

Creating Aphasia-Friendly Emergency and Disaster Planning Information

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Background

- 2017 was a historic year for weather and climate related disasters in the US with \$306 billion of damage
 - Hurricanes Harvey, Irma, and Maria contributed \$265 billion of damage
 - 16 events exceeded \$1 billion of damage
- Aphasia Center of California (ACC) group discussions often focused on natural disasters, locally and around the world. This led to further discussions re: participant preparedness for high risk local natural disasters (e.g. fire, earthquake, etc.)
- Few participants acknowledged having a prepared emergency kit at home.



FEMA Materials



Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Through its *Ready Campaign*, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



Emergency Supply List



Methods

- Adapted existing FEMA disaster preparedness materials
 - Dietz et al, 2009; Worrall et al, 2011
- Conducted feedback groups with Aphasia Center of California participants to obtain input
 - Layout
 - Images
 - Terminology
- Integrated client feedback into new versions, sought additional feedback, and prepared final versions



Example Client Feedback: Images & Terminology

Iterative process of 1:1 (4), small (3), and larger (6) feedback groups.

- Image for **dust mask**:



- Term: **non-perishable**



removed word and
**included additional visual
images to support
comprehension**

- Term: **moist towelettes**



changed to **“wet wipes”**

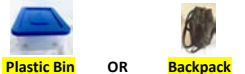


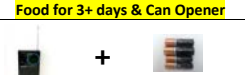
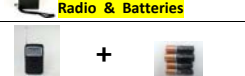

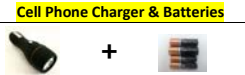
- Term: **sanitation**



changed to **“washing”**

Final Versions

Two column version with highlighted text










Recommended Basic Emergency Supplies Checklist* ✓		
Be prepared for a natural disaster: 1) Get a kit 2) Make a plan 3) Be informed		
<input type="checkbox"/>		Plastic Bin or Backpack for storing and carrying emergency supplies
<input type="checkbox"/>		Water, one gallon of water per person per day for at least three days, for drinking and washing
<input type="checkbox"/>		Food, at least a three-day supply of food and a can opener if kit has canned food
<input type="checkbox"/>		Radio and batteries, battery-powered or hand crank radio
<input type="checkbox"/>		NOAA Weather Radio with tone alert for storms
<input type="checkbox"/>		Cell phone charger, battery-powered or hand crank
<input type="checkbox"/>		Flashlight and extra batteries

* Adapted and sourced from: https://www.fema.gov/media-library-data/1440775327070-3e00f335d637a63551092a24d585301/SpecialNeeds_LargePrint_v3.pdf

Grid version without highlighting

Recommended Basic Emergency Supplies Checklist* ✓

Be prepared for a natural disaster:
1) Get a kit 2) Make a plan 3) Be informed

	Plastic Bin OR Backpack	<input type="checkbox"/>		Water for 3+ days	<input type="checkbox"/>		Food for 3+ Days	<input type="checkbox"/>
	Radio, NOAA Weather Radio & Batteries	<input type="checkbox"/>		Cell Phone Charger & Batteries	<input type="checkbox"/>		Flashlight & Batteries	<input type="checkbox"/>
	Whistle	<input type="checkbox"/>		Glasses, Hearing Aids & Batteries	<input type="checkbox"/>		Cash & Copies of Personal Documents	<input type="checkbox"/>

* Adapted and sourced from: https://www.fema.gov/media-library-data/1440775327070-3e00f335d637a63551092a24d585301/SpecialNeeds_LargePrint_v3.pdf

Next Steps

- **“Aphasia Friendly” Emergency Kit documents are available for download at: www.aphasiacenter.org**
- **We need your help** to get these documents out!
- **Please share the link with PwA and colleagues** so more people will be reached.
- **Thank you!**