

Orange County

In~Home Supportive Services



Public Authority



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PARTNERSHIP FOR SUCCESSFUL PROVIDERS *Training*



EMERGENCY PREPAREDNESS & PROCEDURES

Working hand in hand with the community to serve IHSS Consumers so they may remain safe and independent in their own home.

Overview

- Objective
- Emergencies
 - Medical: Heart Attack, Cardiac Arrest, Stroke, Falls, Heat Stroke
 - Natural Disasters/Crisis/ Utility Interruption
 - California – Earthquakes
 - Power Outage
 - Fires
- Elders, Dependent Adults, and Adults with Disabilities
- Why Plan Ahead
- Important to Consider During the Planning Process
- Get Prepared
- Earthquake Preparedness
 - Preparedness for Individuals with Special Needs
 - Home Survival Kits, Evacuation Survival Kits and Home Preparedness
 - Consumer's Pet(s)
- Preparedness for Power Outages
- Preparedness for Fires
- How Can You Help
- Important to Remember
- Resources

Objective



- To learn the warning signs of common medical emergencies
- To understand the importance of taking a proactive approach to emergency preparedness
- To help you, your family and your Consumers be as self sufficient as possible for up to 7 days if necessary
- For you to learn how to care for and help a dependent adult or elder to safety.

Emergencies



An emergency is a situation that:

- Poses an immediate risk to health, life, property or environment
- Has already caused loss of life, health detriments, property damage, or environmental damage
- Has a high probability of escalating to cause immediate danger to life, health property, or environment

Emergencies

We must be prepared for **medical emergencies** such as:

- Heart Attacks, Cardiac Arrests
- Strokes
- Falls
- Heat Stroke
- Poisoning, etc.



natural disasters such as:

- Earthquakes
- Heat Waves
- Storms
- Fires

and utility failures such as:

- Power outages
- Gas leaks
- Water service interruption



Medical Emergencies

Some of the most common medical emergencies that require immediate attention.

- Heart Attack
- Cardiac Arrest
- Stroke
- Fall
- Heat Stroke



For Poisoning

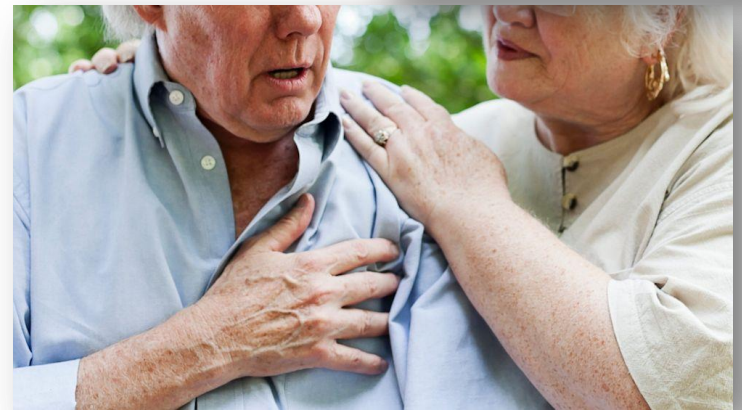
Heart Attack

C A L L

9 1 1

Heart Attack Warning Signs

- **Chest discomfort that lasts more than a few minutes**
 - Goes away and returns
 - Uncomfortable pressure, squeezing fullness, pain
- **Discomfort in upper body**
 - Discomfort in one or both arms, back, neck, jaw or stomach
- **Shortness of breath**
 - With or without discomfort
- **Cold sweat, nausea, lightheadedness**



Source: American Heart Association

Cardiac Arrest

C A L L
9 1 1

Warning Signs of Cardiac Arrest

- **Sudden loss of responsiveness**
 - No response to tapping on shoulders
- **No normal breathing**
 - The victim does not take a normal breath when you tilt the head up and check for at least five seconds

Cardiac arrest can happen to individuals of all ages.



