



“Planning for Rough Seas”

Emergency/ Disaster Preparation



Jeffrey Okamoto, MD

President, Hawaii Chapter of the American Academy of Pediatrics

Curtis Toma, MD

Medical Director, Hawaii QUEST Medicaid

Bathey Fong

Feeling Safe, Being Safe





Genesis Leong

*UH Manoa, Department of Urban and Regional Planning
Center on Disability Studies*



Objectives

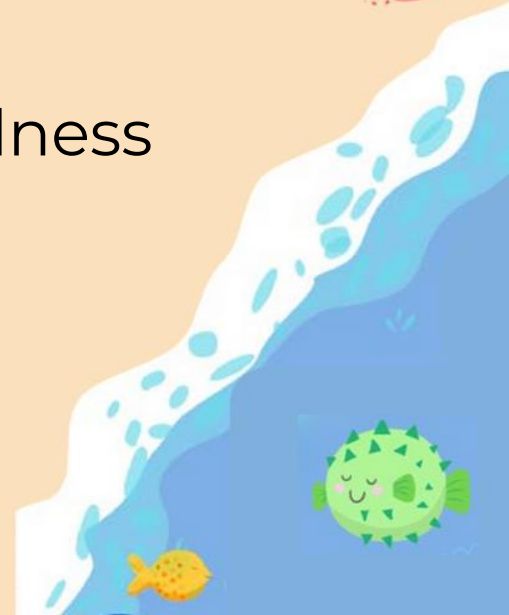
Participants will:

-  Understand the importance of planning ahead as a family to be prepared in the event of a disaster, especially if a child or family member has a medical condition requiring specialized care;
-  Learn about **Feeling Safe, Being Safe**, an emergency preparation awareness program developed by persons with disabilities that is accessible to all;
-  Know how to locate an emergency shelter nearby and what vital medical and personal information is needed by first responders and shelter personnel;
-  Be aware of resources (local or national), including online resources, for more information and support about preparing for natural disasters and other emergencies.



Genesis Leong

Changing the We Think About Preparedness



A serious **disruption** of
the functioning of a
community or a
society at any scale due
to a event(s)

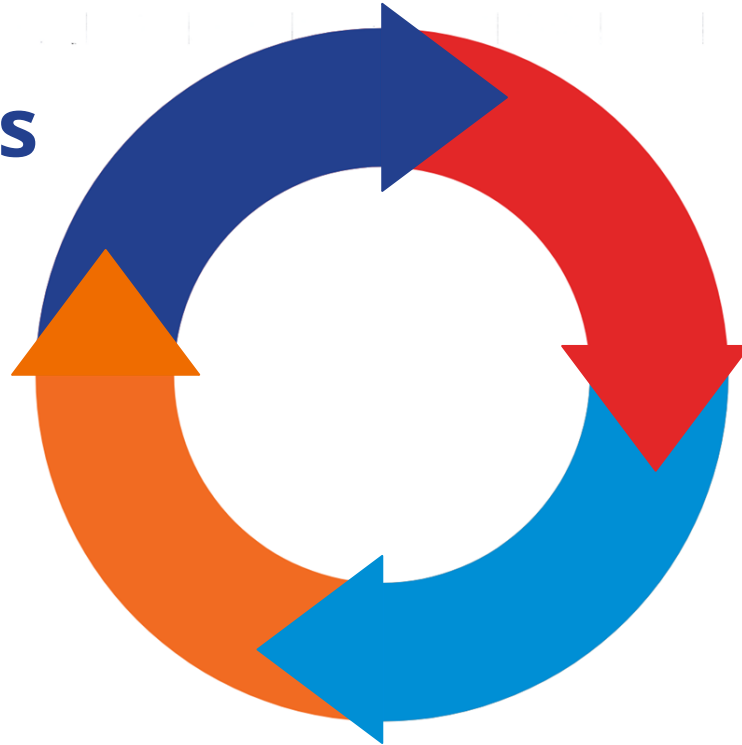
EMERGENCY/DISASTER CYCLE

Preparedness

Response

**Mitigation/
Prevention**

Recovery



Recovery

- Coping After a Disaster - Child Activity Book [CDC](#)
- Federal Emergency Management Agency - readiness, response & recovery
- American Red Cross
- Salvation Army
- United Way
- Resilience Hubs - [CERENE](#)
- My Insurance Doesn't Cover What? - [DCCA](#)

