

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

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/AL TSA/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

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

IMPORTANT INFORMATION

- 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

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**.

 **ACL**
Administration for Community Living

Learn more: 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.

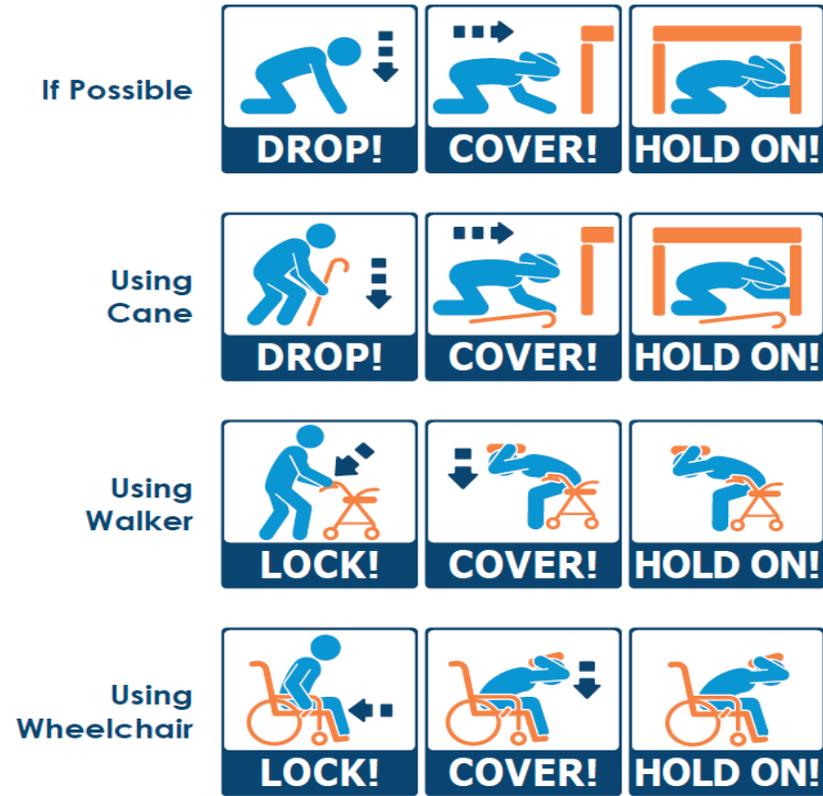
- ▶ Volcano
- ▶ Tsunami
- ▶ Mud Slides
- ▶ Flooding
- ▶ Wild Fires
- ▶ Earthquake*

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



Earthquake Visual Aid:

If You Feel Shaking or Get an Alert:



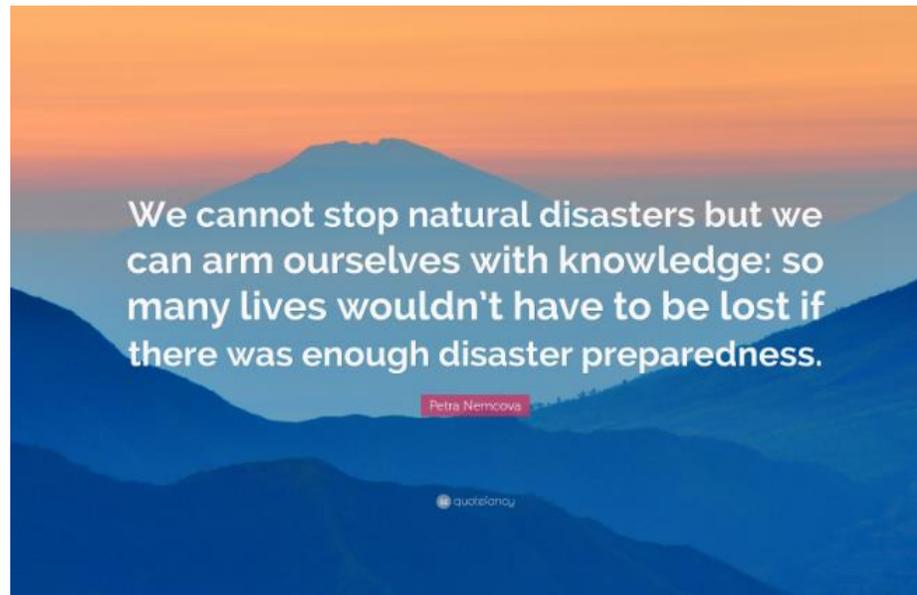
[EarthquakeCountry.org/step5](https://www.earthquakecountry.org/step5)



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