

Independent Living & Disaster Preparedness

Faculty

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Independent Living Center of Mobile**

Objectives

- Understanding of the Independent Movement
- Understanding of Centers for Independent Living
- Understanding the challenges to Independent Living
- Role in Disaster Preparedness

What Is Independent Living?

“Control over one’s life based on the choice of acceptable options that minimize reliance on others in making decisions and in performing everyday activities.”

–McDonald. & Oxford (1995)

“Independent Living is a lifestyle, with possibilities and limitations common to everyone.”

“When people with disabilities can live on their own, with the same rights and responsibilities of others.”

Ed Robert

“To us, independence does not mean doing things physically alone. It means being able to make Independent Decisions”

Judith Heumann



Don Galloway, manager of blind services, and Ed Roberts, executive director of the Center for Independent Living, in 1974 on the Berkeley campus.

- In its broadest implications, the independent living movement is the civil rights movement of millions of Americans with disabilities. It is the wave of protest against segregation and discrimination and an affirmation of the right and ability of persons with disabilities to share fully in the responsibilities and joys of our society.

-Ed Roberts

Independent Living Philosophy

- Independent Living is controlling and directing your own life. It is about making decisions, taking responsibility for your actions, learning through success and failure, and having opportunities to participate in all aspects of community life. It is exercising the greatest degree of choice about where you live, with whom you live, and how you live.

-McDonald. & Oxford (1995)

History of the Independent Living Movement

Timelines

1962: Edward V. Roberts becomes the first student with a severe disability attend the University of California at Berkeley.

1964: Civil Rights Act: prohibits discrimination on the basis of race, religion, ethnicity, national origin, and creed; later, gender was added as a protected class.

1970: Nursing home resident Max Starkloff founds Paraquad in St. Louis.

1970: The Physically Disabled Students Program (PDSP) is founded by Ed Roberts, John Hessler, Hale Zukas and others at the University of California at Berkeley.

1972: The Center for Independent Living (CIL) is founded in Berkeley, California.

1973--Rehabilitation Act: particularly Title V, Sections 501, 503, and 504, prohibits discrimination in federal programs and services and all other programs or services receiving federal funding.

1975--Developmental Disabilities Bill of Rights Act: among other things, establishes Protection and Advocacy services (P & A), resources, and facilities, regardless of the funding source.

1978--Amendments to the Rehabilitation Act: provides for consumer-controlled centers for independent living.

1979--Funding of the first ten independent living centers funded through the Rehabilitation Act

1983--Amendments to the Rehabilitation Act: provides for the Client Assistance Program (CAP), an advocacy program for consumers of rehabilitation & independent living services.

1990--Americans with Disabilities Act: provides comprehensive civil rights protection for people with disabilities; closely modeled after the Civil Rights Act and the Section 504 of Title V of the Rehabilitation Act and its regulations.

1992--Reauthorization of the 1973 Rehabilitation Act: Established Standards and Assurances for CIL's, increased funding for more Centers, set up Statewide Independent Living Councils (SILC), and provided direct funding to CIL'

What Are Centers for Independent Living?

- **Consumer Controlled:** Centers are run by a board of directors, more than half of whom are people with disabilities.
- **Community Based:** There are over 400 Centers in the U.S. Available to All People with Disabilities: Staff, board members, volunteers, and people served represent a broad cross-section of disabilities.

What Are Centers for Independent Living?

- **Non-Residential:** Centers are not places to live, nor do they own or operate places for people with disabilities to live.
- **Non-Profit:** Centers are approved for non-profit status.

Centers for Independent Living located in Alabama

- Independent Living Resources of Greater Birmingham, Inc.
206 13th Street, South
Birmingham, AL 35233
(205) 251-2223
TTY: (205) 254-7333
FAX: (205) 251-0605
EMAIL: bilc@bellsouth.net
- Independent Living Center Mobile
5304-B Overlook Road
Mobile, AL 36618
(251) 460-0301
TTY: (251) 460-2872
FAX: (251) 341-1267
EMAIL: michaeld@ilcmobile.org
- Montgomery Center for Independent Living
600 South Court Street
Montgomery, AL 36104
(334) 240-2520
TTY: 711 Relay Service
FAX: (334) 240-6869
EMAIL: mcil@bellsouth.net

Services CIL's offer:

Four Core Services

- Individual and Systems Advocacy
- Information and Referral
- Independent Living Skills Training
- Peer Support

Other Services offered

- Assistive Technology/Computer Lab
- Nursing Home Transition/High School Transition
- Home Modifications
- Staff Training
- ADA Survey
- Braille Services

Resources

- Independent Living Research Utilization
<http://www.ilru.org>
- The National Council on Independent Living
<http://www.NCIL.org>
- Mobile Independent Living Center
<http://www.ILCMobile.org>

Independent Living

&

Disaster Preparedness

By

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Living Center

Are You Ready?

