

# Disabilities, Human Needs, Medical Conditions and Emergency Preparedness

Be aware and prepare!

Commander Navy Region Northwest  
Fleet and Family Exceptional Family Member Support Team



**EFMP**

Exceptional  
Family Member  
Program

# Who we are:



- ▶ The Exceptional Family Members Program serves Active-Duty Sailors who have family members listed on their Page 2 in DEERS that have physical, mental, emotional, developmental, and/or educational diagnoses
- ▶ CNRNW EFMP Currently serves:
  - ▶ 35% Adults
  - ▶ 65% Children
- ▶ The DOD has identified 12.4% of the civilian workforce have a disability.
  - ▶ [DoD Disability Civilian Employment:](#)

# Our population:



- ▶ According to the U.S. Dept. of Labor, 21% of the civilian workforce has a wide range of disabilities. 1 in 9 people actually report their disability, meaning there are many who actually have a disability but have chosen not to report it.
  - ▶ [US Department of Labor Disability Civilian Employment](#)

How does this impact us when an emergency occurs?  
What do we do?

# How can we be Prepared?



- ▶ Be informed - Listen to the “Big Voice”, sign up for AtHOC.
- ▶ Plan ahead-start gathering info and supplies for kits.
- ▶ EFMP Community Web Page: [APAN Community](#) - Emergency Planning
  - ▶ [Disaster Plan Kits](#) (Individuals with Disabilities)
  - ▶ [Family Care Plans](#) (required for single/dual AD and highly recommended for EFMP Families)
  - ▶ Notify your electric company if you have electric-powered lifesaving equipment to notate your account for at least scheduled outages. This does not provide priority in emergency restoration efforts.. It's important to have an emergency disaster plan.
  - ▶ [Family Group Life Insurance \(FSGLI\)](#)
  - ▶ Medical Alert Systems--They are considered a safety item, not a covered benefit under Tricare. These programs provide coverage:
    - ▶ Medicare Part C (receiving Social Security or SSDI for 2 years is Medicare eligible)
    - ▶ Child and Adult State Medicaid Waivers (Please contact EFMP Case Liaison for support with this application or your waiver case worker).
    - ▶ WA  
Reference: <https://www.dshs.wa.gov/sites/default/files/ALTSA/hcs/documents/Personal%20Emergency%20Response%20Systems.doc>
    - ▶ Washington | FEMA.gov
    - ▶ [Disaster Preparedness for People with Disabilities: Same But Different | FEMA.gov](#)

# You don't have to do it all right now...

**Complete 1 activity a month** to prepare you and your family for disasters!



Make a  
Communications Plan



Create an  
Action Plan



Store Water



Build Grab & Go  
Kits



Secure Important  
Documents



Be 2 Weeks Ready



Learn Fire Safety



Learn Utility Safety



Store Under the  
Bed Supplies



Practice Drop,  
Cover, and Hold On



Prepare to  
Shelter in Place



Conduct a Home  
Hazard Hunt

## More tips:


# EMERGENCY PREPAREDNESS

## FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES


### CREATE A NETWORK OF SUPPORT

TO HELP YOU IN CASE OF AN EMERGENCY.


PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES.




talk to a health care provider about what to do




identify an alternative power source for devices




inform your emergency contacts of the plan



Plan how you will **communicate** if you have a communication disability.




Plan for your **transportation** if you need help evacuating.




Plan how you will evacuate with any **assistive devices**.


### WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- ☒ Contact information for important people and care providers
- ☒ A list of medicines you need, dosage instructions, and any allergies
- ☒ Styles and serial numbers of all medical and assistive devices
- ☒ Need-to-know information for first responders and others who might need to help you







Food, water, and essentials for you and pets or service animals



Medicines, medical supplies, batteries, and chargers



Copies of Medicaid, Medicare, and other insurance cards



**ACL**  
Administration for Community Living

Learn more: [acl.gov/programs/emergency-preparedness](https://acl.gov/programs/emergency-preparedness)

# What are we planning for?

- ▶ In this area we have many disaster events that could take place. We need to have a contingency plan for all.