Mitigation

- Homeowner's Handbook: How to Prepare for Natural Hazards
- USDA Loan for Single Family Home Repairs
- Honolulu Habitat for Humanity
- Handbook for Emergency Preparedness - HECO
- Highway Events: Preparing My Home - HiEMA
- Hawaii Hazards Awareness & Resilience Program - [DoD](#)
- Citizen Emergency Response Teams - [HiEMA](#)
- BIA Home Show and Remodeling ([Aug 9-11, 2024](#))
- Continuing Education: National Disaster Preparedness Training Course ([Caregivers](#))

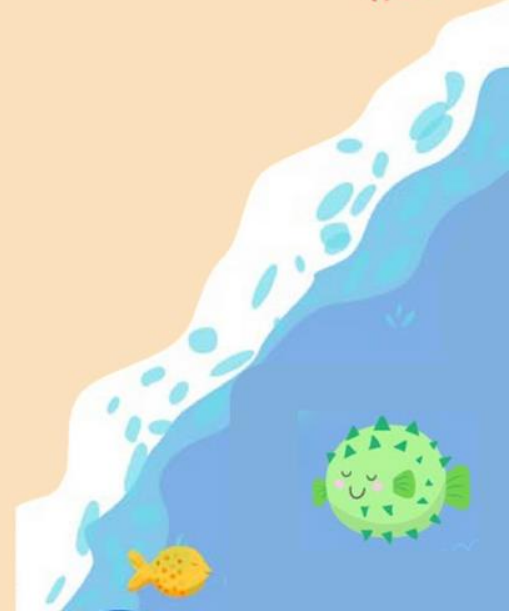


Dr. Jeffrey Okamoto

Table Top Exercise

Dr. Curtis Toma

State Preparedness Resources



Tabletop Exercise

- A mass shooting occurs at your child's school. There are 4 teachers and 20 students dead, with 25 children in various hospitals.
- A hurricane hits your island with multiple residences and businesses demolished. Many families with loved ones missing, injured or dead. Children are in multiple hospitals.
- A cyberattack hits every computer on your island. The only computers not involved are computers not connected to any network. Any computer with email or web access is locked, with a message (PLEASE PAY CYBERWOLF \$10,000 to unlock this one computer). The state and federal authorities urge you not to pay.



State of Hawai'i

Hawai'i Emergency Management Agency

<https://dod.hawaii.gov/hiema/public-resources/special-needs-information/>

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PREPAREDNESS INFORMATION

Stock your emergency preparedness kit with enough food and water for at least 14 days. Other essential items include, a battery-operated radio to receive emergency communications and essential medication.

Storage

HI-EMA recommends you store your emergency supplies in a sturdy kit such as a rolling cooler. An added bonus to using a sturdy container is that it can be used as a seat if you need to evacuate to a shelter.

Water

Water is essential to sustaining life and is an important part of your emergency preparedness kit. General guidance is for people to store one gallon of water per person, per day for at least 14 days. This can be done by storing cases of water in a cool, dry place or by storing your own tap water. The Honolulu Board of Water Supply demonstrates proper water storage techniques in this YouTube video.





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Food

Store high calorie, shelf stable food in a cool, dry place. Examples of high calorie food that do not require heat or additional water to prepare include nuts, ready-to-eat cereals, peanut butter, dried fruit, and canned soups. The United States Department of Agriculture provides information on keeping food safe during an emergency [here](#).

Other Needs

Having access to information is important before, during, and after a disaster. A **battery operated radio** will often work when other methods of communication are not available. HI-EMA strongly recommends a radio as part of every emergency preparedness kit.

If you are trapped by debris after a storm or earthquake, a **whistle** could save your life. It is more easily heard and takes less energy than using your voice to call for help and takes very little space in your emergency kit.

