



DISASTER WORKSHOP FOR LOGAN SENIORS OR PEOPLE WITH HEALTH CONDITIONS

We are often flustered or feel panicked when a sudden emergency occurs and we do not always think clearly. It is important we are prepared for emergencies before they occur.

Step 1 - Knowing how you manage everyday is the first step in planning for how you will manage in an emergency.

Every day items you may need to grab upon leaving your villa immediately

1. Blood Pressure Monitor
2. Emergency Bag
3. Hearing Aids
4. Keys - house, car, buggy, caravan
5. Medications, insulin
6. Mobile phone near bed (is this charged before you go to bed?)
7. Mobile phone charger
8. Mobility aids
9. Torch with working batteries (is this close to your bed?)
10. Pets and cat cage; dog crate; collar; lead; harness; pet medication
11. Purse / Wallet - credit cards, concession / Medicare cards, drivers licence, etc
12. Shoes
13. Spectacles
14. Other items you are aware of –

Emergency Bag

1. Batteries - hearing aid, portable radio, torch, etc.
2. Book / puzzle / playing cards, etc
3. Bottled water
4. Cash - small denominations as change may not be available
5. Cutlery, plate / bowl (non breakable)
6. Documents ***
7. First Aid kit; face masks
8. Mobile phone charger (if you have a spare)
9. Set of clothes / underwear / extra pair of shoes /warm socks and jumper
10. Personal care - incontinence supplies; hand sanitiser; toothbrush; towel; wet ones; etc
11. Pet bowl, pet blanket
12. Portable radio
13. Tin opener
14. Toilet roll
15. Other items you are aware of -

*** Copies of important documents and medical history in waterproof bag.

Important documents, including photographs, could be scanned to a USB stick and kept in Emergency Bag. Also email them to yourself to store in the Cloud. Remember to update if documents change.

Documents to consider - Birth and marriage certificates; passport; dog / cat registration and vaccinations; electricity and gas account numbers; home and contents, car, buggy, caravan insurances; tax file number.

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USEFUL LINKS

VERY IMPORTANT LINK: <https://disaster.logan.qld.gov/disaster> dashboard

This Site has a translation service available. Link at top of page, Select Language.

This Site will provide you with real time information based on the disaster including weather; road closures; river heights, Evacuation and Recovery Centres open at that time (Centres are opened on an as required basis dependent upon the emergency so it is important to check the LCC Disaster site before heading to a Centre).

Registering online with the Logan Early Warning link will enable you to receive weather alerts.

<https://www.redcross.org.au> - Preparing for Emergencies. This Site has valuable information including a RediPlan of 38 pages that can be downloaded, or just the last 8 pages.

The ABC is Australia's Emergency Broadcaster. Alerts and Warnings are issued at:
<https://www.abc.net.au/news/emergency>

Radio - This link will provide the ABC radio frequency closest to you - <https://reception.abc.net.au> - Radio frequency AM612 for Brisbane and Logan.

Download the Emergency Plus App. When you contact the operator with your location give them the what3words. These words tell emergency services within a 3m x 3m radius where you are.

THINGS TO CONSIDER

Can your villa be accessed easily by emergency services?

Need to plan where you will go if you need to evacuate your villa due to:

- a house fire
- a disaster in the area

How much time will it take to access every day items needed and your emergency bag?

Plan on how will you exit your villa.

What is your mobility / agility to evacuate in haste - who will help you?

List of instructions to a trusted neighbour who would help you collect what you need to evacuate.

List of emergency contacts - doctor, family friends and medication. Place on fridge and give to trusted neighbour. A River Glen resident advised home owners put this list on back of pantry door.

Transportation - how will you get to your destination?

Talk to your doctor about how you will access controlled medications during and after an emergency. If your medication and supplies require refrigerating and have a short shelf-life, talk to your doctor about this.

Pets - Not all emergency centres can accept pets. RSPCA and council pounds help out during a disaster though space is limited.

Power outage - Is your gas bottle full for your BBQ or gas stove. Do you have a neighbour with a gas stove or BBQ you could use?

When does your smoke alarm battery need replacing?

You don't have to be good friends with your neighbours - just be good neighbours