Cardiac Arrest

C A L L
9 1 1

CPR is as easy as
C-A-B



Compressions

Push hard and fast
on the center of
the victim's chest




Airway

Tilt the victim's head
back and lift the chin
to open the airway



Breathing

Give mouth-to-mouth
rescue breaths

American Heart
Association 

Learn and Live

©2010 American Heart Association 10/10DS3849

Begin CPR immediately and continue until
professional medical service arrives



For information about CPR classes contact:

Red Cross @ <http://www.redcross.org/ca/orange-county/take-a-class>

American Heart Association @

http://www.heart.org/HEARTORG/CPRAndECC/CPR_UCM_001118_SubHomePage.jsp

Stroke

C A L L
9 1 1

Spot a Stroke



FACE
Drooping

ARM
Weakness

SPEECH
Difficulty

TIME
To Call 911

Falls

C A L L

9 1 1



Do not move the person!

Important to note:

- Record the date
- Time
- Location
- Condition of the Consumer
- History of prior falls if applicable

Heat Stroke



- **Heat Cramps** in legs and stomach are early indication of the body having trouble with the heat
 - Get the person to a cooler place
 - Lightly stretch the affected muscle and gently massage the area
 - Give a sports drink, an electrolyte-containing fluid, fruit juice, milk or water
- **Heat Exhaustion** is more severe than heat cramps
 - Skin becomes cool, moist, pale, ashen or flushed, they develop headaches, become nauseous, dizzy, weak and/or exhausted
 - Fan and spray the person with cool water and offer fluids
 - If the person's condition doesn't improve, refuses fluids, has a change in consciousness, or vomits, **call 911**

Ignoring heat exhaustion can lead to heat stroke, a life-threatening condition.

Heat Stroke

CALL
911

Heat Stroke is a life-threatening and emergency respondents must be contacted immediately.

- This condition that usually occurs when signs of heat exhaustion are ignored. Heat stroke develops when the body systems are overwhelmed by heat and begin to stop functioning.

Signs of heat stroke include:

- extremely high body temperature
 - red skin which may be dry or moist
 - changes in consciousness
 - rapid, weak pulse
 - rapid, shallow breathing
 - Confusion, vomiting, and seizures
- If possible, immerse the person up to the neck in cold water. If not, douse or spray the person with cold water.
 - Use ice water-doused towels to place over the entire body or
 - Fill bags with ice to cover the person's body
 - This method can also be used to help a pet with heat stroke.



Natural Disasters

Natural disasters

Hurricane Tornado Volcano Storm

Winter Floods Wildfire Earthquake

Rain Heavy Emergency

Drought Tornado Volcano

Thunderstorm Tsunami

Freezing Winter Floods Wildfire

Earthquake

Hail Danger

Fear Ice

Hurricane disasters

Cold

Snow

Temperatures

Emergency

Lightning

Storm

Elders, Dependent Adults, and Individuals with Disabilities

The vulnerability and dependence on others for assistance places elders, dependent adults, and individuals with disabilities at greater risk of experiencing health complications, disease, and fatality if they are not prepared and/or do not receive assistance following a natural disaster or emergency in a timely manner.

Considering the prevalence of earthquakes in California, preparation for such a crisis is important.



Why Plan Ahead?

Discuss the possible scenarios.

- What if the Consumer is alone?
- What if you are with the Consumer?
- How would a crisis impact you and/or the Consumer's ability to care for his/her physical and/or medical needs?
- *What would happen if neither of you are prepared?*



The answer to this question will prove why it is important to become prepared.

Important to Consider During the Planning Process



- Consumer's health and possible challenges
 - Does the Consumer require an electric run device?
 - If so, a backup system must be considered
 - *Contact your energy provider for more information*
- Consumer's Support System
 - Family, Friends, Provider, Community
 - Local Personal Network – minimum of 3 individuals
 - Out-of-State Contact
- Living Arrangement
 - Independent, with a spouse/family member
- What are the options for transportation if needed?
 - **Call 211 Orange County for resources**
- Who will care for the Consumer's pet(s) (if any)
- Exit Strategies
 - How to get to safety from a floor above ground level with someone who is bedridden or in a wheelchair

Get Prepared - **EMERGENCY CONTACTS & INFORMATION**

Having a sheet with important information readily available, reduces the stress of trying to gather information during an already stressful situation.

This is of particular importance for individuals with memory loss.

