you informed
- Assisting you in making a plan
- Giving you a start to your Go Bag




- Preparing makes sense. Get ready now.
- Knowing what to do is your best protection and your responsibility.
- You are in the best position to plan for your safety. You know your functional ability and needs during an emergency or disaster.

“The likelihood that you and your family will recover from and emergency tomorrow depends on the planning and preparation done today.”

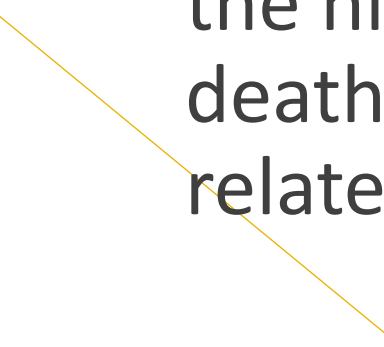


# Assess Your Needs

- Geographically, what disasters can strike your home?
  - What do you need to stay home?
  - Where will you go?
  - How will you get there?
  - Who will help you?
  - Consider what will affect your daily routine
  - Think about your pets
- 



## **BE PREPARED FOR EXTREME HEAT**

- Extreme heat often results in the highest annual number of deaths among all weather-related disasters.
- 

## **BE PREPARED FOR A THUNDERSTORM**

- Lightning is the leading cause of injury and death from weather-related hazards.

# Make a Plan for your Safety

- Create a support network of people to assist you in advance
- Keep a list of emergency numbers
- Contact local emergency services. Find out if they keep a list of people who have disabilities
- Know the location of the nearest shelter and if accessible
- Know the safest places in your home





# Emergency Preparedness Actions

- Completing a Personal Assessment
- You should decide what you will be able to do for yourself and what assistance you may need before, during and after an emergency.
- **Personal Care:** Do you need assistance with personal care, such as bathing and grooming?  
Do you use adaptive equipment to help you get dressed?

Current Situation/Procedures

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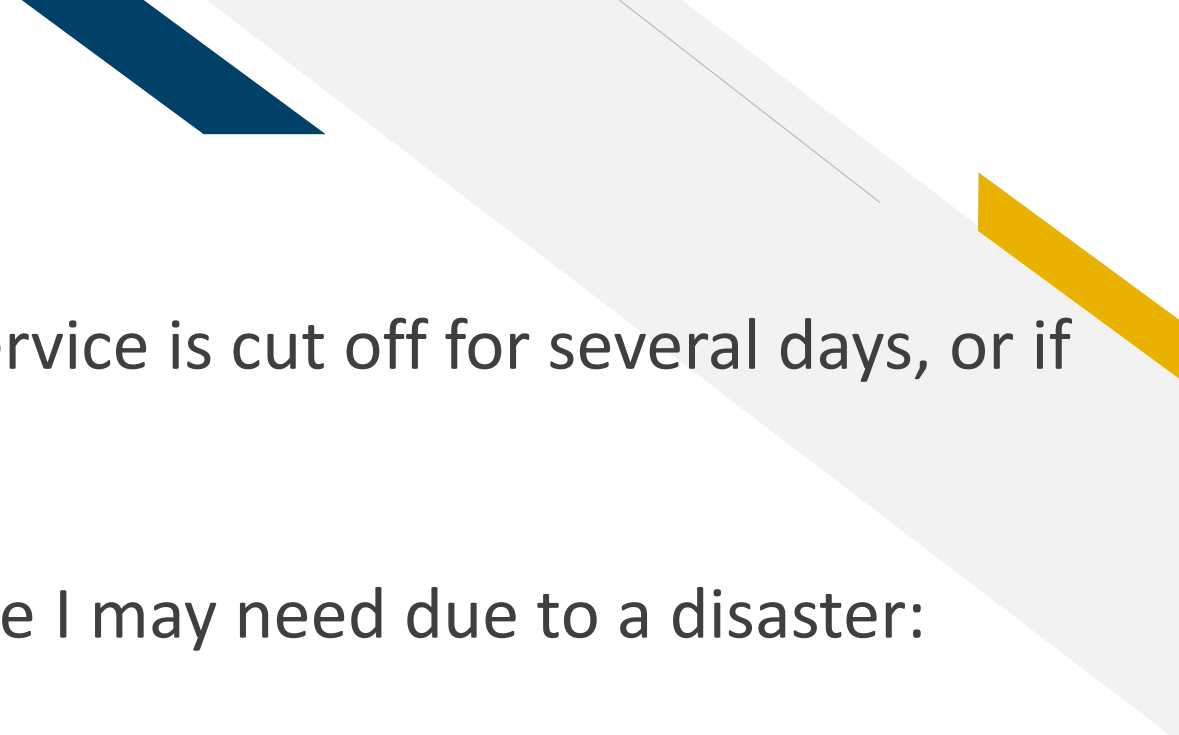
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Assistance I may need due to a disaster:

