

**Be Red Cross Ready**

**American Red Cross of  
Northeastern NY**

***NYS Association of Area Agencies on Aging  
March 9, 2011  
Fort Edward, NY***

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# Last year, your local Red Cross:



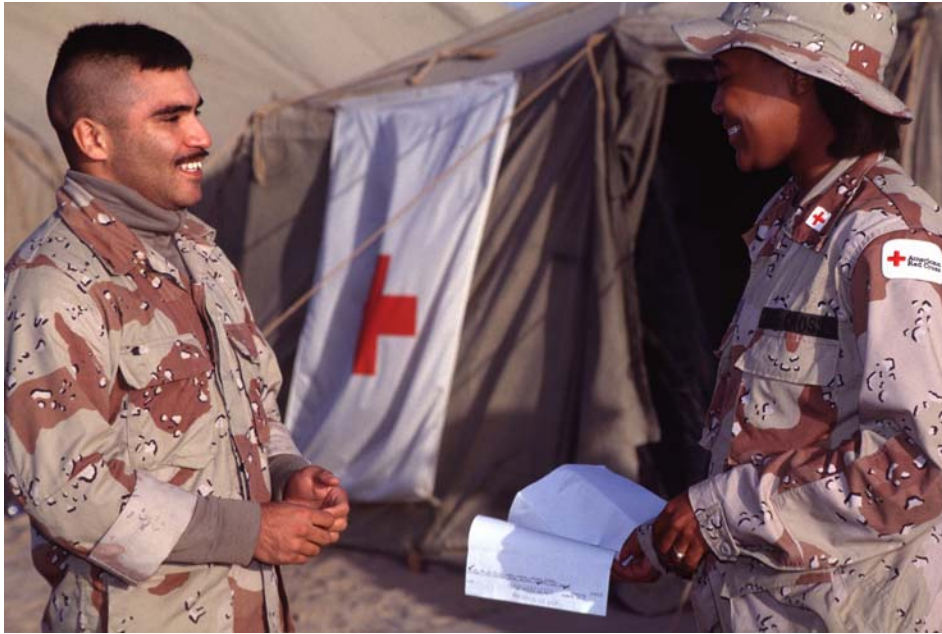
Responded to **182** local disasters, primarily house fires, affecting nearly **1,000** people. When disasters happen, we are immediately on the scene to provide a safe place to sleep, aid for food, replacement medications and clothing, crisis counseling and a shoulder to lean on for support.

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Provided **225 local military families** with emergency communication services and help during critical life moments.

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**Trained 34,952**  
**people** in CPR/first  
aid, babysitting, pet  
first aid,  
lifeguarding, and  
other Health &  
Safety courses.

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Assisted in the **collection of 50,000 units of blood**—virtually all the blood used by hospitals in our area.

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Provided assistance to the elderly through our Long-Term Care Ombudsman and Telephone Reassurance Programs.

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# How do we do it?



Voluntary donations from  
our community of:

- Time
- Money
- Blood

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# Capital District Preparedness

- Capital Region: 2006 Red Cross / Siena College Poll
  - **Less than 33%** of respondents reported that they had done **ANYTHING** to prepare for **ANY** type of emergency.

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# WHAT CAN HAPPEN **HERE?**

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# NYS Hazards

- Fires – wildfires, house fires
- Flooding
- Tornadoes
- Winter storms
- Landslides
- Hazardous materials
- Terrorist attacks
- Pandemic flu and other disease outbreaks



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# Special Considerations for Care Givers

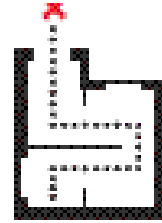
- Routines disrupted by emergencies
- Special hazard: *Fire*
- Planning
- Special needs
  - Medications
  - Medical equipment (power concerns)





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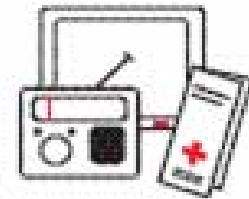
Make a Plan



Get a Kit



Be Informed



Be Red Cross Ready



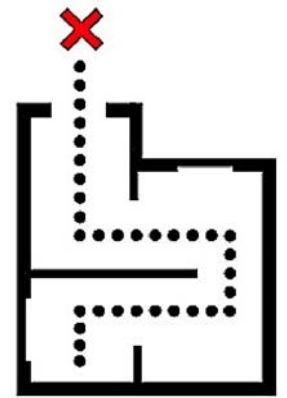
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# Step 1: *Make a Plan*

- Planning ahead is the first step to improved response and recovery outcomes.