- **Consumer's Name and Contact Information**
- **Consumer's Medical Condition**
 - List the need for life support, medical or assistive devices
 - (oxygen tanks/mask, insulin pump, etc.)
- **List of Medications**
 - Name of medication, dosage, frequency, prescription number, pharmacy telephone number
- **Contact List**
 - Emergency contacts
 - Out-of-area contact
 - Doctor
 - Pharmacy
 - Transportation resources (if needed)

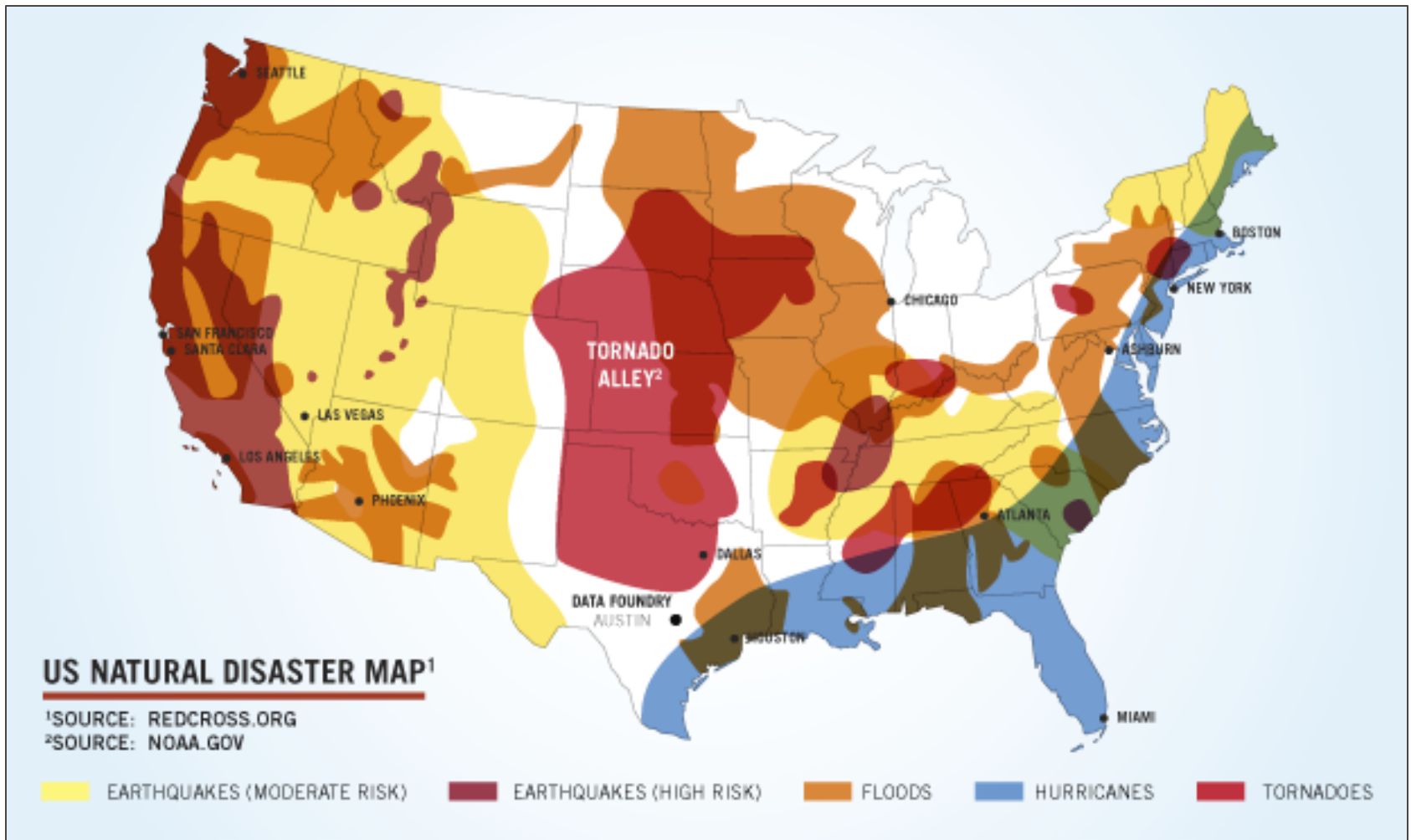
**EMERGENCY
CONTACTS &
INFORMATION**



www.everydayfoodstorage.NET

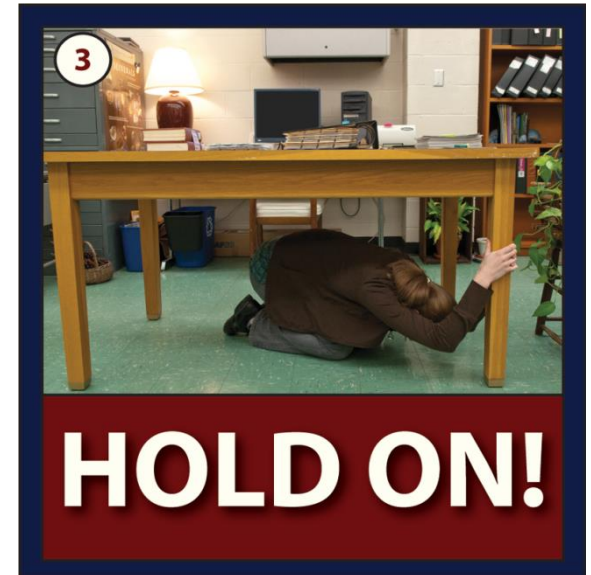
A sheet is attached for your use. Make additional copies as needed.

California is at HIGH RISK for Earthquakes



California is at HIGH RISK for Earthquakes

Remain calm and ...



DO NOT, EVER, STAND IN THE DOORWAY !!!

Video



Preparing Makes Sense for People with Disabilities and Other Access and Functional Needs

<http://youtu.be/ZLLMDOScE4g>

Preparedness for Individuals with Special Needs



Prepare to care for and help dependent adults and elders to safety

- Contact the local fire department, police department or emergency management office to see if your community has special assistance programs
- Contact the local electric company with detailed information regarding all electricity-dependent life support equipment required by the person
- Develop a personal network of a minimum of three people who you can trust and are committed to helping you in case of an emergency – exchange house keys
- Prepare an information card with important life saving documentation

Preparedness for Individuals with Special Needs