Hygiene and cleanliness is important to your overall health. Including items such as hand sanitizer, sanitary wipes, toilet paper, and bags to contain waste could help to keep you healthy in the days and weeks following a disaster.

Medication and Other Medical Supplies

If you have a condition requiring medication, make sure to stock extra with your emergency supplies. A hard copy of any prescriptions may also help if you need to resupply after a disaster. If your medication requires refrigeration, consider purchasing a generator or storing a supply of ice packs and a cooler for use if power goes out.

More special needs information can be found [here](#).



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PREPAREDNESS FOR INDIVIDUALS WITH DISABILITIES, ACCESS OR FUNCTIONAL NEEDS

For the millions of Americans who have physical, medical, sensory or cognitive disabilities, emergencies such as fires, floods and acts of terrorism present a real challenge. The same challenge also applies to the elderly and other special needs populations. Communities should be mindful that certain individuals may have different needs in preparing for and responding to disaster. A significant portion of the population will either be unwilling or unable to respond for various reasons. People with disabilities may need more time than others to make necessary preparations in an emergency. Also the needs of older people often mimic those of persons with disabilities.

People who are audibly impaired may not receive early disaster warnings and emergency instructions because disaster warnings are often given by audible means such as sirens and radio announcements. Mentally disabled persons may be unable to understand the emergency and could become disoriented or confused about the proper way to react. People with epilepsy, Parkinsons disease and other conditions often have very individualized medication regime's that cannot be interrupted without serious consequences. Some may be unable to communicate this information in an emergency. Some people who are blind or visually-impaired, especially older people, may be extremely reluctant to leave familiar surroundings when the request for evacuation comes from a stranger.



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Create a Personal Support Network

A personal support network can help you prepare for a disaster. Members of your network can be roommates, relatives, neighbors, friends, and co-workers. They should be people you trust and who can check to see if you need assistance. They should know your capabilities and needs, and be able to provide help within minutes. They can do this by helping you identify and get the resources you need to cope effectively. Network members can also assist you after a disaster happens. Organize a network that includes your home, school, workplace, volunteer site, and any other places where you spend a lot of time. Do not depend on only one person. Include a minimum of three people in your network for each location where you regularly spend a lot of time since people work different schedules and are not always available.

Planning for Disaster

Decide what you will be able to do for yourself and what assistance you may need before, during, and after a disaster. To complete a personal assessment, make a list of your personal needs and your resources for meeting them in a disaster environment. Learn about devices and other technology available to assist you in receiving emergency instructions and warnings. Prepare clear, specific and concise instructions for others who may be providing assistance who are not familiar with your needs.



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If Disaster Strikes

If you are instructed to take shelter immediately, do so at once.

If you are instructed to evacuate

Should you need to leave, your first option and plan should be to go with family or friends first; familiar faces and places could help you be as comfortable as possible in a stressful situation. Emergency public shelters can provide a safe place to stay when available. However, they do not provide personal health care. If you require the care of a personal attendant and choose to go to a shelter, bring the attendant with you. Always inform members of your support network of your location and status.

If you or someone close to you has a disability or a special need, you may have to take additional steps to protect yourself and your family in an emergency.

Disability or Special Need	Additional Steps https://dod.hawaii.gov/hiema/public-resources/special-needs-information/
<i>Visually Impaired</i>	May be extremely reluctant to leave familiar surroundings when the request for evacuation comes from a stranger. A guide dog could become confused or disoriented in a disaster. People who are blind or partially sighted may have to depend on others to lead them, as well as their dog, to safety during a disaster.
<i>Hearing Impaired</i>	May need to make special arrangements to receive warnings.
<i>Mobility Impaired</i>	May need special assistance to get to a shelter.
<i>Non-English Speaking persons</i>	May need assistance planning for and responding to emergencies. Community and cultural groups may be able to help keep people informed.
<i>People without vehicles</i>	May need to make arrangements for transportation.
<i>People with special dietary needs</i>	Should take special precautions to have an adequate emergency food supply.
<i>People with medical conditions</i>	Should know the location and availability of more than one facility if dependent on a dialysis machine or other life-sustaining equipment or treatment.
<i>Mentally Disabled persons</i>	May need help responding to emergencies and getting to a shelter.
<i>People with dementia</i>	Should be registered in the <u>Alzheimer's Association Safe Return Program</u>



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Preparing for Disaster for People with Disabilities and other Special Needs

This booklet will help people with disabilities prepare and emergency plan to protect themselves, family, friends, personal care assistant and others in the support network in the event of an emergency.

