



MEALS ON WHEELS

ANNUAL CONFERENCE AND EXPO

AUGUST 27-29, 2019

DALLAS, TX

Ready for an Emergency? You Can Be! Part 1: Emergency Preparedness



Agenda



- Introductions
- Preparedness, Response and Recovery with the American Red Cross
- Transition to Part 2: Sharing Practices



Your Presenters



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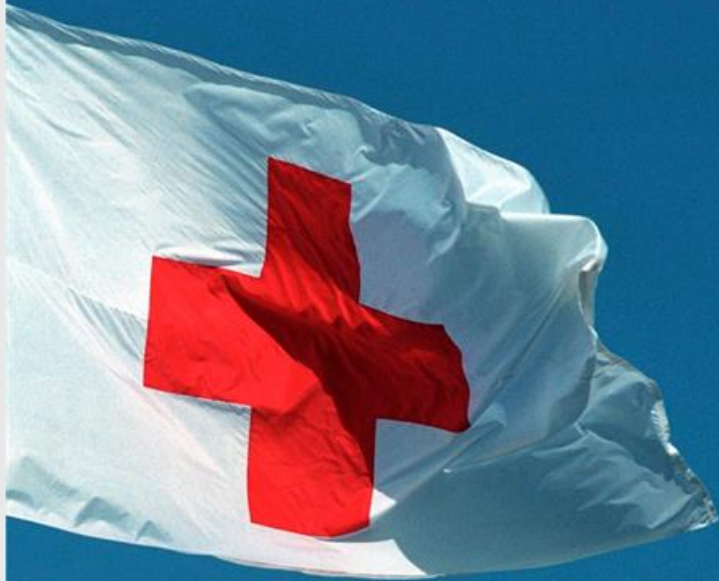


**American
Red Cross**



Learning Objectives

- Awareness of Red Cross Services available before, during and after a disaster
- What your organization can do to be prepared
- Help increase preparedness among individuals and families you serve



Mission

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.



**American
Red Cross**

Fundamental Principles of the Global Red Cross Network



Our Work

Down the Street.

Across the Country.

Around the World.®



**Disaster Cycle
Services**



**Home Fire
Campaign**



**Biomedical
Services**



**Service to the
Armed Forces**



**International
Services**



**Training
Services**



Our Work Impacts Lives Every Day

Every 60 seconds

20

people are assisted
by the American
Red Cross.



170

times a day, Red Cross
workers help a family
affected by a home fire
or other disaster.



1,100

times a day, we
provide services to
military members,
veterans and their
families.



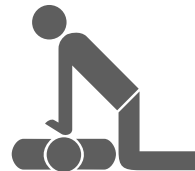
13,000

times a day, the Red
Cross needs blood
donations.



17,000

times a day, a person
receives lifesaving
Red Cross training.



464,000

times a day, a child
receives a measles or
rubella vaccination
from the Red Cross
and our partners.



American
Red Cross

Our Partnership



MEALS on WHEELS
AMERICA

TOGETHER, WE CAN DELIVER.



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Odds Are That Disaster Will Strike



- Disasters happen often and sometimes without warning.
- They can affect any community.
- It's a disaster if:
 - Normal response systems are overwhelmed
 - People are hurt
 - Property is damaged or destroyed

Which hazards do we face?



Home Fire



Earthquake



Hurricane



Flood



Tsunami



Tornado



Wildfire



Extreme Heat



Thunderstorm



Landslide



Winter Storm



Volcano

Get Connected When You Need it Most



Free American Red Cross apps:

- Get the vital tools and resources you need to prepare for and respond to emergencies and disasters—big and small. Plus, there's support for scheduling lifesaving blood donations and our military and veteran communities.
- Go to redcross.org/apps, text 'APPS' to 90999 or search 'American Red Cross' in the App Store® or Google Play™