Individuals Who Are Bed Bound

During an earthquake

- The protection of the person's head is critical.
- The bed should be placed away from windows, tall fixtures or items that can become loose and injure the individual
- The bed must be secured and wheels locked to prevent it from moving
- Consider having an evacuation sheet readily available, under the mattress, to help evacuate individuals who are bed bound
 - The sheet forms a cocoon-like wrap that protects the individual as he/she is pulled to safety
 - Important: An assessment of the individual's needs and condition must be considered in the preparation process



Preparedness for Individuals with Special Needs

Wheelchair Users

During an earthquake

- An individual on a wheelchair must lock the brakes and cover his/her head and neck.
- There must always be a clear path for evacuation
- Plan and practice using alternate methods of evacuation
 - Discuss plans with the support network and notify local authorities of person's needs
 - Discuss appropriate lifting and carrying techniques with those who might provide assistance if independent evacuation is not possible.
 - If the individual must be transported to a lower level, he/she must be strapped to the wheelchair
 - Individuals who must use wheelchairs may want to consider purchasing an evacuation chair that is designed to be easy to use and light weight



Get Prepared - **HOME** Survival Kit

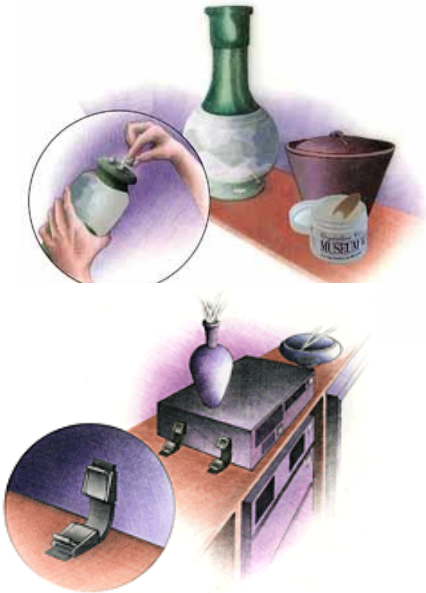
The following list includes items suggested for you to remain self-sufficient and safe in your home. It is recommended to have supplies for 7 days. Adjust as necessary.