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**Water Service:** What will you do if water service is cut off for several days, or if you are unable to heat water?

Current Situation/Procedures:      Assistance I may need due to a disaster:

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**Adaptive Feeding Devices:** Do you use special utensils that help you prepare or eat food independently?

Current Situation/Procedures:      Assistance I may need due to a disaster:

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**Electricity-Dependent Equipment:** How will you continue to use equipment that runs on electricity, such as dialysis, electrical lifts, etc?

Current Situation/Procedures: Assistance I may need due to a disaster:

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**Transportation:** Do you need a specially-equipped vehicle or accessible transportation?

Current Situation/Procedures: Assistance I may need due to a disaster:

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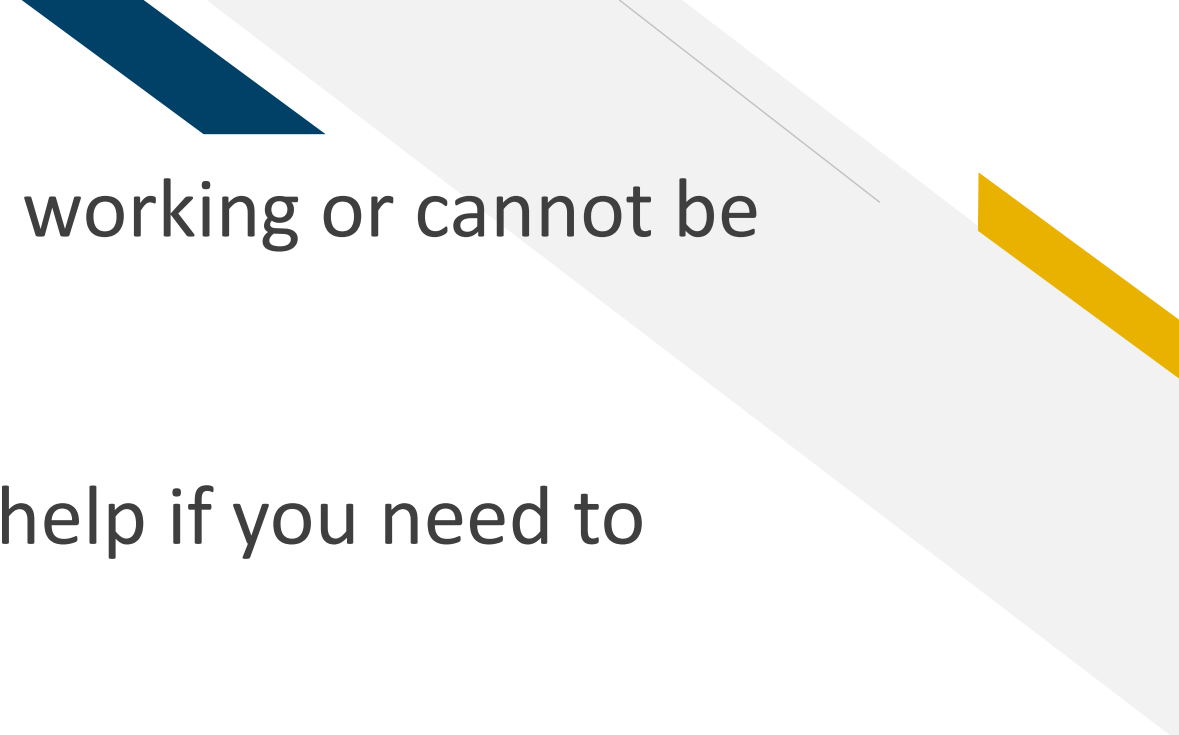
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**Evacuating:** Do you need help to leave your home or office?