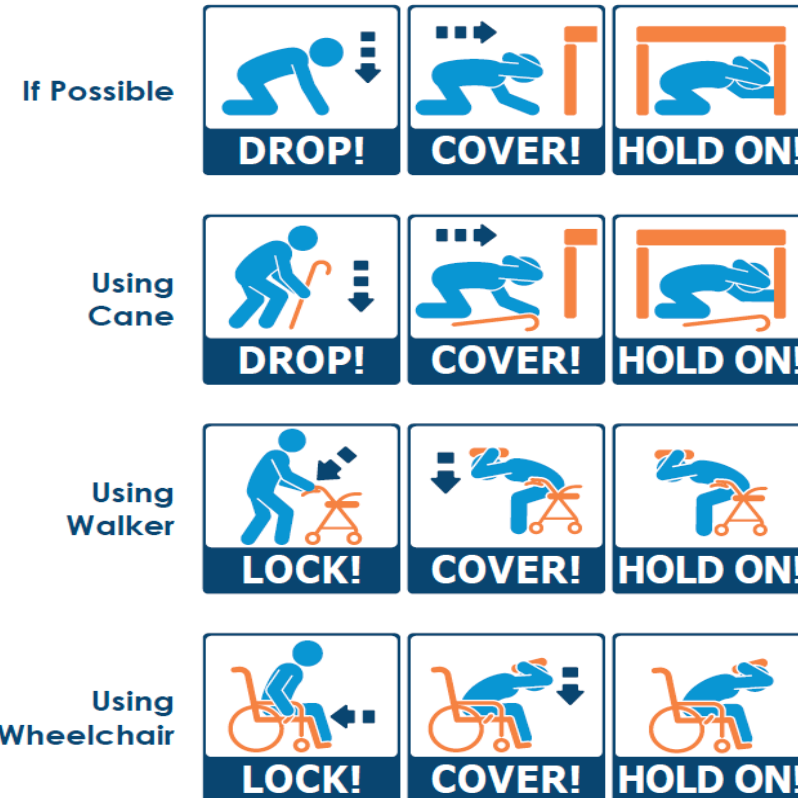
- ▶ Volcano
- ▶ Tsunami
- ▶ Mud Slides
- ▶ Flooding
- ▶ Wild Fires
- ▶ Earthquake\*

\*Earthquakes are the most likely natural disaster to hit Washington State



# Earthquake Visual Aid:

**If You Feel Shaking or Get an Alert:**



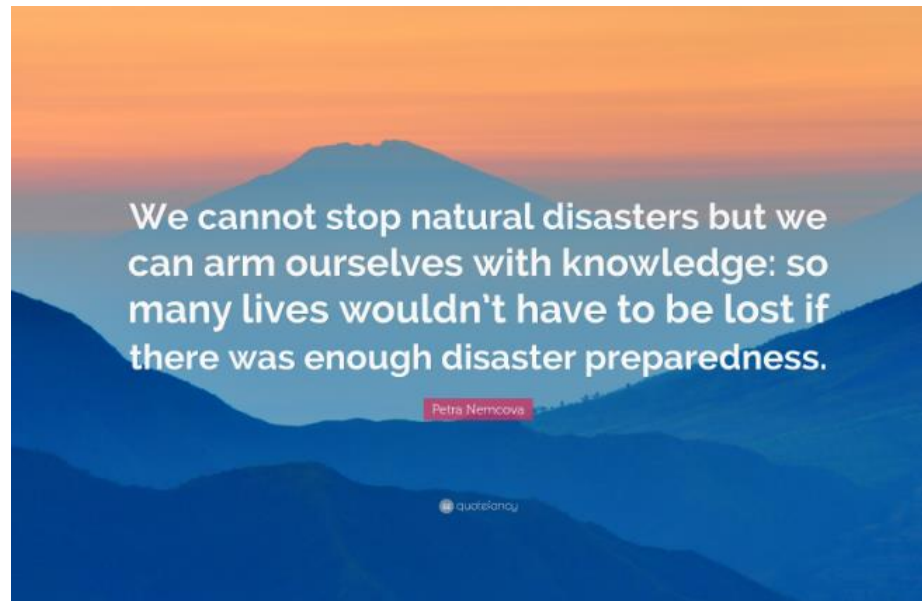
[EarthquakeCountry.org/step5](https://www.earthquakecountry.org/step5)



<https://www.earthquakecountry.org/accessibility/>

# Why are we here?

- ▶ To bring awareness about our families who will need extra support during an emergency.
  - ▶ EFM (Exceptional Family Members)
  - ▶ NWW (Navy Wounded Warriors)
  - ▶ DOD Civilians/Contractors



# CNRNW Fleet & Family EFMP Support Teams:

- ▶ Naval Station Everett FFSC EFMP:
  - ▶ Group Email: [NSEEFMP@us.navy.mil](mailto:NSEEFMP@us.navy.mil)
- ▶ Naval Air Station Whidbey Island FFSC EFMP:
  - ▶ Group Email: [NASWI\\_EFMP@US.NAVY.MIL](mailto:NASWI_EFMP@US.NAVY.MIL)
- ▶ Naval Base Kitsap FFSC EFMP:
  - ▶ Group Email: [NBKEFMPCaseLiaisons@us.navy.mil](mailto:NBKEFMPCaseLiaisons@us.navy.mil)
- ▶ CNRNW EFMP Community Directory:
  - ▶ [APAN Community](#)