- Copies of Emergency Contact and Information sheet and personal/household documents
- Whistle and mini flashlight – important for visibility and signaling
- Up to 7-day supply of medications
- Cash or travelers checks (banks and ATMs may not be accessible)
- Water (recommended quantity is one gallon per person per day)
- Ready-to-eat, non-perishable food and hand held can opener
- Flashlight, light sticks and waterproof matches
- Portable radio and spare batteries or hand cranked flashlight/radio
- First aid kit and non-latex gloves
- Toilet paper, disposable wash clothes, dust mask
- Baggies, garbage bags
- Pocket knife
- Eye glasses/hearing aids/extra batteries
- Toiletries: toothpaste, brush, facial wipes, pads, incontinence pads, etc.
- Items to help pass time: books, deck of cards

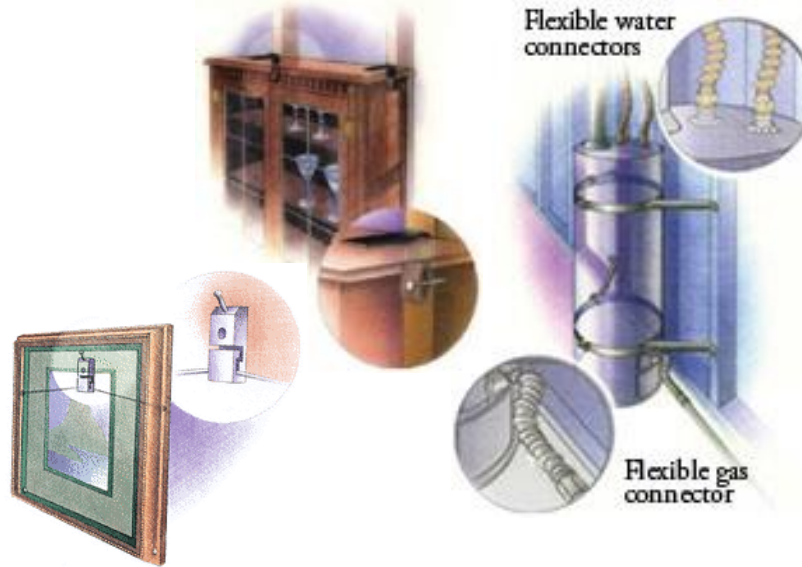


Get Prepared - HOME PREPAREDNESS

Reduce the possibility of injury in your home by addressing the possible hazards.

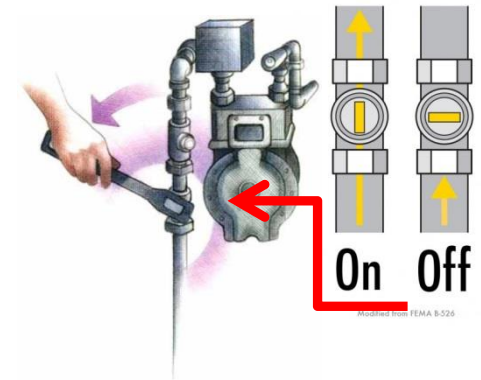


Secure loose items with earthquake putty



Secure heavy items by strapping them to wall studs and bolting them to the floor.

- cabinets, bookcases, appliances, water heaters
- Frames pictures and/or mirrors



Familiarize yourself with main gas valve shut off and fire extinguisher



Most local hardware stores sell items used to prepare your home for earthquakes.

Get Prepared – **EVACUATION** Survival Kit

The following list includes items suggested for preparing to survive safely if you have to leave your home. It is recommended to plan for one week. Consider the use of a rolling backpack or travel bag for ease.

