Who are we?

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Associate Executive Director,
AbbeHealth Aging Services

Travis Beckman, CHEC
Deputy Director,
Johnson County Homeland Security & Emergency Management

Lena Thompson, MPH
Program Coordinator
University of Iowa College of Public Health
Who are we?

Sato Ashida, PhD
Associate Professor
University of Iowa College of Public Health

Jane Gay, RN

Marizen Ramirez, PhD
Our Stakeholder Advisory Board

- Anita Barrett, Individual Representative
- Travis Beckman, Deputy Director, Johnson County Homeland Security & Emergency Management Agency
- Jane Drapeaux, Chief Executive Officer, Hawkeye Area Community Action Program, Inc. (HACAP)
- Patti Fields, VP for Community Impact & Engagement, United Way of Johnson & Washington Counties; President, Johnson County Coalition of Organizations Active in Disasters (COAD)
- Kellie Elliott-Kapparos, Interim Director, The Heritage Area Agency on Aging: Linn Area Partners Active in Disasters (LAP-AID)
- Lauri Mitchell, Associate Executive Director, Aging Services, Inc.
- Sam Jarvis, Emergency Preparedness Planner, Johnson County Public Health
What is *Disaster PrepWise*?

- PrepWise is a tool to help older adults prepare for disaster situations
- It has been developed and tested by the University of Iowa team
The need for *Disaster Prepwise*

- Older adults are among the most vulnerable to the negative impacts of disaster situations
- Compared with younger adults, they are less prepared for disasters
- Older adults in rural areas face additional challenges

**Usual concerns with disasters (e.g., injuries, disease outbreak, rescue) +**

**Existing health conditions become exacerbated**
Previous Prepwise studies

- Participants in previous studies showed
  - Improved emergency preparedness
  - Enhanced personal emergency support networks

- Participants also gave feedback to improve PrepWise
  - Develop an online tool: streamline the process, store plans
  - Have case managers or outreach specialists help older adults

The current program responds to these expressed needs

30 people

- Age: 75.7 (SD=8.94), 59-92
- Female: 23 (79.3%)
- Live alone: 24 (80%)
Motivating rural older residents to prepare for disasters: moving beyond personal benefits

SATO ASHIDA*, ERIN L. ROBINSON†, JANE GAY‡ and MARIZEN RAMIREZ§

ABSTRACT
In the United States of America (USA), older adults in rural areas are at increased risk for adverse outcomes of disasters, partly due to medical needs, limited or long geographic distances from community resources, and less knowledge and motivation about preparedness steps. Older residents and ageing service providers in a rural community in the USA were interviewed regarding their perceptions about disasters.

Changes Preparedness Behaviors
• Preparing an emergency kit (10)
• Emergency radio (6), batteries (5)
• Additional sheltering plan (10)
• Discussed plans with others (8)

Importance of Social Relationships
Disaster PrepWise Worked!

Support Networks enhanced through intervention

1. 203 support network members at baseline
   - 61%: “turn for help” or “would come to assist” in emergency
   - Relatives, live within 1hr drive, male, trusted

2. Follow-up: addition of 79 supporters
   - Non-family, trusted

Emergency support networks enhanced by adding non-family members
Participants told us...

1. Recommended an electronic tool to help practitioners streamline the process, and to securely store plans if paper documents are destroyed.

2. Participants suggested that we provide technical support (i.e., case managers, outreach specialists) to help older adults complete their disaster plans.
Current Project!

Project Objectives:

1. Develop Disaster PrepWise electronic tool for community-based providers.
2. Develop PrepWise implementation protocols for local organizations currently providing services to community-based older residents.
3. Evaluate Disaster PrepWise program’s implementation processes and impacts.

