



**The Office of Aging and Adult Services**  
**“Find A Safe Place Campaign” Training Video:**  
**Emergency Preparedness Guide**

Presenter’s Name:	_____
Date of Training:	_____
Attendee Name:	_____

*The Office of Aging and Adult Services* urges you to plan ahead for Hurricane Season and other disasters that could impact you. Louisiana’s history, especially in recent years, demonstrates that no community is immune to the affects of a disaster. The Office of Aging and Adult Services, through funding received by The Grantmakers In Aging, has produced the “Find a Safe Place Campaign” training video. We hope this training video will provide you with helpful information you need to be prepared in the event of a disaster.

**LEARN MORE:**

For more information, please contact your local emergency management office of American Red Cross Chapter, or access preparedness materials online at:

**American Red Cross:**

<http://www.redcross.org/services/disaster/beprepared/shelterinplace.html>

**Alzheimer’s Association- Louisiana Chapter:**

<http://www.alz.org/louisiana/>

**Louisiana Department of Transportation & Development (DOTD) (Evacuation Route Maps):**

<http://www.dotd.louisiana.gov/maps/>

**The Louisiana Homeland Security Office of Emergency Preparedness on line at:**

<http://www.ohsep.louisiana.gov>

**Louisiana Department of Health and Hospitals- EMERGENCY NEWS:**

<http://www.ldh.louisiana.gov/offices/publications.asp?ID=145&Detail+772>

**DHH/ Office of Aging and Adult Services:**

<http://www.oaas.ldh.louisiana.gov>

There are four Easy Steps to being prepared for possible disasters and other emergencies.

You should know:

- ***What to take***
- ***When to go***
- ***Where to go***
- ***How to go***

## WHAT TO TAKE

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Assemble supplies you might need in the event of an evacuation. Store them in a sturdy, yet easy-to-carry container such as a backpack, duffel bag, or 5 gallon bucket with lid. Keep a smaller version of the kit in your vehicle. Tailor the kit to your specific needs. **Your emergency “go bag” should include at least a three day supply of:**

- Battery powered radio, flashlights, lighter, candle, matches, and extra batteries and/or a wind-up radio which requires no batteries!**
- A first aid kit, medications and copies of prescriptions.**
- Water- *Have at least one gallon per person per day and water purifying tablets.***
- Change of clothing for five days, sturdy shoes, gloves and rain gear (poncho).**
- Personal hygiene items including toilet paper, feminine supplies, toothbrush and toothpaste, contact lens cleaner, bleach, etc.**
- Special equipment you may need such as communication devices, insulin and insulin supplies, cane, walker, wheelchair, prescription glasses, hearing aids, etc.**
- The style and serial numbers of medical devices you use.**
- Blanket and sleeping bag.**

- Contact Information-** *A list of family, physicians, and a relative or friend who should be notified if you are injured, along with a back up contact person living outside the immediate area.*
- Personal items-** *Assemble important documents including contacts, ID cards, bank account numbers, insurance cards, life insurance policies, passports, birth certificates, etc.*
- Money-** *Have cash (ATM's and credit cards won't work if the power is out.)*
- Tools-** *Gather a wrench to turn off gas if necessary, a manual can opener, screwdriver, hammer, pliers, knife, duct tape, plastic sheeting, and garage bags and ties.*
- Map-** *Consider marking an evacuation route on it from your local area.*
- Pet supplies-** *For each pet, include food, water, a collar, a leash, cage, carrying case, litter box, or plastic bags, tags, and any medications and vaccination information.*

Are there any specific items you need which were missing from the provided list? If so, please take this opportunity to list them on the blank lines provided below, so you will remember to add them to your specialized disaster check list when assembling your kit at home. ***Always remember to re-think your "go bag" and specialized needs at least once a year and replace your stored food every 6 months to ensure they don't expire.***

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## WHEN TO GO: *Be Informed*

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Know what may happen and how you can help.