- Copies of Emergency Contact and Information sheet and personal/household documents
- Whistle and flashlight - important for visibility and signaling
- Up to a 7-day supply of medications
- Cash or travelers checks (banks and ATMs may not be accessible)
- 1 or 2 bottles of water, breakfast bars, hard candy
- Flashlight, portable radio and batteries
- Roll of toilet paper, pads, incontinence pads (if necessary)
- Toiletries: toothpaste, brush, facial wipes, pads, incontinence pads, etc.
- First aid kit and non-latex gloves
- Disposable wash clothes and dust masks
- Baggies, garbage bags
- Eye glasses, hearing aids, extra batteries, etc.
- Items to help pass time: books, deck of cards
- **Change of clothing and walking shoes**
- **Blanket or sleeping bag**



Preparedness for Individuals with Special Needs

Developing a special plan of action is necessary for individuals with special needs. Consider the following in addition to the items included in the survival kits.

WHEELCHAIRS

- Attach a survival kit, patch kit and batteries to the wheelchair
- Establish multiple exit routes – it is unknown what damage/barriers may be encountered

MOBILITY IMPAIRED

- Extra walker or cane should be kept by the emergency kit

BED BOUND

- Connection to an emergency response system
- Incontinence supplies at hand

Everyone should have:

- A whistle and flashlight



- A preprinted note with details regarding their condition and pertinent instructions related to their care
- Emergency Contacts & Information sheet

Preparedness for Individuals with Special Needs

VISUALLY IMPAIRED

- Extra cane, eye glasses, magnifiers
- Mark supplies with large print, fluorescent tape or Braille
- If a service animal is used include food, water, bedding, favorite toy, extra leash, and appropriate identification

HEARING IMPAIRED

- Extra hearing aid and batteries
- Pre-printed American Sign Language (ASL) messages and pen and paper if needed to communicate with emergency responders

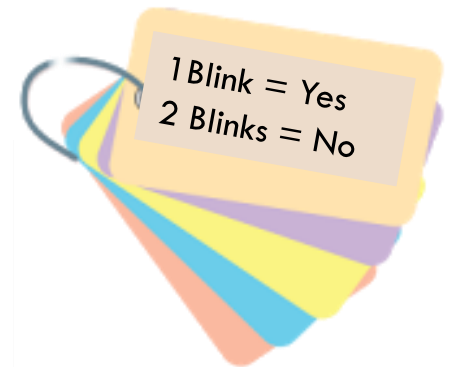
NON-VERBAL INDIVIDUALS

- Post a sign that states the impairment and special instructions.
- Use notecards to communicate nonverbally. Cards can be customized by each individual. Examples
 - Ex: 1 Blink = Yes, 2 Blinks = No
 - I take these medicines,
- Use of electrical communication device

Hello, my name is _____.

I cannot talk but I can hear and understand.

Please look at my notecards!



Consumer's Pet(s)



A pet is a loved one and is just as vulnerable as its owner during an emergency.

If the Consumer has a pet, being prepared to care for "Spot" is important.

Being prepared to care for and protect the Consumer's pet(s) will reduce unnecessary stress on the Consumer.

Consumer's Pet(s)

Cats and dogs can be placed in a carrier or on a leash if possible.

Discuss the care of pet's that are not easily transported.

Pet Emergency Checklist

Pets are just as affected by disasters as their people
Here's how to be prepared

1 week of food

3 days of water

First aid kit

Medications

Medical records

Microchip numbers

Collars & ID tags

Recent photos

Emergency sticker on your door

Litter & tray for cats

Poop bags & cleaners

Carriers & leashes

Blankets & toys

Preparedness for Power Outages

Individuals who require life support equipment should contact the local electric company with detailed information regarding all electricity-dependent equipment they require for survival.



- If batteries cannot be used to keep the equipment running, a permanently installed stationary generator may be better suited for providing backup power.
 - Be advised that portable generators can become overloaded and may result in overheating or stressing the generator components which can lead to generator failure.
 - *Contact your energy provider for more information*
- Install battery powered light fixtures in every room, hallways, and stairways.
- Have flashlights and extra batteries handy in every room so that you don't have to look for them in the dark.

Preparedness for Fires



Fires

Fires can happen following an earthquake, can start in a kitchen, can start due to equipment malfunction or simply because someone wasn't careful and fell asleep with a lit cigarette in their hand.

Fire Alarms

Fire alarms must be installed on each level and near or in each bedroom.