...with input from the Stakeholder Advisory Board (SAB)!!
Research Questions:

1. Can we improve preparedness among those who use the electronic version of PrepWise?

2. Can we strengthen emergency support network of these individuals like we did before?
What are we testing?

1. Impact of the tool
2. Our approaches to delivering the program in real life settings
3. How people react to the program overall
Online Tool: *Disaster PrepWise*

[Image of Disaster PrepWise tool]

https://uiowa2.instructure.com/courses/113
7 Proposed Steps

1. Establish Stakeholder Advisory Board (SAB) and jointly develop operating procedures (roles & expectations)
2. Understanding our community: Community assessment
3. Develop a Prepwise Electronic Tool and refine based on feedback from SAB
4. Develop Prepwise implementation protocols in collaboration with SAB members
5. Pilot test: Assess implementation processes and preliminary impacts of Prepwise
6. Disseminate project findings and the Prepwise program
Establish a Stakeholder Advisory Board and operating procedures

- Consent, MOU
- Operating procedures

Memorandum of Understanding

- Engage in meetings
- Contribute to project activities
  - Review materials & give feedback
  - Community assessments
  - Connect us to key stakeholders
- Support our initiatives
  - Refer clients/organizations
  - Facilitate networking
  - Publicity

- Meeting locations
- Meeting lengths
- Communication
- Making decisions
- Valuing everyone’s opinions
- Participatory
Understanding our community: Community assessment

1. Who would benefit the most from Prepwise?
2. Who can provide outreach and support?
3. What are the barriers to implementing the Prepwise?

Johnson County Community Organizations Active in Disasters (JC-COAD)

Linn County Partners Active in Disasters (LAP-AID)
Program Content

Table of Contents

1. Introduction
   Learn about the importance of emergency preparedness and get a brief orientation to the Disaster PrepWise tool.

2. Step 1: Complete a Personal & Household Assessment
   This section covers the three phases of emergency response: 1) Alert & Warning, 2) Evacuation, and 3) Shelters. In Step 1, complete a personal and household assessment and identify action steps you can take to better prepare for emergencies or disasters.

3. Step 2: Develop a Personal Emergency Network
   Step 2 will help you identify people in your social network who can assist you in case of an emergency. Complete the form to identify who will help with what tasks, and gather their contact information for easy access.

4. Step 3: Develop Emergency Information & Important Documents
   In case of an emergency, it is important to have updated personal and medical information on hand to ensure that your healthcare needs are taken care of. Complete forms to consolidate your information related to medical care, family contact information, and other important documents.

5. Step 4: Keep a 3-5 Day Supply of Medications & Medical Supplies
   Medications and other medical supplies may not be easily accessible in the event of a disaster or emergency. This section gives tips on keeping extra supplies of medications and questions you may want to ask your healthcare providers and pharmacists to be prepared.

6. Step 5: Build an Emergency Supply Kit
   Step 5 will guide you through the process of preparing your emergency supply kit. This section introduces emergency items and medical or health supplies that you may consider including in your emergency kit for sheltering at home and on the go.

7. Special Considerations
   This section provides information about emergency preparedness for special considerations in the following topics: Alzheimer’s & Dementia, Car & Travel, Emotional Well-Being, Home, Pets & Service Animals, and Work & Public Settings.

Additional Resources

Types of Emergencies & Disasters

- Fires
- Tornadoes
- Floods
- Extreme Cold
- Extreme Heat
- Radiation
- Earthquakes
- Hurricanes
- Tsunamis
- Hazardous Materials
- Pandemic
- Biological Threat

It is important to know about different types of disasters in order to best prepare yourself and your family for an emergency situation. Knowing your risk, how you will be alerted, and what to do before, during, and after a disaster will help you tailor your emergency preparedness plan to your needs and geographic area. Click on the icons below for more information about different types of emergencies and disasters.
Step 1: Complete a personal household assessment

Why is it important to assess your emergency preparedness?
Completing a personal and household assessment is important for everyone. It is especially important for those who have unique health needs, or care for others who have unique health needs. This assessment will help you develop a plan for meeting your basic and functional needs when responding to an emergency. Play the video below for an introduction to Step 1 and instructions for completing the personal and household assessment forms.