[Download FEMA 476](#)



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**SPIN Conference
CSHCN and Planning for Disasters
Curtis Toma, MD
April 6, 2024**

Timeline: Rapid but Centuries

8/8/23:	Fire	Very Rapid but Lahaina Centuries in the Making
1900's:	Sugar is King	Lahaina Sugar closes in 2000 after 140 years
1860:	Transition of Kings	Pioneer Mill (Lahaina Sugar) Founded
1820-50:	Whaling is King	1820's Lahaina Whaling Capital of Pacific.
1831	Lahainaluna High	Oldest HS west of Mississippi
1800-50:	Kamehameha is King	Lahaina capitol of Kingdom of Hawaii



For context 1860's Civil war and President Lincoln in office.

**Rich History of Lahaina runs deep for centuries including pre western contact.
Cultural and Historical losses.**

**For Children any sense of familiarity helpful:
Toys, Books, Fidget Device, People**



Lessons Learned: Medicaid as Partner

- **Medicaid Edits:** Refills, DME
- **Medicaid Insurance:** Applications, Outreach, fasttrack
- **Case Managers:** Quest Plans have CM (HC), comment on CM, Med, DME
- **Identify High Risk:** Data and Data Analytics
- **Hospital Decompression** Medicaid and Health Plan Assist
- **Human Resources:** Medicaid Eligibility and Outreach, Quest Plans, CM, RN/SW



Lessons Learned:

Housing

- Thousands of displaced individuals
 - Children: 25 – 33 % depending on survey
 - Ethnicity: Minority is majority

- Displaced Individuals
 - 80 % Renter
 - 20 % Homeowner

Often there is loss of inventory of homes in disaster.

Comment: Electrical Power Helpful to Pre Plan for shelter and housing options ahead of time especially for children and CSHCN. Home vs mass shelter.



Lessons Learned: Supplies



Lessons Learned: Food and Supplies

- **Supplies: Centralized vs Decentralized**
- **Pediatric Foods: Infant Formula**
 - **Local Vendor Pharmacare donations (early)**
 - **Maui Food Bank**

- **Enfamil larger donations (later)**
- **Comment: Metabolic Formulas/Special Formula/Diets**



Lessons Learned: Communications

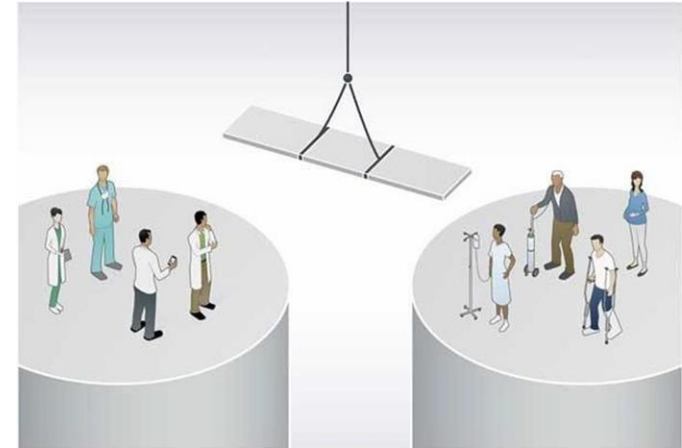
Links back to all other categories

Bridges: Bidirectional

SPIN Network

Pre Planning Helpful

Cell Phone: Emergency. Charge.