The residents must be able to hear and see the alarms.

For individuals with sensory disabilities, consider alarms with strobe lights and vibrating pads.

Preparedness for Fires

Fire Extinguishers

Become familiar with where it is stored and how to use it in case of a small fire, until firefighters arrive.



Pull the extinguisher's safety pin



Aim the extinguisher at the source of the flames



Squeeze the trigger and hold it



Sweep the source of the flames until the extinguisher runs dry



Preparedness for Fires

If the smoke alarm sounds and the fire is out of your control, remain calm and get out immediately!

Never try to fight the fire or go back into a burning building for any reason. Get out and stay out!

- Drop to the floor and crawl.
- Feel any door before you open it. If it is hot, find another way out.
- Call for help from a neighbor's phone.
- If your clothes catch on fire



Individuals in a wheelchair who cannot get out safely should stay by a window and signal for help ONLY IF IT IS SAFE TO BE NEAR THE WINDOW.

DO NOT RUN!
Running from the fire “fans” the flames and makes it worse!

How can you help?



BE PREPARED

- **For peace of mind, first prepare a “home” and “evacuation” kits for yourself and your family. You want to know that your family is prepared in case you are not with them.**
- Discuss the importance of being prepared with your Consumer(s).
- Develop an Emergency Contacts & Information sheet
 - Create a sheet with pertinent information related to your household
 - Help the Consumer prepare their own sheet
 - Knowing where to find information during a moment of crisis will be helpful to both of you.
 - For consideration of portability, it is recommended to scan and store your documents and valued pictures onto a portable zip drive
- Review the checklist of items needed if you or the Consumer must:
 - Remain at home following a natural disaster or crisis
 - Evacuate your homes
- Consider having a kit in your car in case a crisis/natural disaster occurs while you're away from home.
- Help the Consumer prepare both kits for him/herself.



How can you help?



REMAIN CALM

- It is important to remain calm during any emergency, whether it's medical, a natural disaster or utility failure.
- We can be prepared with our kits, but it is impossible to prepare for how the crisis will occur.
- ***Remaining calm will allow you to think logically and respond appropriately during a crisis.***

UPDATE THE EMERGENCY CONTACTS AND INFORMATION SHEET

- It is important that information is updated as necessary.
 - ***Maintaining current contact information and medication details is critical.***

REVIEW THE PLAN

It is recommended that you review and discuss the established emergency plan, with the necessary individuals, on a regular basis and make changes as needed.

UPDATE ITEMS IN THE KITS

Make sure that any item in your survival kits and that of the Consumers, that has an expiration date, is replaced as needed.

Important to Remember



“[...] older adults may have impaired mobility, diminished sensory awareness, multiple chronic health conditions, and social and economic limitations – all which can impair their ability to prepare for, respond to, and adapt during emergencies [...]. Independent living is made possible only with help from friends, family, and in-home services [...]”

CDC (p. 9)

Regardless of the emergency, older adults and dependent adults need your help during a time of crisis.

Resources



AlertOC is a regional public mass notification system designed to keep those who live or work in Orange County informed of important information during emergency events.

By registering with AlertOC, time-sensitive voice messages from the County or City in which you live or work may be sent to your home, cell or business phone. Text messages may also be sent to cell phones, e-mail accounts and hearing impaired receiving devices.

For more information visit

- <http://bos.ocgov.com/alertoc/alertoc.asp>

For preparation for individuals with disabilities visit

- <http://www.readyoc.org/prepare/disabilities.html>

http://youtu.be/Clld_wN3zwl

Resources



Aging in Stride (12-page guide)

http://aginginstride.org/emergencyprep/docs/Just_in_Case.pdf

Alert OC

<http://bos.ocgov.com/alertoc/alertoc.asp>

American Heart Association

http://www.heart.org/HEARTORG/Conditions/911-Warnings-Signs-of-a-Heart-Attack_UCM_305346_SubHomePage.jsp

Centers for Disease Control and Prevention

www.cdc.gov/aging/emergency

Ready.gov

<http://www.readyoc.org/index.html>

Red Cross

www.redcross.org



Thank you for attending

Any Questions ?