- Learn what disasters or emergencies may occur where you live, work, and play.
- Learn what you will need to know for each of these emergencies (e.g., how to evacuate, where emergency equipment is located, where you will evacuate to.)
- Keep tuned to a local radio or television station for the latest National Weather Service advisories as well as special instructions from local government.
- Contact your local fire department or emergency management office to see if they maintain a register for people with disabilities so help can be provided quickly in an emergency.
- Determine aid that might be available to you in an emergency.
- Be self-reliant. Assume responsibility for your safety by creating a disaster plan.

## WHERE TO GO: *Create A Disaster Plan*

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Protecting yourself at home, when a disaster strikes, requires planning by both you and others who live with you. Creating a disaster plan is **key** to surviving a devastating storm. You should:

- **Talk-** Discuss with you family, friends, and caregivers the disasters that can happen where you live. Establish responsibilities for each member of your household and plan to work together as a team. Designate alternates in case someone is absent.
- **Plan-** Choose two places to meet after the disaster: 1.) Right outside your home, in case of a sudden emergency, such as a fire 2.) Outside your

neighborhood, in case you cannot return home or are asked to evacuate your neighborhood.

- **Learn**-Each adult in your household should learn how and when to turn off utilities such as electricity, water, and gas. Ask your local fire department to show you how to use a fire extinguisher.
- **Tell** everyone in your household where emergency information and supplies are kept. Make copies of the information for everyone to carry with them. Keep information updated.
- **Practice** evacuating from your home twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are impassable or gridlocked.
- **Make a Communication Plan.** Decide who will be responsible for contacting someone outside of the storm area to tell them where you will be evacuating to.
- **Include your pets.** If you must evacuate, take your animals with you. If it is not safe for you to remain it is not safe for them.

## HOW TO GO

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If Parish or State officials tell you to evacuate, leave as soon as possible and remember these important steps:

- Activate your communication plan- call the people you have listed on your plan to let them know where you are going OR will be evacuating to.
- Tell someone outside of the storm area where you are going. (A friend or relative living out of the affected area or State).
- Take emergency supplies, warm protective clothing, blankets/sleeping bags to shelter.
- Protect your home by unplugging appliances and turning off electricity and water.
- Turn off the main water valve and disconnect hose.
- Turn propane tank off

- Secure items outside your home that could be picked up by wind and cause damage to home or neighbor's home.
- Lock-up your home and leave.

## Medical Special Needs Shelters

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The Louisiana Department of Health opens special needs shelters which are designed for individuals who are homebound, chronically ill, or who have disabilities and are in need of medical or nursing care, have no other place to receive care, and cannot evacuate on their own usually once mandatory evacuations of areas have been decided. The intent of the Medical Special Needs Shelter is to provide, to the extent practical, an environment in which the current level of health of evacuees with special needs can be sustained. Electrical power for support equipment, like oxygen converters, will be provided by generators if local power fails.

**Please note that Medical Special Needs Shelters are not designed for the general public or for nursing home patients.** Nursing homes, in Louisiana, are required to have emergency evacuation plans in place that ensure the health and safety of their residents. In most instances, these plans allow for homes in affected areas to transport their patients to nursing homes in areas safe from the storm.

**Medical Special Needs Shelters will provide medical support services only. Because of limited staffing, those going to a Medical Special Needs Shelter must have a caretaker to assist with ongoing support, and they should bring all necessary supplies, sheets, blankets, pillows, durable medical equipment, a five day supply of all medications and their driver's license or another form of identification.**

Phone numbers for the general public to call regarding further information and requirements for Medical Special Needs Placement are released publically, once the areas of mandatory evacuation are decided by officials. The phone numbers to call for more information on and placement in a special needs shelter are broadcasted on local radio and news channels. Information is also published on the Louisiana Department of Health website at [www.ldh.louisiana.gov](http://www.ldh.louisiana.gov) and/or [www.oph.louisiana.gov](http://www.oph.louisiana.gov).