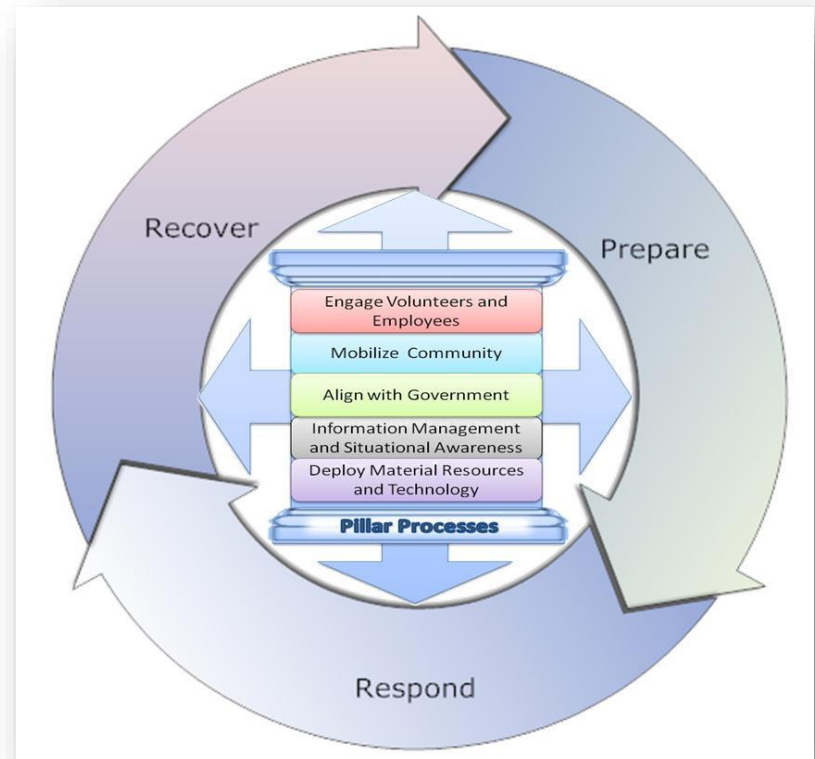
Disaster Cycle Services

Three “core” processes deliver the services of the Red Cross disaster management cycle to the client:

- Prepare
- Respond
- Recover

Five “pillar” processes support the core processes in their ability to deliver services to the client:

- Engage Volunteers and Employees
- Mobilize Community
- Align with Government
- Manage and Share Information
- Deploy Material Resources





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Prepare

What are some attributes of the people you serve?

What may impact their needs before, during or after a disaster?

- Transportation
- Communication
- Resources
- Medical Equipment



The Challenge

Are you Ready?



Are You Prepared?



YOU SURVIVED and Exited Your Home



Were You Prepared?

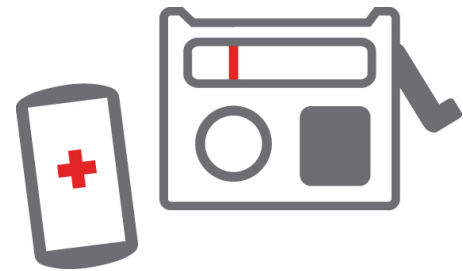
Be **Red Cross** Ready



Get a Kit



Make a Plan



Be Informed



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Red Cross**



Be **Red Cross Ready**

Get a kit. Make a plan. Be informed.

It Is Up To You To Be Ready

- Do not count on receiving help right away.
- You must be prepared to help:
 - Yourself
 - Your household
 - Neighbors
 - Older adults



Get a Kit

- Household kit – supplies for 3 days, 2 weeks is better
- Go-bag – mobile version, supplies for 3 days in case you need to evacuate quickly
- Supplies for each member of household
- Customize for personal needs and disasters common to your area



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Be Red Cross Ready

Get a kit. Make a plan. Be informed.