What is your plan in case of an emergency? The 3 phases of emergency response

- **Alert & Warning:** How will you find out about a disaster or emergency?
- **Evacuation:** Can you get to a safe place in your building? Will you be able to leave your home quickly? Will you be able to get out of town quickly?
- **Sheltering:** Do you have a safe place to stay inside of your home? Do you have a safe place to stay outside of your home for a period of time?
Step 2: Develop a personal emergency network

<table>
<thead>
<tr>
<th>Personal Emergency Network: Tasks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indicate which items each of your identified contacts can assist with in case of an emergency. Designate which individual you will call upon first, second, and third, for each task.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Lena</th>
<th>Lauri</th>
<th>Travis</th>
</tr>
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<tbody>
<tr>
<td><strong>Preparation:</strong></td>
<td>Second ✗</td>
<td>First ✗</td>
<td>Third ✗</td>
</tr>
<tr>
<td><strong>Alert &amp; Warning:</strong></td>
<td>No ✗</td>
<td>Second ✗</td>
<td>First ✗</td>
</tr>
<tr>
<td><strong>Evacuation:</strong></td>
<td>Third ✗</td>
<td>First ✗</td>
<td>Second ✗</td>
</tr>
<tr>
<td><strong>Providing Shelter:</strong></td>
<td>No ✗</td>
<td>Second ✗</td>
<td>First ✗</td>
</tr>
<tr>
<td><strong>Help with Care:</strong></td>
<td>First ✗</td>
<td>Third ✗</td>
<td>Second ✗</td>
</tr>
<tr>
<td><strong>Transportation:</strong></td>
<td>First ✗</td>
<td>Second ✗</td>
<td>Third ✗</td>
</tr>
</tbody>
</table>

**Action steps I need to take:**

Re-confirm with all three, share plan with all three network members.
Step 3: Develop emergency information & important documents

<table>
<thead>
<tr>
<th>Healthcare Provider Information</th>
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<tbody>
<tr>
<td><em>Lena</em></td>
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<table>
<thead>
<tr>
<th>Doctor 1</th>
</tr>
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<tbody>
<tr>
<td>Name:</td>
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<td>Phone:</td>
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<tr>
<th>Doctor 2</th>
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<tr>
<td>Name:</td>
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<td>Phone:</td>
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<tr>
<th>Doctor 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
</tr>
<tr>
<td>Phone:</td>
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</tbody>
</table>
Step 4: Keep a 3-5 day supply of medications and medical supplies
Step 5: Build an emergency supply kit
Develop Prepwise implementation protocols in collaboration with SAB members

Two Parts of the Emergency Supply Kit

Depending on the emergency, you may need to either shelter in your home or evacuate to a safer location. Your emergency supply kit has two parts to ensure you have the supplies you need at home and on the go.

- Emergency Supply Kit for sheltering at home
- Tail & Go Bag for sheltering on the go

The video below provides more information about the items that should go into your emergency supply kit. Print out the checklists at the bottom of this page to follow along as we show you how to build your own kit.

Emergency Supply Kit: Sheltering at Home

Make plans and have supplies to take care of yourself for at least 3 days at home. You may not have electricity, gas, or water supplied to your home, part of your home may be destroyed, or you may have to shelter in place. A list of supplies to gather for your emergency supply kit is provided below under the “Fill Out the Form” tab and as printable checklists in the “Printable Emergency Documents” tab.

- If getting all the items at one time is difficult, purchase some each month until the kit is done.
- You already have some items around your home that can be put into the kit. Other items might need to be purchased.
Special considerations

After completing the 5 steps of emergency preparedness, you've covered the basics of assessing, planning, and preparing for emergency and disaster situations. But you may want to consider other areas for emergency preparedness. Some people may have additional needs that require specific preparedness measures, such as those with Alzheimer's or dementia, owners of pets and service animals, or individuals who have experienced a disaster in the past. You may also want to consider how you can better prepare your home and vehicle for emergencies, and learn how to prepare yourself at your workplace or other public settings. For more information about special considerations for emergency preparedness, click on the icons below.

- Alzheimer's & Dementia
- Emotional Well-Being
- Pets & Service Animals
- Car & Travel
- Preparing Your Home
- Work & Public Settings
Additional resources

Extreme Cold & Severe Winter Storms

Are you at risk?
- Extreme cold and severe winter storms can happen in every region of the country. Lower than normal temperatures may occur from autumn through spring, depending on the area.
- Winter storm conditions can include heavy snow, ice, sleet, freezing rain, strong winds, and extremely cold temperatures.
- Winter storms can cause prolonged power outages and make walkways and roadways extremely dangerous. Storms may also disrupt community services, including schools, public transportation, home health care, and other community-based supports.
- The majority of injuries caused by extreme cold and severe winter storms occur due to exposure, dangerous roads, cold-related conditions, and carbon monoxide poisoning.