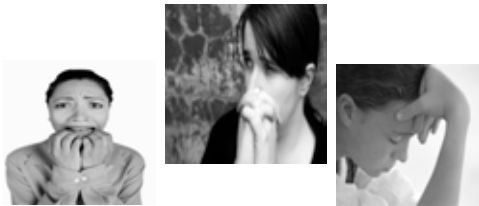
Citizen Preparedness Guide

Faculty

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There Are Real Benefits to Being Prepared

- Being prepared can reduce fear, anxiety, and losses that accompany disasters



There Are Real Benefits to Being Prepared

- **Communities, families, and individuals should know what to do in the event of a fire and where to seek shelter during a tornado**



There Are Real Benefits to Being Prepared

- **They should be ready to evacuate their homes and take refuge in public shelters and know to care for their basic medical needs**



There Are Real Benefits To Being Prepared

- **People can also reduce the impact of disasters. How can you reduce the impact of disasters? How can you avoid the danger completely?**



The Need To Prepare Is Real

- Disasters disrupt hundreds of thousands of lives every year. Each disaster has lasting effects, both to people and property.



- If a disaster occurs in your community, local government and disaster-relief organizations will try to help you, but you need to be ready as well.



The Need To Prepare Is Real

- You should know how to respond to severe weather or any disaster that could occur in your area
 - Hurricanes, extreme heat and cold, flooding or terrorism



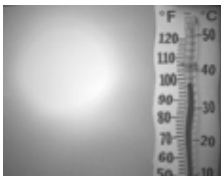
Hurricanes

- What should you do in the case of an approaching hurricane?



Extreme Heat and Cold

- What would you do in a case of extreme weather conditions?



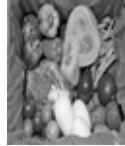
Flooding

- What would you do in the case of a flood?



Be Prepared!

- You should be ready to be self-sufficient for at least three days. This may mean providing for your own shelter, first aid, food, water and sanitation.



Citizen

- You have a responsibility to protect yourself and your family by knowing what to do before, during, and after an event.
- Before an event the citizen should:
 - Know the risks and danger signs
 - Develop plans for what to do
 - Assemble a disaster supply kit



The National Emergency Management System

- Is built on shared responsibilities and active participation at all levels. This begins with you, the citizen, and your ability to follow good emergency management practices, whether at home, work, or other



Basic Preparedness

- Find out about hazards that threaten your community. What would be hazards that threaten your community?
- How will the population be warned?
- Find out about evacuation routes to be used in times of disaster.
- Explore emergency plans of the community and others that will impact your plan.

Basic Preparedness

- Make a checklist of items to consider including in your disaster supplies kit that will meet your family's needs following a disaster, whether you are at home or at other locations.

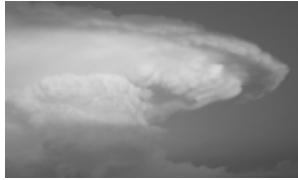


Natural Hazards

- Extreme heat and cold
- Floods
- Fire
- Hurricanes
- Thunderstorms and lightning
- Tornadoes
- Wildfires

Hazards Associated With Thunderstorms

- Lightning
- Hail
- Damaging Winds
- Tornadoes
- Flash Flooding
- Fires Caused by Lightning Strikes



Lightning Safety Tips

- Indoors
 - Get in a strong sturdy building
 - Stay away from windows
 - Avoid using the phone
 - If in a vehicle, stay there
- Outdoors
 - Move away from bodies of water
 - Avoid high places and open fields
 - Stay away from metallic objects
 - Avoid isolated trees



Tornado Safety Tips

- Go to an interior room on the lowest level
- Get under something sturdy, if available
- Stay clear of windows, and outside walls
- Protect yourself from debris
- Do NOT stay in mobile homes or vehicles



Flash Flood Safety Tips

- Move to higher ground
- Stay out of flooded areas
- Never drive into water of unknown depths
- Be especially cautious at night



Get Informed

- You can obtain this information from your local emergency management office or your local chapter of the American Red Cross.
- You can also consult FEMA for hazard maps for your area. Go to www.fema.gov, select maps and follow the directions.

Warning Systems & Signals

- The Emergency Alert System (EAS) can address the entire nation on very short notice in case of a grave threat or national emergency. Ask if your local radio and TV stations participate in the EAS.