Gather The Essentials

- What is essential every day
- Needs of every household member
- Keep it fresh



1 gallon per day,
per person



Customize Your Kit

Add to your kit based on:

- Health or medical needs
- Pets and service animals
- Items that bring you comfort when stressed (playing cards, photos, books, games, etc.)
- Disasters common to your location



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Be Red Cross Ready

Get a kit. Make a plan. Be informed.

A Kit for Everywhere



Work

- Single, easy-to-grab container
- Food and water
- Walking shoes



Vehicles

- Food and water
- First aid supplies
- Flares and jumper cables
- Seasonal supplies



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Be Red Cross Ready

Get a kit. Make a plan. Be informed.

Make a Plan

Things to consider:

- Likely disasters
- Household members who travel
- Household members with access or functional needs
- Pets and service animals



Include the Right Details

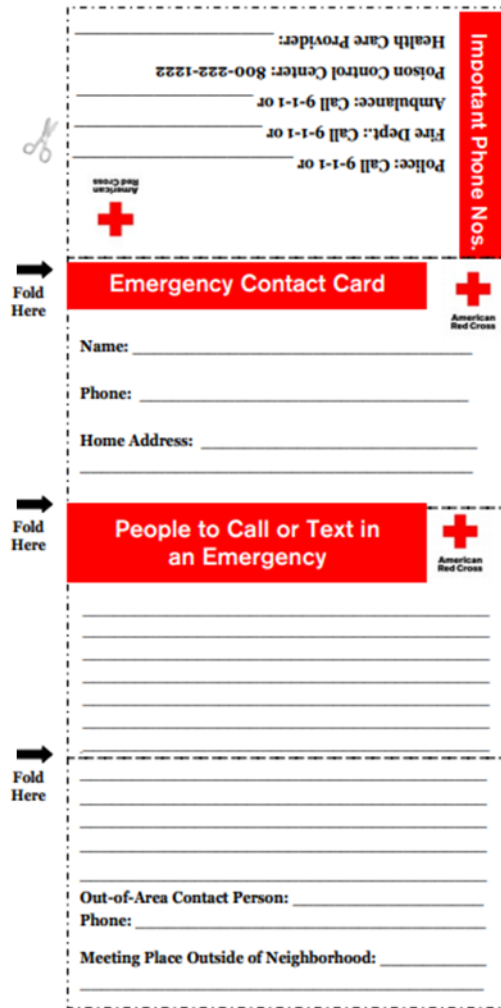
- How to evacuate
- Where to meet
- How to communicate
- Important records
- Where you will stay
- Shelter in place



Practice your plan.



Communication After a Disaster



The diagram shows a vertical card template with dashed lines indicating fold lines. On the left, there are three arrows pointing right with the text "Fold Here". On the right, there is a red vertical bar with the text "Important Phone Nos." and a red cross icon. The card is divided into three main sections:

- Top Section:** Contains fields for "Police: Call 9-1-1 or", "Fire Dept.: Call 9-1-1 or", "Ambulance: Call 9-1-1 or", "Poison Control Center: 800-222-1222", and "Health Care Provider:". It also features a red cross icon and the text "American Red Cross".
- Middle Section:** Titled "Emergency Contact Card" in a red box. It contains fields for "Name:", "Phone:", and "Home Address:". It also features a red cross icon and the text "American Red Cross".
- Bottom Section:** Titled "People to Call or Text in an Emergency" in a red box. It contains several blank lines for contact information. It also features a red cross icon and the text "American Red Cross".

At the bottom of the card, there are fields for "Out-of-Area Contact Person:", "Phone:", and "Meeting Place Outside of Neighborhood:". The card is marked with a red cross icon and the text "American Red Cross" in several places.