Current Situation/Procedures: Assistance I may need due to a disaster:

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**Building Exits:** If the elevator is not working or cannot be used, are there other exits?

**Getting Help:** How will you call for help if you need to leave the building?

**Mobility Aids/Ramp Access:** What will you do if you cannot find your mobility aids? What will you do if your ramps are shaken loose or become separated from the building?



# Create a Personal Support Network

- Organize a network for your home, work, school, volunteer site, and any other place you spend a lot of time. Members of your network can be roommates, relatives, neighbors, friends and coworkers. They should be people you trust and who could check to see if you need assistance. They should know your abilities and needs, and be able to offer help within minutes. Have a minimum of three people for each site if possible.
- Explain (with clear directions and practice) to members how they can assist.
- Give your network members copies of your emergency information list, important medical information and show them how to assist with any equipment.
- Agree on how you and your network will contact each other during an emergency. (This could be knocking on walls, using whistles, flashlights, etc.)
- Give the members of your team any necessary keys they may need to gain access to you.
- Practice and Update your plans often.

## Summary Checklist for Personal Disaster Preparedness

## Date Completed Task

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Make an emergency information list. Include:

- Medical & Emergency contact information
- Emergency out-of-area contacts
- Names & numbers of everyone in your network
- Name & number of your out-of-area contact

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Fill out a medical information list. Include:

- Medical providers
- Medications you use
- Adaptive equipment and/or body system support equipment you use.
- Allergies and sensitivities
- Communication or cognitive difficulties

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Attach copies of health insurance cards and related information to your medical information.

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Keep at least a seven day supply of essential medications in your kits.

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Have copies of your medications.

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Talk with your doctor or pharmacist about what you should do if you do not have enough medications after a disaster.

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## Identify safe places to go during an: Earthquake, Flood, Fire

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Install at least one smoke alarm on each level of your home and outside sleeping areas.

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Find the utility cutoff valves and switches. Become familiar with how to operate them.

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Identify as many exits as possible (but at least two) from each room and from the building you are in.

Practice using different ways out of the building, especially if you are above the first floor.

Practice and be ready to give brief, clear, specific instructions and directions to rescue personnel.

Become familiar with the emergency plan for your workplace.

Choose an alternative place to stay.

Have a care plan for your pet.

# Build a Disaster Supply Kit

A supply kit should include supplies that will help you be self-sufficient for a MINIMUM of three days. Here are a few of the most recommended items to include but remember this kit is yours so be sure to personalize it.:

- \* Water (1 gallon per person per day)
- \* Flashlights and glow sticks
- \* Tools & parts for wheelchair repair
- \* Food (non-perishable)
- \* Back-up equipment
- \* Extra Catheters
- \* Radio and extra batteries
- \* First aid supplies and medicine
- \* Whistle
- \* Comfy clothes
- \* Sturdy gloves

80% of supplies listed in brochure you have around your home. It is just a matter of putting them in the same place.

## Emergency Information

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime phone \_\_\_\_\_ cell phone \_\_\_\_\_

Evening phone \_\_\_\_\_ Email \_\_\_\_\_

Medical conditions (list)

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Allergies (please list both allergies to medications and food)

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### Medications

Medications Currently Taking	Dosage Amounts/Prescribing Doctor	Pharmacy/ Phone Number
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

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Doctor's name	Phone Numbers	Address	Type of doctor

### Family/Friend/Emergency Contact Information

[illegible]



I am able to: circle those that apply

- Hear
- See
- Walk without help
- Walk with help
- Prepare my meals
- Feed myself
- Dress myself
- Sit without help
- Sit with help
- Wash/bathe without help
- Wash/bath with help

List what assistance you need and adaptive equipment used

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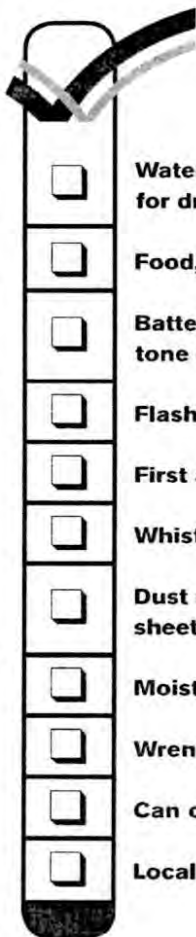
- Sanitary needs without help
- Sanitary needs with help
- Transportation-what is needed i.e ramp used?