How will you be alerted of extreme cold and winter storms?
- Winter Weather Advisory: Winter conditions are expected to cause considerable inconveniences. Use caution as conditions may be hazardous. Be Aware!
- Winter Storm Watch: A winter storm and severe conditions (heavy snow and ice) are possible within 24-36 hours. Be Prepared!
- Winter Storm Warning: A winter storm is currently occurring or will soon occur in the area. Take Action!
- Blizzard Warning: Blizzard conditions are expected to continue for 3 hours or longer, including winds of +35 mph and significant snowfall that reduces visibility. Take Action!
- Frost/Freeze Warning: Temperatures below freezing are expected. Take Action!

Before Extreme Cold & Winter Storms
- Make a plan for evacuating and sheltering (Step 1), develop a family communications plan (Step 2), and build an emergency supply kit (Step 3).
- Insulate walls and attics, caulk or weather-strip doors and windows, install storm windows, or cover windows with plastic to keep warm air inside.
- Prepare for snow removal. Have equipment to remove snow, rock salt to melt icy walkways, and sand or kitty litter to generate traction.
- Make sure you have sufficient heating and power sources. An oven may be cut off. Have battery-powered flashlights and extra batteries on hand.
- Know how to shut off your water in case a pipe bursts in the cold. The Social Considerations House page has more instructions about shutting off utilities.
- Before the winter season, have a mechanic check the antifreeze, brakes, heater, defroster, tires, and windshield wipers in your car. Always keep your gas tank at least half full during extreme cold.
<table>
<thead>
<tr>
<th>Protocol Development</th>
<th>Potential Partner 1</th>
<th>Potential Partner 2</th>
<th>Potential Partner 3</th>
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</thead>
<tbody>
<tr>
<td>Who they can reach</td>
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<td></td>
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<tr>
<td>“Champions”</td>
<td></td>
<td></td>
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<tr>
<td>How to approach</td>
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<tr>
<td>Resources available: (capacity to host program)</td>
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<tr>
<td>Resources needed</td>
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<td></td>
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<tr>
<td>Who will deliver program</td>
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</table>

What additional factors do we need to consider when selecting the partners?
Delivery Mode

How can Prepwise be delivered to older adults? By Whom?

• Home-based
  - One-on-one meeting with case manager

• Group-based
  - Group session at the Senior Center computer lab

• Other ways this could work?
  - College student volunteers to assist residents
Intervention Materials

- **Participant Report**: personalized plan

- **PrepWise toolkit** for organizations
Pilot test: Assess implementation processes and preliminary impacts of Prepwise

- Describe work in Marion – partnership with Aging Services
- Overview of current protocol
- Describe work in Johnson County with MRC? Travis can talk about MRC, it’s history and what it is.
Disseminate project findings and the Prepwise program

• Or maybe just talk about current findings here...?

• We can talk about preliminary results: descriptives and some things we found for the APHA presentation?
Dissemination

• Projected timeline
• American Public Health Association – abstract submitted
• Presenting back to the SAB
• Presenting to the Aging Network and public health agencies - or any other groups interested in PrepWise

• Policy Fellow: The University of Iowa Institute of Public Health Research and Policy [ ]
Policy project

1. Establish an expert panel consisting of state and local agencies involved in disaster management and serving community-based older adults

2. Hold meetings and conduct surveys
   a) Identify what state and local agencies are currently doing to support older Iowans in disaster management & their ideal approaches
   b) Identify barriers to sharing data and information across agencies
   c) Identify potential ways to incorporate online tools into existing disaster management infrastructure in Iowa

3. In collaboration with the Expert Panel, make recommendations to address identified barriers and to improve disaster-related support to older Iowans

Invited: Iowa Homeland Security, Iowa Department of Public Health, Department of Health and Human Services, Area Agencies on Aging, County Emergency Management, Red Cross, United Way, and others
Thank you!