- Carry the card at all times
- Memorize the emergency contact
- Use the Safe & Well website
safeandwell.communityos.org

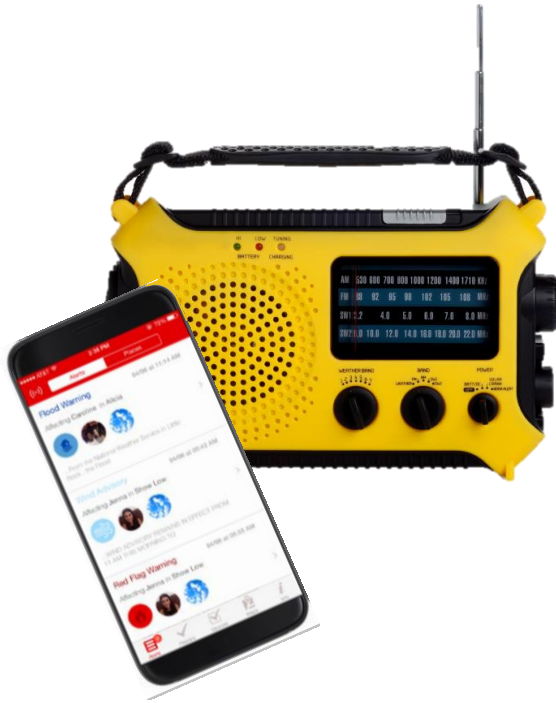


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Be Red Cross Ready

Get a kit. Make a plan. Be informed.

Be Informed



- Identify how you will get information
- Understand weather alerts
- Follow instructions from authorities
- Know your neighbors
- Know what to do when travelling



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V.1.0 2018.08.23

Be Red Cross Ready

Get a kit. Make a plan. Be informed.

Biggest Disaster Threat: Home Fires

- Seven people die in U.S. home fires daily.¹
- Home fires kill more people than all other natural disasters combined in the U.S.²
- Smoke inhalation and home fires are the third leading cause of death for children under 15.³

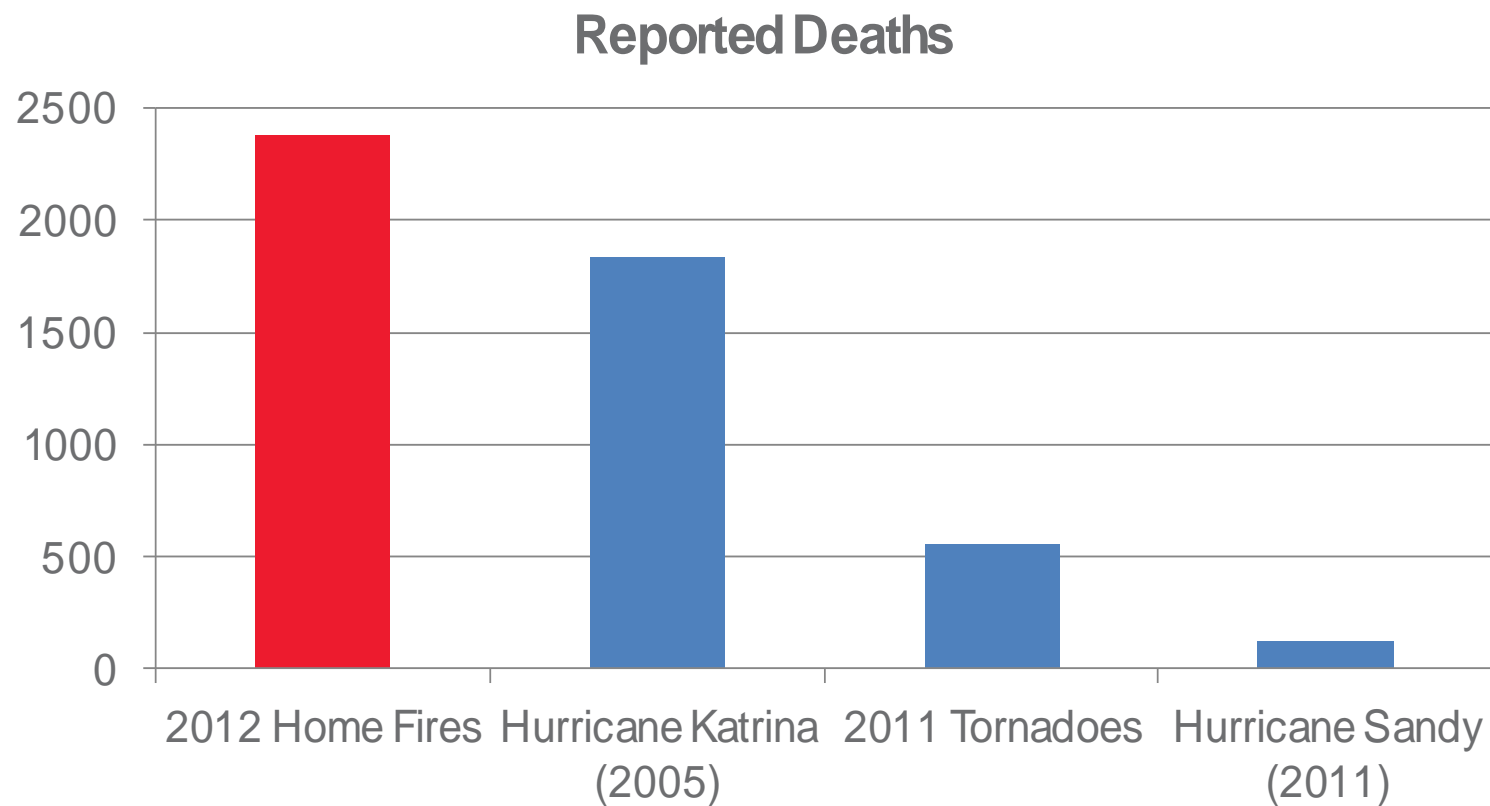
¹National Fire Protection Association, 2018