**Keiki Themes:
Comment on Keiki, Peers/Activities ,
Housing Ohana**

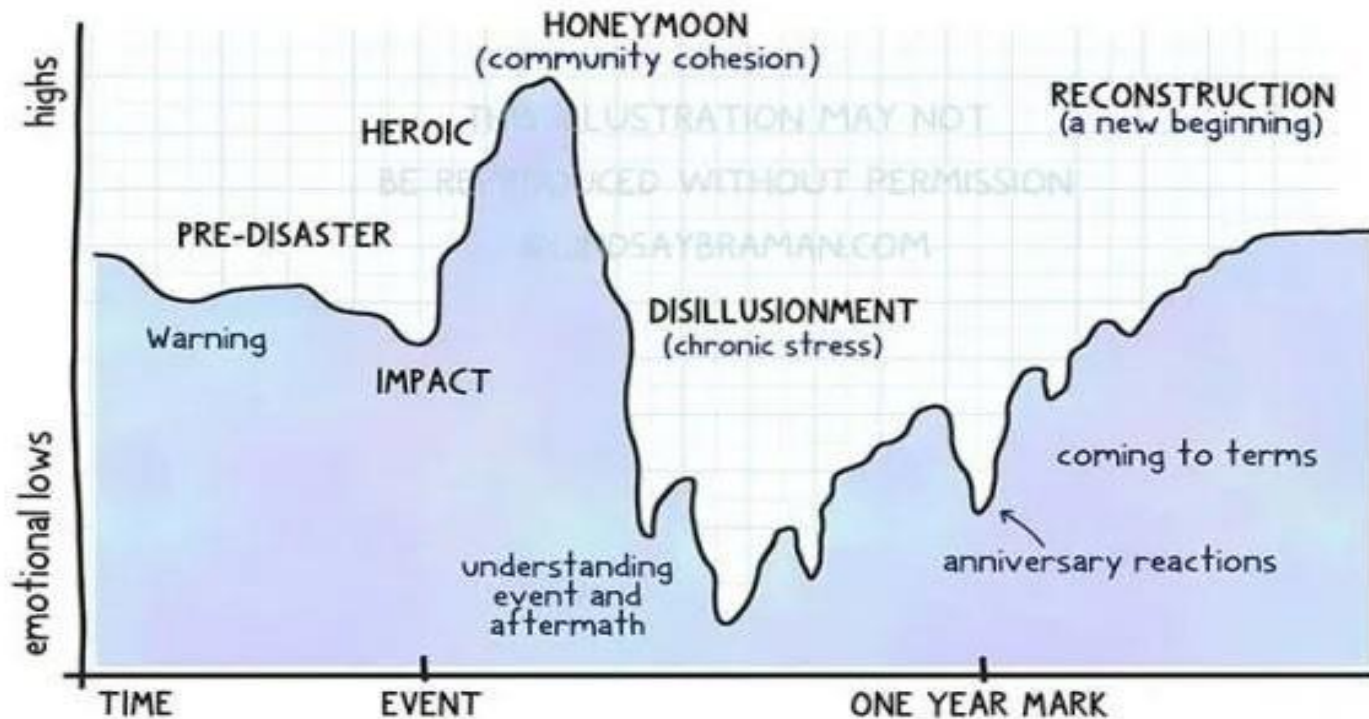


Sacred Hearts School Lahaina



EMOTIONAL EXPERIENCE IN DISASTERS

(and other collective traumas)



Adapted by @lindsaybraman from Zunin & Meyers/ samhsa.gov pub no. 90-538





Ho'ola Healing



Them

es:

Ohana can transcend time and place
If you have family you have everything

Depression can be common post disaster, parents and children
Anticipation helpful. Spiral up vs spiral down

www.youtube.com/watch?v=bUynrGy2nyM





Bathey Fong

Feeling Safe Being Safe Emergency Preparedness



FEELING
SAFE
BEING
SAFE
WHO ARE
WE?

- Feeling Safe, Being Safe is run by the self-advocates of the Hawaii Self-Advocacy Advisory Council (SAAC).
- SAAC is a non-profit agency made up of individuals with disabilities.
- We help people with disabilities.
- Our mission is to raise awareness and the quality of life for all self-advocates through leadership, education, and full participation in the community.
- Our motto is “Lead by Example” and “Nothing About Us Without Us.”



FEELING
SAFE BEING
SAFE
WHO IS
OUR
PARTNER?

