

College of Public Health and Human Sciences

DISASTER PREPAREDNESS FOR OLDER ADULTS & THEIR CAREGIVERS

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Origin Story...



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Introductions: *(share in chat if able)*

- What is one aspect of disaster preparedness that nags at you?
- On a scale of 1-10 (1=least, 10= most) how prepared do you feel for disaster?

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What we'll cover in today's conversation:

- Why might older adults be more vulnerable during disasters?
- The Three Steps to Preparedness:
 - Make a Plan
 - Make a Kit
 - Be Informed
- Follow up Information & Tools You Can Use

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WHY ARE OLDER ADULTS MORE VULNERABLE DURING DISASTERS?

Advanced age in and of itself does NOT make a person vulnerable.
—American Psychological Association



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Older Adults and Disasters:

- By 2050, 1 in 5 Americans will be 65 years or older.
- Older adults are the **least** prepared for disasters.
- Older adults have the **highest** rate of disaster related deaths during and following disasters.
- The number of disasters is on the **rise**.
- 2/3 of seniors have **no** emergency plan.
- Older adults often have medical conditions that make disasters and evacuations more **challenging**.

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Older Adults and Disasters:

- Impaired mobility; may require use of cane/walker/wheelchair
- Diminished sensory awareness and slower reaction time
- Dementia and other memory loss or cognitive disability; easily disoriented
- Chronic health conditions; may require oxygen/cpap machine/dialysis, etc.,
- Medication needs; cannot go without medications for > 3 days
- Social and economic limitations; living in isolation and on a fixed income
- Lower technology use and familiarity; many communities now using Facebook/Twitter/texting to communicate during emergencies and disasters, this can create a gap for older adults
- More than 50% of older adults have some kind of functional limitation according to the CDC; 80% of people will experience disability at some point in their lifetime

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A woman is carried by a Louisiana National Guardsman from the Superdome in New Orleans, September 1st, 2005 where people had been sheltering following Hurricane Katrina. More than 75% of the those who died following the hurricane were over 60.



Photo Credit: Robert Sullivan/AP

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Photo Credit: Trudy Lampson

Residents of the La Vita Bella living facility amid flood waters in Dickinson, Texas, on Sunday, August 27th, 2017 in the aftermath of Hurricane Harvey.

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200 evacuees wait outside the Veterans Memorial Building in Santa Rosa, California at 3 a.m. during the Glass Fire before being turned away from the shelter on September 28, 2020.



Photo Credit: Gabe Meliner/KQED

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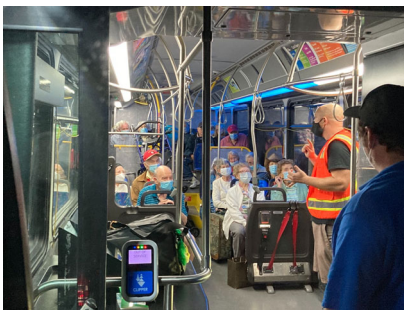


Photo Credit: Gabe Meliner/KQED

Residents who fled retirement communities under evacuation orders on September 28, 2020 came to the Veterans Memorial Building in Santa Rosa, California by bus. With less capacity because of the pandemic, that shelter filled up quickly.

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Patricia Fouts, 73, sits with her dog Murphy and other evacuated residents of a senior living home in an evacuation center at the Oregon State Fairgrounds in Salem, Oregon following the 2020 Labor Day Fires.



Photo Credit: Andrew Selsky/AP

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A paramedic treats a man experiencing heat exposure during the June 2020 heat wave in Salem, Oregon. Most people who perished in the record-smashing heat were white (90%), male (63%), older (81.5%) and socially isolated (78%).

Photo Credit: Nathan Hornsby/OPB

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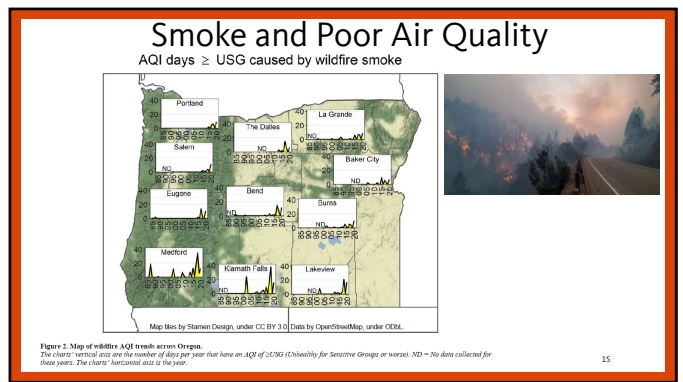
WHAT TYPES OF DISASTERS CAN WE EXPECT IN OREGON?