²U.S. Fire Administration and FEMA, 2017

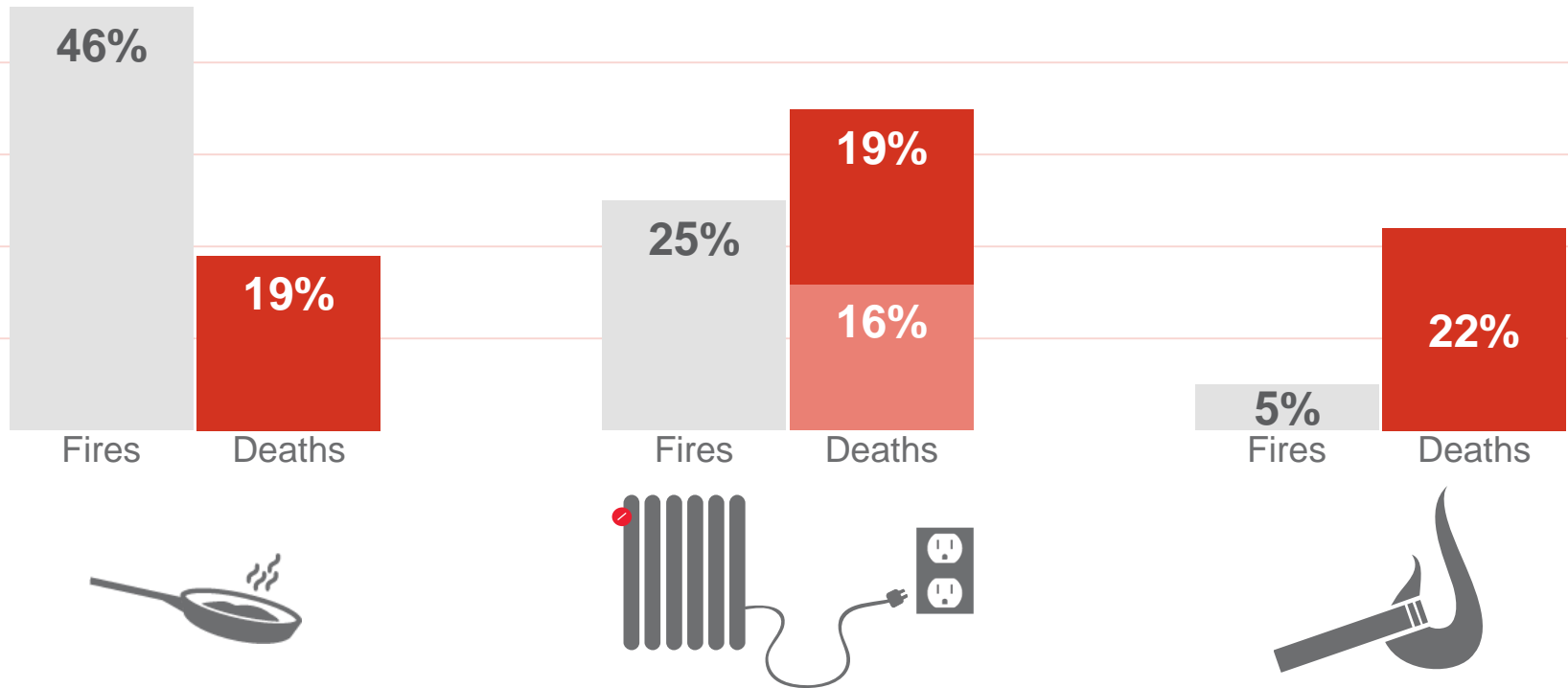
³USFA's Fire Risk to Children in 2010," 2013