- The Hawaii State Council on Developmental Disabilities help us by providing support to the trainers and the work of Feeling Safe, Being Safe.





Feeling Safe, Being Safe is created by people with disabilities.

To have people with disabilities have the ability to be prepared for an emergency or disabilities.

To know how to help people with disabilities in an emergency.

A program where we teach others to learn how to put an emergency kit, worksheet, magnet, medication sheet, and learn how to meet your neighbors.

Knowledge to teach others about what to do in an emergency.

Is a program based out of California to help people with disabilities learn how to prepare just in case of an emergency or disaster

FEELING SAFE BEING SAFE EMERGENCY WORKSHEET & MAGNET

FEELING SAFE, BEING SAFE

MAKING YOUR OWN PLAN

This worksheet and magnet will help you make a plan and support you during an emergency.

It will help you think about:

- Important people to call.
- Being safe at home.
- A safe place to go.

Complete all the pages in the worksheet. Put it in your emergency kit.

The magnet will show important information about you. Fill it in using information from your worksheet. You can use a pen or marker. Put it on your refrigerator.


Have someone help you:





- Get all the information you need. Complete the worksheet.
- Put your emergency kit together. Fill in your magnet.

This project has been made possible by funding from:

Hawaii Department of Health - Developmental Disabilities Division Contract
Federal Emergency Management Agency - Community Assistance Investment Challenge
Administration on Developmental Disabilities - 93026514

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Center on Disability Studies
 www.cds.hawaii.edu
3133 Lane Complex, Bld. 17F
Honolulu, HI 96817
(808) 958-8791
Mahalo to the self-advocates that helped develop the Hawaii and California curriculum and trainings!
Original Design:
California Department of Developmental Services
Eileen O'Leary, 822 56964300@cds.org


PERSONAL SAFETY		USE PERMANENT MARKER	IMPORTANT TO ME
My name _____	My emergency kit is located _____	Adaptive devices and things I use _____ _____	
 My medication list is in my emergency kit	My Neighbor _____ NAME _____ PHONE # _____ ADDRESS _____	Friend/Family _____ NAME _____ PHONE # _____	
911  Important Contact Person	COMMUNITY RESOURCES		
NAME _____ PHONE # _____ Emergency Information  	PEOPLE WHO CARE		

Center on Disability Studies, University of Hawaii
<http://www.realchoices.org>




FEELING SAFE BEING SAFE MEDICATION SHEET AND HOW TO MEET NEIGHBORS

Goes to my Emergency Kit:

 My Medications My Name: _____				
INDICATION	DOSEAGE	DOCTOR	PURPOSE	SIDE EFFECTS

Goes to my Magnet:

 My Medications My Name: _____				
INDICATION	DOSEAGE	DOCTOR	PURPOSE	SIDE EFFECTS

Feeling Safe Being Safe Training: Meet My Neighbor Tips



My Information for My Neighbors

My name: _____
 Phone#: _____
 Help I might need: _____

 My emergency kit is: _____

 My medication list and worksheet are in my kit: Yes No
 Other Information: _____

My neighbors' Information for Me

My name: _____
 Phone#: _____
 Help I might need: _____

 My emergency kit is: _____

 My medication list and worksheet are in my emergency kit: Yes No
 Other Information: _____





FEELING SAFE
BEING SAFE
HOW DOES
FEELING SAFE
BEING SAFE
WORK?



**Provide in-person and online
trainings to the community**

FEELING SAFE BEING SAFE

- **Thank you for allowing us to present training information on the Feeling Safe Being Safe Emergency Preparedness program.**
- Hisaac.org
- Kailiswan333@gmail.com
- Zosimo.arista@doh.Hawaii.gov
- fongbathey5@gmail.com
- timothyrenken9@gmail.com
- audreyayer714@gmail.com
- hbalaz@hawaii.edu
- tammy@tammyevrardconsulting.com



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Thank you

Jeffrey Okamoto, MD

jokamoto@hawaii.edu

Curtis Toma, MD

Bathey Fong

fongbathey5@gmail.com

Genesis Leong

genesisl@hawaii.edu