# Planning

As you develop your plan, think about –

- Daily routine interruption
- Special needs considerations
- Involve municipalities
  - Special needs registry
- Specific hazards
- Alternatives
- ***Develop and practice the plan together!***



# Don't Forget to Plan for Pets

- *If it is not safe for you to stay in your home, it is not safe for your pets.*
- Due to health code regulations, pets are not allowed in Red Cross disaster shelters.
  - Check local government for pet shelter resources (i.e. CART)
- If a disaster strikes, what are you going to do with your pets?
  - Know which friends, relatives, boarding facilities, animal shelters, and veterinarians can care for your animals in an emergency.
  - Prepare a list with phone numbers.
- What do you need to have on-hand for them?
  - Food, water, leash and collar, up-to-date identification, and proof of current vaccinations.



# Albany County Special Needs Registry

- Created to provide disability assistance to Albany County residents
- Information entered into system
  - Accessed during emergencies
- Link between care giver and municipality
  - Critical during emergencies
- Streamlined registration process





# Emergency Contact Card

- Include information to assist first responders and/or for evacuation
  - Medication(s)
  - Physical requirements
  - Points of contact
  - Dietary / health requirements
  - Medical information
  - Other info?
- Keep information up-to-date
- Place in conspicuous location (fridge door) and in “go-kit”

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# Emergency Information Card

Date Completed: \_\_\_\_\_

Name: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_

Home Phone \_\_\_\_\_

Sex  Male  Female Date Of Birth \_\_\_/\_\_\_/\_\_\_

Primary Language \_\_\_\_\_

Preferred Hospital \_\_\_\_\_

Primary Care Doctor \_\_\_\_\_

Doctors Phone Number \_\_\_\_\_

Other doctors \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Medical Concerns:

Oxygen User  Oxegen Back up

Vision  Hearing  Mobility

Blind  Wheelchair Bound

Seizures  Prior Heart Attack

High Blood Pressure  Diabetic

Arthritis  T.I.A.'s

## Other Medical Conditions

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Medications (As of \_\_\_/\_\_\_/\_\_\_) use additional sheet if needed**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Allergies:** \_\_\_\_\_

\_\_\_\_\_

## People to notify in case of emergency:

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_

Pharmacy: \_\_\_\_\_ Phone: \_\_\_\_\_

Blood Type: \_\_\_\_\_ Religion \_\_\_\_\_

Do you have a living will?  Yes  No If "yes"

where is it? \_\_\_\_\_

Do you have a Health Care Proxy?  Yes  No

Where is it located? \_\_\_\_\_

Recent Surgeries: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Do you have advanced directives?

Such as:

Living Will?  Yes  No

EMS - No CPR?  Yes  No

Do Not Resuscitate form?  Yes  No

If "Yes" where is it located? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If Hospice Patient, location of hospice book \_\_\_\_\_

Hospice Team \_\_\_\_\_ Phone \_\_\_\_\_

## Optional Information:

Medical Ins Co: \_\_\_\_\_

Policy # \_\_\_\_\_

Other Medical Insurance \_\_\_\_\_

Policy # \_\_\_\_\_

Medicaid # \_\_\_\_\_

Medicare # \_\_\_\_\_

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# Meeting Places

- Predetermine meeting places to save time and minimize confusion
- Select two meeting places
  1. Right outside the home
  2. Outside of the neighborhood or town
- Consider special needs
  - Mobility
  - Weather conditions



# Sheltering in Place

- **What does it mean?**
- **May be appropriate for specific hazards**
- **How do you shelter-in-place?**
  - Go inside. Move to a small interior room.
  - Close windows, doors, other ways air can get inside.
  - Listen to radio or TV for information.



## Step 2: *Get a Kit*

- Prepare to meet individual needs for **at least three days**

**WHAT DO YOU THINK  
YOU'LL NEED?**



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# Other Considerations

- Important Documents (*Health Care Proxies, DNRs*)
  - Make photocopies or upload to a flash drive.
  - Store in a water-proof bag or container.



# Medical Considerations

- Health information card.
- Grab-and-go bag:
  - Medications
  - Prescriptions
  - Medical documents,
  - Extra set of eye glasses, contact lenses, hearing aid batteries or other personal items you may need.
- Ensure walkers, oxygen tanks and other emergency supplies are accessible.
- Personal support network.





