

Maine CITE welcomes you to today's webinar!

Emergency Preparedness for Mainers with Disabilities

The webinar will begin soon

PRESENTERS



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Disasters Happen
Be Prepared

Be aware. Be prepared.

Know your potential disaster situations

- Flood
- Fire
- Extreme heat or cold
- Major snow events
- Power outages

Monitor severe weather conditions



Emergency Needs Vary

Each person has unique circumstances based on disability

Physical disabilities

Sensory disabilities

Cognitive or intellectual disabilities

Chronic medical conditions

Free or Low-Cost AT for Readiness

Maine Emergency Management (MEMA) Alerts

Download helpful apps

Federal Emergency Management Association
(FEMA)

Red Cross

- emergency
- first aid

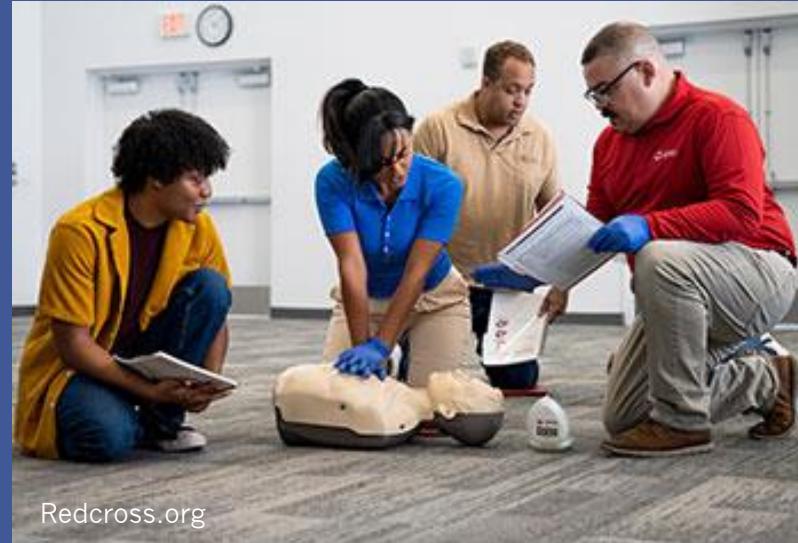
AM Radio (battery powered or hand crank) - \$20 on Amazon



Train Yourself and Loved Ones

Red Cross Trainings

- Fire readiness
- Different disasters
- Demographic specific
- Preparedness for caregivers



Maine Healthcare Association
MEHCA.org/emergencypreparedness

University of Kansas - Emergency Preparedness Videos

Ready.gov

alphaonew.org

Winter Readiness

greenbuildermedia.com



- Turn one room into a warm room
- Remember candle safety
- Set up someone to clear walkways or driveways
- Safety with heaters and generators
- Manage water flow for freezing pipes

How can I prepare?

Build your community and backup plan

Call your local fire/PD to inform them of your situation

Alpha One Independent Living Services can help!

Ask your workplace about emergency plans.

Learn about emergency plans for your children's school or day care center.

Look up insurance policy (sign up for renter's insurance)

Be prepared for the vulnerability of living alone

Barriers during an emergency

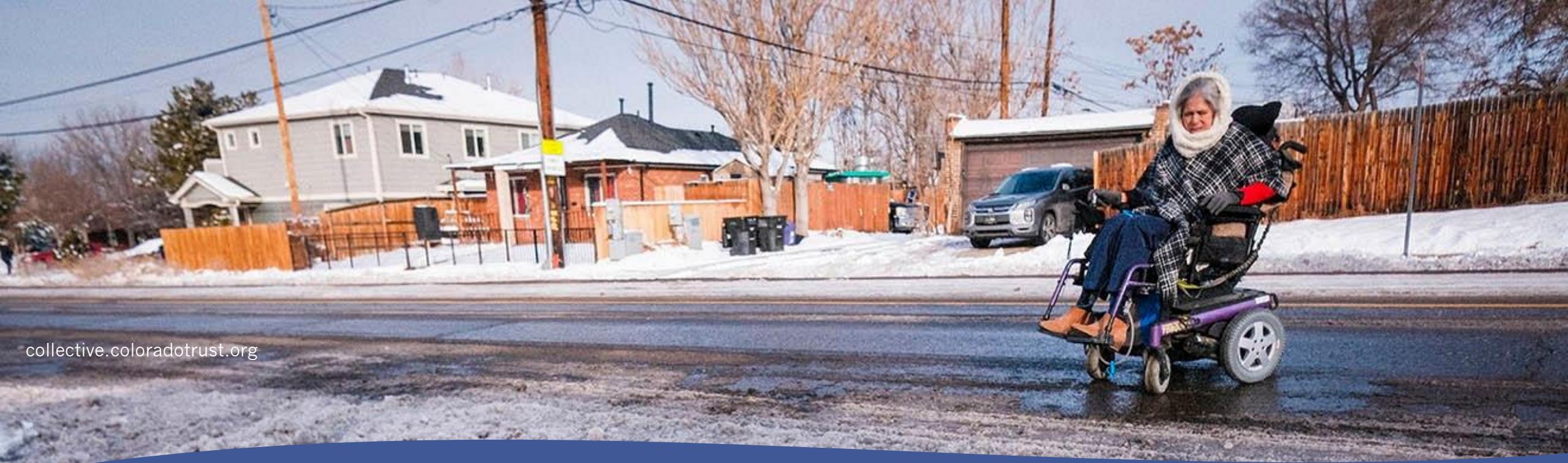
Communication barriers:

- Emergency alerts may not be captioned or may rely on audio only.