Warning Systems & Signals

- **National Oceanic & Atmospheric Administration (NOAA) Weather Radio (NWR) is a nationwide network of radio stations broadcasting continuous weather information directly from a nearby National Weather Service office to specially configured NOAA weather radio receivers. If available in your area, consider purchasing a NOAA weather radio receiver.**

Evacuating Yourself and Your Family

- When community evacuations become necessary, local officials provide information to the public through the media.
- Other warning methods such as sirens or telephone calls are also used.
- You and your family may feel threatened or endangered and you need to leave your home, school, or workplace to avoid these situations.

Evacuating Yourself and Your Family

- **The amount of time you have to leave will depend on the hazard.**
- **Many disasters allow no time to gather the most basic necessities, which is why planning ahead is essential.**

Evacuation Guidelines

Always:

- **Keep a full tank of gas in your car if an evacuation seems likely. Plan to take one car per family to avoid congestion and delay.**
- **Make transportation arrangements with friends or your local government if you do not own a car.**
- **Listen to a battery-powered radio and follow local evacuation instructions.**

If time permits:

- **Gather your disaster supplies kit.**
- **Wear sturdy shoes and clothing that provides some protection.**
- **Secure your home.**
- **Let others know where you are going.**

Evacuation Guidelines

Always:

- **Gather your family and go if you are instructed to evacuate immediately.**
- **Leave early enough to avoid being trapped by severe weather.**
- **Follow recommended evacuation routes. Do not take short cuts, they may be blocked.**
- **Be alert for washed-out roads and bridges. Do not drive in flooded areas.**
- **Stay away from downed power lines.**

If time permits:

- **Make a record of your personal property, for insurance purposes. Take pictures or or video the interior and exterior of your home. Include personal belongings in your inventory.**
- **Shut off all utilities – water, gas, electricity.**
- **Make copies of all vital paper work including: insurance policies, deeds, and property records.**

Emergency Planning and Checklists

- **Escape routes**
- **Family communications**
- **Utility shut-off and safety**
- **Insurance and vital records**
- **Special needs**
- **Caring for animals**
- **Safety skills**

Special Needs

- **Hearing Impaired**
 - May need to make special arrangements to receive warnings.



Special Needs

- **Mobility impaired**
 - May need assistance to get to a shelter.



Special Needs

- **Single working parent**
 - May need help to plan for disasters and emergencies.



Special Needs

- **Non-English speaking person**
 - May need assistance planning for and responding to emergencies.Community and cultural groups may be able to help keep people informed.



Special Needs

- **People without vehicles**
 - May need to make arrangements for transportation.



Special Needs

- **People with special dietary needs**
 - Should take special precautions to have an adequate food supply.



Planning for Special Needs

- Find out about special assistance that may be available in your community.
- Create a network of neighbors, relatives, friends, and coworkers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment.
- Discuss needs with your employer.

Home Disaster Kit

- Your disaster supplies kit should contain essential food, water, and supplies for at least three days.
- Keep this kit a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- Consider having supplies for sheltering for up to two weeks.

How Much Water Do I Need?

- You should store at least one gallon of water per person.
 - A normally active person needs at least one-half gallon of water daily just for drinking.



How Much Water Do I Need?

- Individual needs vary, depending on age, physical condition, activity, diet, and climate.
- Children, nursing mothers, and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.

Food

- Consider:
 - Avoiding foods that will make you thirsty. Choose salt-free crackers, whole grain cereal, and canned foods with high liquid content.
 - Stock canned foods, dry mixes, and other staples that do not require refrigeration.
 - Include special dietary needs.

Basic Disaster Supplies Kit

- Three-day supply of non-perishable food.
- Three-day supply of water – one gallon of water per person, per day.
- Portable, battery-powered radio or television and extra batteries.
- Flashlight and extra batteries.
- First aid kit and manual.
- Sanitation and hygiene items (moist towelettes and toilet paper).

Disaster Kit

- Matches and waterproof container.
- Whistle.
- Extra clothing.
- Kitchen accessories and cooking utensils, including a can opener.
- Photocopies of credit and identification cards.
- Cash and coins.

Disaster Kit

- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries.
- Items for infants, such as formula, diapers, bottles, and pacifiers.
- Other items to meet your unique family needs.

Maintaining Your Disaster Supplies Kit

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend shelf life.
- Re-think your needs every year and update your kit as your family needs change. Place new items at the back of the storage area and older ones in the front.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag.

Shelter

- During extended periods of sheltering, you will need to manage water and food supplies to ensure you and your family have the required supplies and quantities.

Managing Without Power

- Look for alternate storage space for your perishable food
- Ice chest with ice

Practicing and Maintaining Your Plan

- Once you have developed your plan, you need to practice and maintain it.
- Ask questions to make sure your family remembers meeting places, phone numbers, and safety rules.
- Conduct drills.
- Test fire alarms.
- Replace and update disaster supplies.