# Store Your Supplies

- **At home**
  - Be sure to maintain accessibility
- **At work**
- **In your car**



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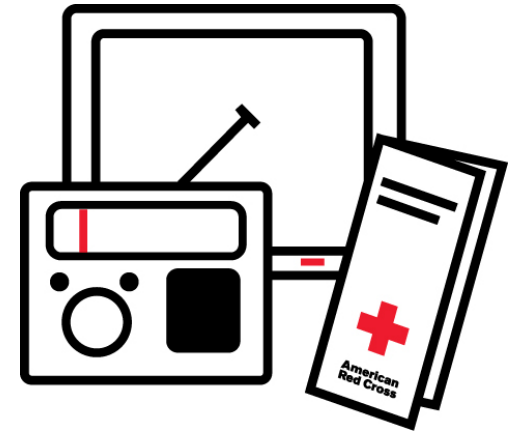


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# Step 3: *Be Informed*

- **Obtaining information** can be one of the most important ways to keep you and your loved ones safe





# Be Informed

- Learn what to do when disaster strikes
- Learn life-saving skills
- Know what hazards affect your community
- Identify how local authorities will notify you
- Stay informed with up-to-date information

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# Information Sources

- Television
- Call 211
- FEMA Mobile Alerts ([m.fema.gov](http://m.fema.gov))
- NOAA Weather Station
- American Red Cross
- Center for Disease Control /  
World Health Organization
- NY Alert ([www.nyalert.gov](http://www.nyalert.gov))
- Printed Notices
- Local Emergency Warning System



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# Evacuation Procedures

- Plan ahead for possible evacuation orders
- Follow local emergency instructions
- **Take your disaster supplies kit**
- Lock your home
- Use approved travel routes
- Register as “**Safe and Well**” on [www.redcross.org](http://www.redcross.org) or by calling 1-866-GET-INFO

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# Online Resources

- US Department of Homeland Security Interagency Council on Emergency Preparedness for Persons with Disabilities

[www.disabilitypreparedness.gov](http://www.disabilitypreparedness.gov)

- FEMA Ready.gov

[www.ready.gov](http://www.ready.gov)

- American Red Cross

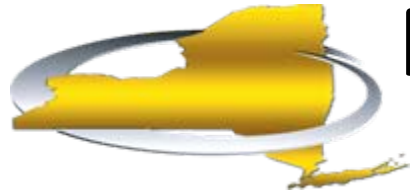
[www.redcross.org](http://www.redcross.org) or [www.redcrossneny.org](http://www.redcrossneny.org)

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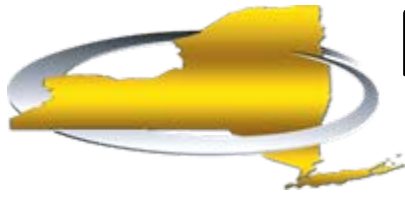
# New York State Long Term Care Ombudsman Program (LTCOP)

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# New York State Long Term Care Ombudsman Program (LTCOP)

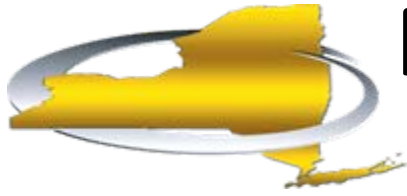
- Mission: To protect the *health, safety, welfare,* and *rights* of long term care residents.
- Receives, investigates, and resolves complaints made by or on behalf of residents.
- No fee or financial obligation for services.
- Administered by the American Red Cross in specific NYS counties.

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# New York State Long Term Care Ombudsman Program (LTCOP)

- LTCOP relies on professionally trained volunteers to accomplish its mission.
- If interested in volunteering, please contact:

**Edie Sennett**

**(518) 694-5114**

**[sennett@redcrossny.org](mailto:sennett@redcrossny.org)**



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# LEARN BASIC LIFE SAVING SKILLS

## FIRST AID & CPR

American Red Cross of Northeastern New York

**(518) 458-8111**

**[safety@redcrossneny.org](mailto:safety@redcrossneny.org)**

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# SPREAD THE WORD!

- **FREE PREPAREDNESS COURSES**
  - Host a 1-hour customized course to prepare your community, school, or club
  - Contact the American Red of Northeastern New York today!
  - (518) 458-8111 ext. 5121or [burns@redcrossny.org](mailto:burns@redcrossny.org)
- **FREE ONLINE TRAINING**
  - [www.redcrossny.org](http://www.redcrossny.org)
  - Click on “Be **Red Cross** Ready” Banner

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# THANK YOU!

**Matthew Burns**  
**American Red Cross of Northeastern NY**  
**33 Everett Rd.**  
**Albany, NY 12205**  
**(518) 458-8111 x 5121**  
**[burns@redcrossny.org](mailto:burns@redcrossny.org)**

## Questions?

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