Mobility challenges:

- Snowbanks can block wheelchair access
- Elevators may stop during outages.

collective.coloradotrust.org



Other Barriers

Medical needs dependent on electricity:

Refrigeration for insulin, power for ventilators, or access to dialysis may be disrupted.

Service animal needs

Rural isolation



justice-speaks.org

Action Steps to Prepare

Fire safety

Check smoke alarms, identify exit strategies
A fire extinguisher or fire blanket

Backup generator options for loss of power

Generator options: AELP, Mainecare waiver could purchase a battery backup, Alpha One grant

Stock up on supplies to remain at home candles, flashlights, batteries, etc.

Action Steps to Prepare (continued)

Emergency and alternative exits are properly shoveled and salted

Grants are available for accessible entrance and egress

Make sure to charge your devices (wheelchair, oxygen concentrator, ventilator)

Make sure your vehicle has a full tank of gas

Make a Go Bag

- Medications and medical devices
- Device chargers
- List of important phone numbers
- Important documents
- Service animal supplies
- First aid kit
- Any other personal items (i.e. Sensory items like a weighted blanket)
- A battery-powered radio, flashlight and plenty of extra batteries.



Personal Considerations

Understand your individual needs, make a list specific to yourself, identify who can help you do this

If you have caregivers, prepare them on what they can do to prepare

ADATA.org fact sheets resource

Make a Plan

Where will you shelter?

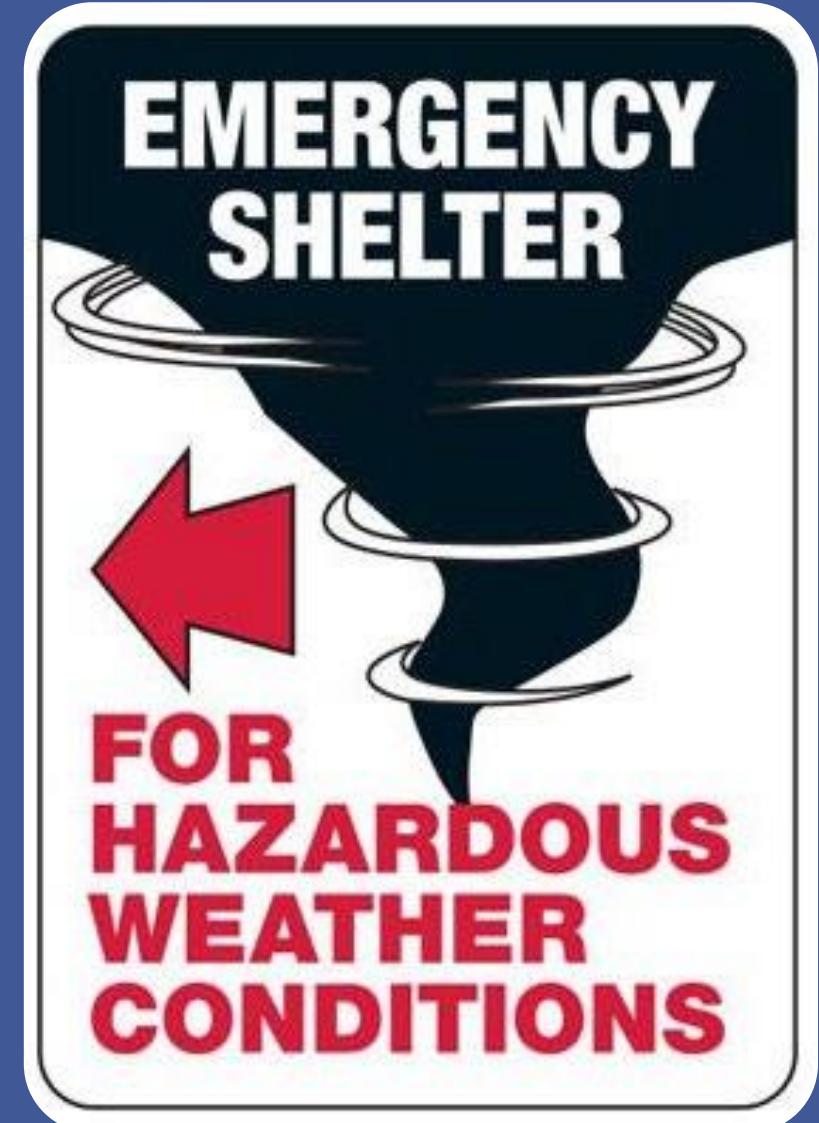
- Community shelter
- Home of friend or family member
- Hotel
- Warming or cooling center?