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# Build an Emergency Kit- A To Go Bag

- Medical supplies/transfer boards
- Assistive devices/ heavy duty gloves
- Back up chargers and batteries
- If possible manual wheelchair
- Extra oxygen if you use oxygen
- Medications and list/copy of the prescriptions
- Medical identification card
- Emergency contact information

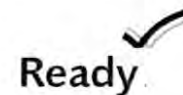


## Recommended Items to Include in a Basic Emergency Supply Kit:

- ☐ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ☐ Food, at least a three-day supply of non-perishable food
- ☐ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle to signal for help
- ☐ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ☐ Wrench or pliers to turn off utilities
- ☐ Can opener for food (if kit contains canned food)
- ☐ Local maps

Through its **Ready Campaign**, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



**Federal Emergency Management Agency**  
Washington, DC 20472



### Additional Items to Consider Adding to an Emergency Supply Kit:

- ☐ Prescription medications and glasses
- ☐ Infant formula and diapers
- ☐ Pet food and extra water for your pet
- ☐ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- ☐ Cash or traveler's checks and change
- ☐ Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- ☐ Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- ☐ Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- ☐ Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ☐ Fire Extinguisher
- ☐ Matches in a waterproof container
- ☐ Feminine supplies and personal hygiene items
- ☐ Mess kits, paper cups, plates and plastic utensils, paper towels
- ☐ Paper and pencil
- ☐ Books, games, puzzles or other activities for children

Ready

Prepare. Plan. Stay Informed.



## Emergency Supply List



FEMA

[www.ready.gov](http://www.ready.gov)

## Personal Emergency Notebook Checklist

### Identifying Information

- ☐ Name, address, phone numbers (home and cell)
- ☐ Date of birth / drivers license number
- ☐ Medical conditions
- ☐ Allergies
- ☐ Medications – names and dosages
- ☐ Doctors' contact information
- ☐ Pharmacy phone numbers

### Emergency Contacts

- ☐ List of household family members – date of birth, social security number
- ☐ Photo of each family member or of entire family – possibly a photo CD
- ☐ List of emergency contacts
  - Names, addresses and phone numbers
  - Relation to you
  - Email addresses of family, friends or home church

### Photocopies

- ☐ Valid Driver's License / Passport / Proof of residency or citizenship
- ☐ Social Security card
- ☐ Immunization records
- ☐ Birth or death certificates
- ☐ Marriage license
- ☐ Baptismal record
- ☐ Lease agreement, utility bill or merchant's statement
- ☐ Deeds
- ☐ Deeds of trust
- ☐ Titles
- ☐ Mortgage payment books or coupons
- ☐ Property tax bills or receipts
- ☐ Real property insurance with your name listed as owner/insured
- ☐ Make/Model/Serial Numbers for durable medical equipment such as wheelchairs
- ☐ Paycheck stub
- ☐ Social Security disability award letter
- ☐ SSI award letter
- ☐ Income tax documents
- ☐ Bank statement of bank card or debit card
- ☐ Checking/savings account numbers
- ☐ Online username/password
- ☐ Front and back of credit cards
- ☐ Insurance policies
  - Home
  - Auto
  - Life
- ☐ Health insurance cards
- ☐ Prescription plan and card

**List of Community Resources (include local agencies and contact information)**

### Other Important Documents



# Get your name on emergency databases

Special Needs Registry Page 1 of 2

Translate Bar

 *NJ Register Ready*

**Log In**

User Name:

Password:

[Sign In \(/SpecialNeeds/User/SignIn\)](#)

[Forgot your username? \(/SpecialNeeds/User/ForgotUsername\)](#)

[Forgot your password? \(/SpecialNeeds/User/ForgotPassword\)](#)

**Don't have an account?**

[Sign Up \(/SpecialNeeds/Registration\)](#)

**Helpful Links**

To learn how people with access and functional needs can prepare for disasters:

- NJOEM Website (<http://www.ready.nj.gov/special-needs.html>)
- FEMA Website (<http://www.ready.gov/individuals-access-functional-needs>)

**Register Ready – New Jersey's Special Needs Registry for Disasters** allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency.