Home Fires



Home Fire Causes



Do you have a
working smoke
alarm in your
home?



Smoke Alarms Save Lives

- Install on every floor – inside and outside of sleeping areas.
- Test every month.
- Maintain them properly.
- Replace after 10 years.
- Don't disable alarms!



Making a Difference

Since October 2014 the Red Cross and Partners have

Over 1.8 million

new alarms
installed



627

**Lives
Saved**

Over 750,000

households
made safer



As of August 15, 2019

**Working smoke alarms reduce the risk of death
during a home fire by 50%.**



National Fire Protection Association, 2015

Be Proactive and Take Action



- ❑ Make a home fire escape plan.
- ❑ Test your smoke alarms every month.
- ❑ Practice your home fire escape plan.

ReadyRating.org

American Red Cross
Ready Rating™

 [MEMBER LOGIN](#)
 [RED CROSS STORE](#)

[HOW IT WORKS](#)[ABOUT](#)[RESOURCE CENTER](#)[SPONSORS](#)[JOIN](#)[CONTACT](#)

DO YOU KNOW IF YOUR ORGANIZATION IS IN DANGER?

**YOU CAN FIND OUT BY ANSWERING
THREE SIMPLE QUESTIONS...**

[ANSWER NOW](#)

What is *Ready Rating*?

A free, online, self-paced, organizational emergency preparedness program

- Helps organizations prepare, respond and recover from disasters
- Measures your organization's current preparedness level
- Helps your organization create or improve its emergency action plan
- Provides the tools needed so that staff have the knowledge and skills to respond effectively during disasters
- Tracks progress as your organization takes steps to improve its ability to respond during disasters
- Makes getting prepared simple, cost effective, and achievable





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Respond



Response

- Shelter
- Food
- Relief Supplies
- Health-Related Aid
- Emotional Support
- Other Assistance: *resources* for clothing, medicine and other basic essentials
- Recovery Planning