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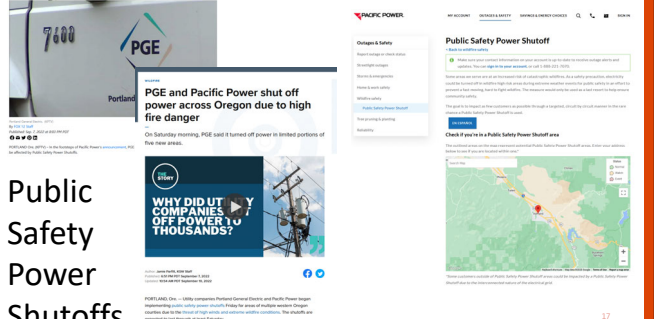


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PGE warning 30,000 Oregonians of possible power shutoffs



PGE and Pacific Power shut off power across Oregon due to high fire danger

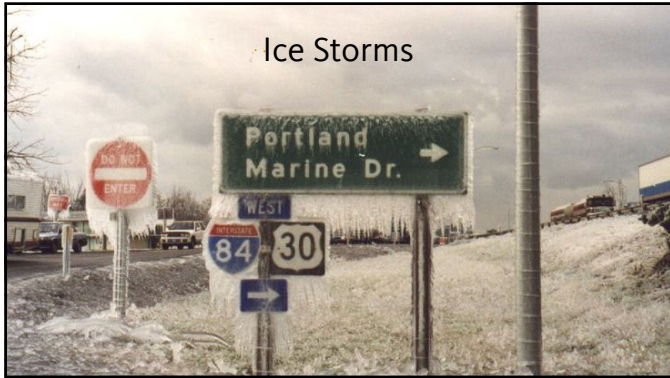
Public Safety Power Shutoffs

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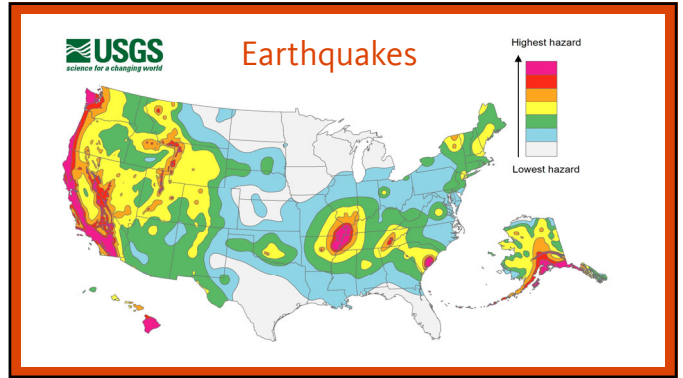
Public Safety Power Shutoffs

Check if you're in a Public Safety Power Shutoff area

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- Emergency Managers encourage Oregonians to be *minimally* "2 Weeks Ready."
- A more realistic timeline based on previous disasters and impacts on rural communities is 4-6 weeks of emergency supplies.

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STEP 1: MAKE A PLAN

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Discuss and plan with family

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Know how to communicate:
 1) Have an out-of-state contact
 2) Use simple messages: IMOK

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Evacuation

EVACUATION DIAGRAM

FLOOR PLAN

RAND McNALLY
Easy to Read!

Oregon

state map

With best of the road
to help you get there, photos, and other fun things like that.

best of the Road!

DETAILED MAPS
General
Roads
Points of Interest
Historical & Society
Recreation & Parks
Weather

FEATURING
Distance Chart
Distance to
Driving Time Map
Cruise Lines
Weather Pack

randmcnally.com

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MENTAL MUSTER:

The purpose of a **muster** drill is to prepare passengers for safe evacuation in the event of an emergency while on board the ship and to familiarize crew and passengers with escape routes.

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STEP 2: MAKE A KIT

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Food, Water, & Waste:

- 1,500-2,000 calories/person/day
- 1 gallon water/person/day
- Waste management

• Where do you have some of these items already?

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Steps to Being More Prepared

Sign Up for Emergency Notifications
Get warnings, alerts, and instructions during emergencies to help you and others stay safe in Oregon.

Find your local alert system:
Enter your county, city, tribe, or zip code

How to sign up for alerts

1. Find your local alert system using the search feature. Use the search bar on the page to search your local alert system by county, city, or zip code. Click Select to continue to add your county's sign-up form.
2. Fill out your contact details and select alerts. Fill out your contact details and select alerts. Fill out your contact details and select alerts. Fill out your contact details and select alerts.

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Steps to Being More Prepared

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DailyCaring
Award Winner: Best Caregiver Website in 2021

HOW TO EVALUATE EMERGENCY PREPAREDNESS IN ASSISTED LIVING: QUESTIONS TO ASK

Make sure your older adult will be safe in an emergency.

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Lose your medical equipment in a wildfire?

We can help older adults and people with disabilities access supports they need.

Visit adrcoregion.org or call 1-855-ORE-ADRC for help and information.

Support for Older Adults following Disasters

Are you an older adult who evacuated due to wildfires? **Free or inexpensive meals are available to older adults who need them.**

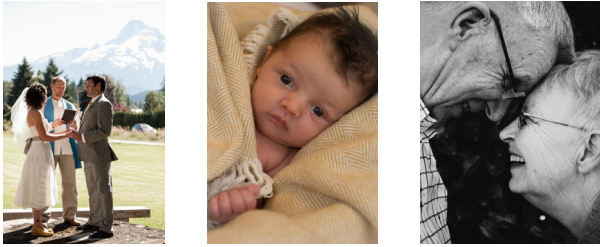
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What are Benefits of Being More Prepared?

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We are used to spending lots of time preparing for life's big events—make this one of them.



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Consider preparedness a gift to the next generation...



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Creating a Culture of Preparedness in Oregon

Free Online CSZ Course with Regional Modules:
<https://beav.es/Cascadia>

Downloadable hand-outs and print resources:
<https://beav.es/cascadiaprep>



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DISCUSSION, QUESTIONS

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