The information collected here is confidential and will not be available to the public. The information will be held securely and only used for emergency response and planning.

**Why should you register?**

- To be notified by local officials when an evacuation has been ordered.
- IT MAY SAVE YOUR LIFE!

**Click Here To Register (/SpecialNeeds/Registration)**

For Registry Assistance, dial 211 (toll-free) and an operator will assist you in registering.

**Alerts - Mobile / Text (SMS) & E-Mail:**

**NOXLE** - Subscribe to the NJ State Police on Next Connect (<http://local.noxxle.com/new-jersey-state-police/>)

New Jersey residents can register to receive messages by sending a text message with their zip code to 888777 (data rates may apply)

<https://www13.sos.nj.gov/SpecialNeeds/Registration/ZipCodeSpecialNeeds.asp> 8/21/2018

Sign Up - Smart911 Page 1 of 1

Already have an account? [SIGN IN](#)

**Sign Up Now**

**Plan Ahead For Any Emergency**

Once you've signed up for Smart911, first responders will be aware of important information you have provided that will help Police, Fire, and EMS locate and help you in an emergency.

\* = required field

**First Name \***

**Last Name \***

**Receiving Assistance** ☐ Someone is assisting me in setting up my account

**Email Address**

**User ID \***   
We recommend using your email address for your User ID.

**Password \***

**Confirm Password \***

**Phone number \***

**Phone type \*** ☐ Mobile ☐ Other (Land Line, VOIP, Cable)

**Receive profile update reminders on this phone? \*** ☒ Yes ☐ No

**Group Code (OPTIONAL):**

☐ I agree to the [Terms of Use](#)

**CREATE ACCOUNT**

**Smart911**

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Charles DeLoe | 609.650.0000  
Smart911.com | 609.650.0000  
Smart911.com | 609.650.0000  
Smart911.com | 609.650.0000

<https://www.smart911.com/smart911/registration/registrationLanding.action> 7/26/2018

# Conclusion

PLAN AHEAD

PLAN AHEAD

PLAN AHEAD

Best Practice brings the health field and emergency management together to prepare the disabled community for a disaster.



## **Preparedness Text Message**

Text prepare to  
43362 (4Fema) to  
receive preparedness  
tips

# Resources

- American Red Cross [www.redcross.org](http://www.redcross.org)
- Centers for Disease Control and Prevention,  
Emergency Preparedness and Response  
[www.bt.cdc.gov](http://www.bt.cdc.gov)
- Federal Emergency Management Agency  
[www.fema.gov](http://www.fema.gov)
- Ready Campaign [www.ready.gov](http://www.ready.gov)

# References

- Emergency preparedness guide for people with disabilities/with special needs [www.getprepared.gc.ca/cnt/rsrcls/pblctns/pplwthdsblts/index-en.aspx](http://www.getprepared.gc.ca/cnt/rsrcls/pblctns/pplwthdsblts/index-en.aspx)
- Individuals with Disabilities Get Informed [www.ready.gov](http://www.ready.gov)
- Special needs Emergency Preparedness [www.redcross.org](http://www.redcross.org)
- Nobody Left Behind [www.2.ku.edu/rrtcpbs/contact/index/shtml](http://www.2.ku.edu/rrtcpbs/contact/index/shtml)
- RESCUE Program [www.shepherd.org/resources/rescue](http://www.shepherd.org/resources/rescue)
- Preparing for Disaster for People with Disabilities and Other Special Needs [www.fema.gov](http://www.fema.gov) [www.redcross.org](http://www.redcross.org)
- Emergency Preparedness Guide [www.carolinasrehabilitation.org](http://www.carolinasrehabilitation.org)
- Database- Smart 911 [www.smart911.com](http://www.smart911.com)
- Database- Register Ready [www.13.state.nj.us](http://www.13.state.nj.us)
- US 2017 Billion-dollar weather and climate disasters map [www.noaa.gov](http://www.noaa.gov)
- Preparing Makes Sense for People with Disabilities, Others with Assess and Functional Needs and the Whole Community [www.fema.gov](http://www.fema.gov)



**Questions?**