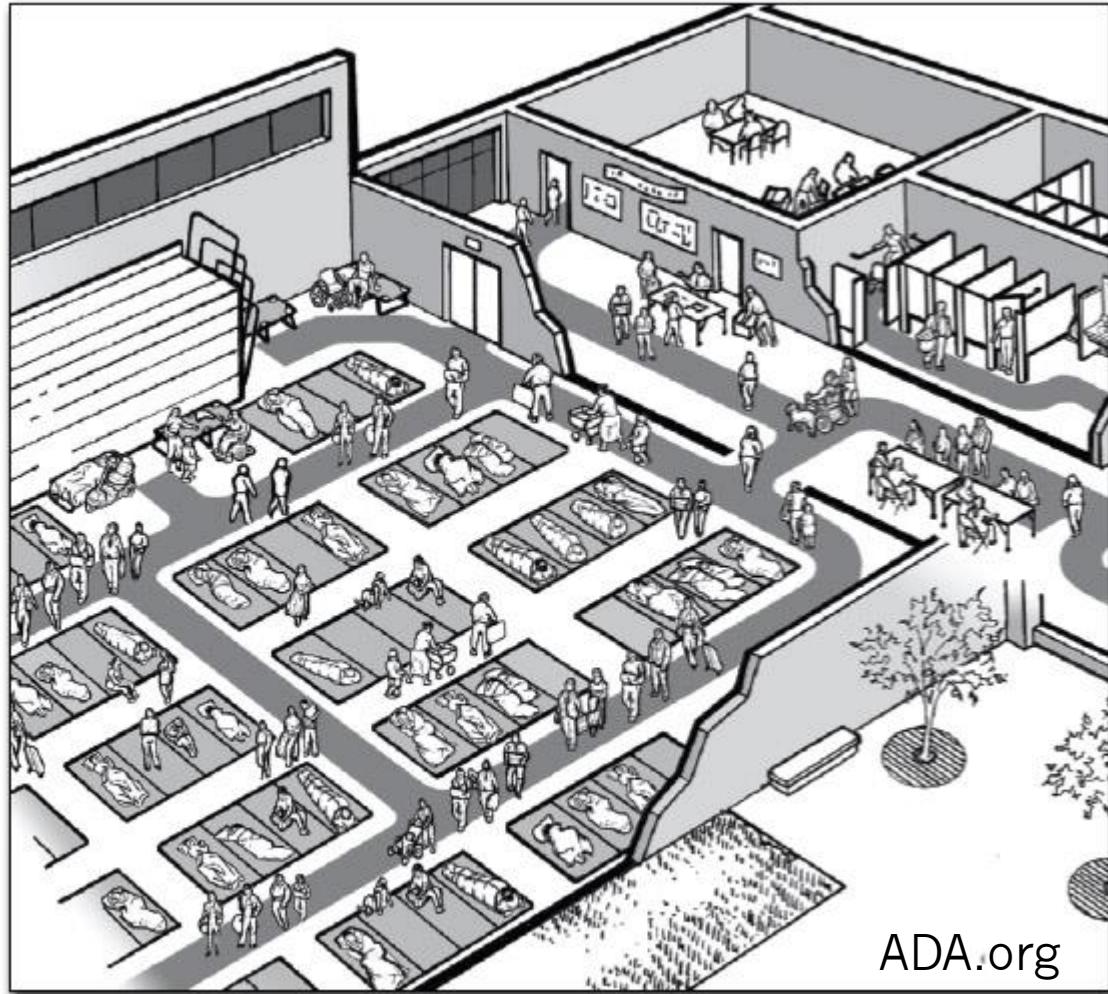
Where can you access equipment or devices?

Who can assist you?

Transportation Options

Create an Emergency Plan for your family and caregivers





Does the safe space need accommodations?

Can you:

- Easily enter the building?
- Access the bathroom or shower?

Do you require special equipment or accommodations?

Can they accommodate a service animal?

Sheltering in place

When disaster strikes, it may be safer to stay in your home, place of employment, or other location.

Learn where to go, what to do, and how long you should shelter-in-place for the hazards in your area.

If there are mobility concerns, set up your space so you can access what you need

Preparedness is Ongoing

Run drills: Practice evacuating with your equipment.

Update annually: Review your plan every fall before winter storms.

Check supplies: Replace expired medications and batteries.

Reassess needs: Update your plan if your health or equipment changes.

There was a disaster. Now what?

- Identify your critical needs.
- Identify resources to meet those needs
- Contact your personal insurance provider
- Work with your local and state emergency management agency.

www.maine.gov/mema



Resources

- Information about
- assistive devices and
- services (Maine CITE)
- Borrow a device
(AT4Maine.org)
- Device reuse locations
- (Spurwink ALLTECH
and community
organizations)
- Disability Rights Maine



Community Resources

Maine 2-1-1

Local Emergency Management Agencies

Disability service organizations

Fire departments & EMS

Town offices

Key Takeaways

Maine's weather and geography make preparedness essential.

People with disabilities face unique challenges that require personalized planning.

A strong plan increases safety, independence, and peace of mind.

Community resources are available to help you prepare.

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