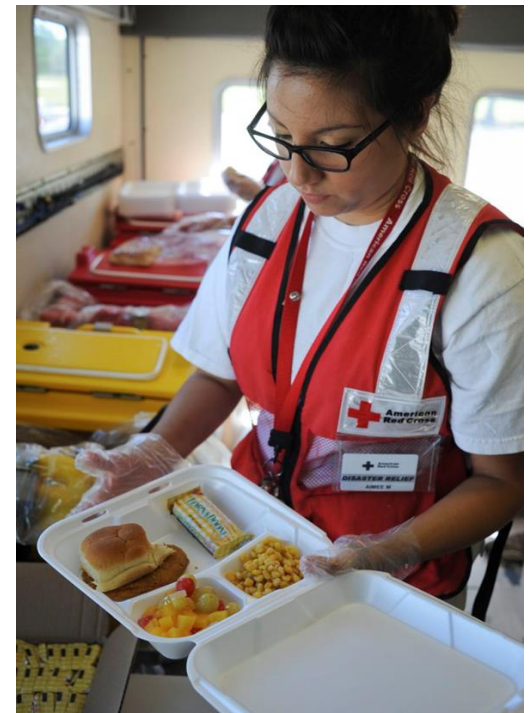


Working with Partners to Feed

- High-capacity caterers
- Field Kitchens
- Restaurants
- Quick Service Chains
- In-Kind Donations
- Shared mission delivery with other organizations
 - The Salvation Army
 - Southern Baptist Disaster Relief
 - World Central Kitchen
 - Meals on Wheels
 - Feeding America (and more)



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More people affected each decade

More than 15 million people in the U.S. were affected by disasters between 2006 and 2015. That's 43% more than the prior decade.

People Reported
Affected 2006–2015

15,009,494 

People Reported
Affected 1996–2005

10,463,765

IFRC, 2016



FY18 Large-Scale Disasters

Last year, the Red Cross responded to 258 large-scale U.S. disasters.

1 million

overnight
stays
provided
with
partners



20 million

meals and
snacks
provided



9 million

relief items
provided



300,000

health and
mental health
contacts
administered





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Recover

Recovery

- Begins when emergency needs have been met
- Transitions residents from emergency shelters
- Provides compassionate, individualized guidance and resources
- Convenes organizations to help meet needs
- Shares information with partners



When Resources Allow

Direct Client Assistance

- Individual or family financial assistance

Partner and Interagency Support

- Grants for continued recovery services

Community Preparedness and Resilience Building

- Puerto Rico Projects
- Oklahoma Projects



Take home message



- It starts with **YOU!**
- Test your smoke alarm
- Build a **KIT**
- Be aware of hazards in your area
- Download the apps
- Have a **PLAN**
- Find your local Red Cross
- Get **Trained**



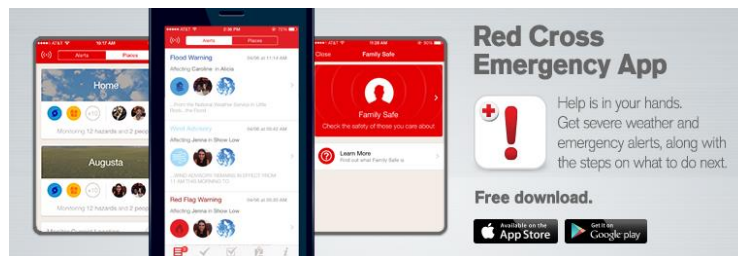


Training

All Disaster Services training is provided free-of-charge.

Examples of disaster training classes:

- Sheltering/Feeding
- Disaster Assessment
- Casework
- Distribution of Emergency Supplies
- Public Affairs
- Disaster Technology
- Government Operations
- Facilitative Leadership



Call to action

Download the Apps

Additional Resources

Meals on Wheels Emergency Preparedness Standards and Implementation Guidelines

Disaster Preparedness Guide for Seniors & Caregivers:

<https://www.seniorliving.org/research/disaster-preparedness/>

Meals on Wheels America 12-Step Planning Process:

<https://www.mealsonwheelsamerica.org/docs/default-source/membership/academy/meals-on-wheels-america-12-step-planning-process.pdf?sfvrsn=2>



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AMERICA**

TOGETHER, WE CAN DELIVER.

Additional Resources

Common Emergencies and Natural Disasters: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html>

Help Seniors Get Red Cross Ready: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/seniors.html>

Pet Disaster Preparedness: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/pet-disaster-preparedness.html>



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THANK YOU!

Next Up
Part 2: Sharing Practices