

Natural disasters

Natural disasters can include bushfire, heatwaves, flooding, thunderstorms, cyclones and tsunamis. When a disaster occurs, you may be at home, at work, studying or on holidays. You may be in a different location to the person you care for.

This plan helps you think about what to do and who can help if you ever needed to evacuate. Depending on the nature and extent of the disaster, you may be unable to return home until it is deemed safe. This means some people may need to leave their homes for 3 to 7 days, if not longer.

This information can be recorded on the one page 'Evacuation Checklist' found in Attachment A.

How to stay updated

ABC is the national emergency broadcaster in Australia. **My local ABC radio station frequency is:** _____

Call **Triple Zero (000)** for all emergencies. You will be asked whether you need Police, Fire or Ambulance.

In a bushfire emergency, call the **Bushfire Information Line** on **1800 679 737**. You can visit the website for more information: www.rfs.nsw.gov.au/firesnearme

Call **State Emergency Service** on **132 500** to learn about storm, flood or tsunami risks. The website has good advice and regular updates. Visit www.ses.nsw.gov.au

If you have a **smart phone** (iPhone or Android) there are some useful apps: Hazards near Me, My Fire Plan, BOM weather, Live Traffic, and Emergency+.

- *iPhone instructions: go to the App Store on your home screen; search for the app you want; tap the app and then tap 'Get'.*
- *Android instructions: Open Google Play; use the Play Store App on your phone; find the app you want; tap 'Install' for free apps. See detailed instructions here: www.wikihow.com/Download-Apps-on-Android*

Tip: Check your insurance policies are adequate and up to date.

Does the person you support have special needs?

It is helpful to think about any special needs you may have should you need to evacuate. This may help you identify the best place to evacuate to in an emergency.

Please circle "Yes" or "No" in response to the questions below:

Do you need electricity to run medical equipment or devices? E.g. oxygen, feeding pump, communication devices. If yes, describe:	Yes / No
Do you need help to transport the person to a safe location? E.g. wheelchair taxi, modified vehicle, ambulance. If yes, describe:	Yes / No
Do you need equipment to safely move the person you care for into the car? E.g. ramp, handrails, hoist, wheelchair. If yes, describe:	Yes / No
Do you need access to medications or medical supplies? E.g. insulin, pain relief, wound dressings, continence products. If yes, describe:	Yes / No
Do you or the person you support have an assistance dog or companion animal? If yes, describe:	Yes / No

Where can we go?

Some people go to the local library, shopping centre or evacuation centre if they need to leave home in an emergency.

These places may be noisy, crowded and uncomfortable. They may have limited power, food and water. They may not be able to support people with a wide range of abilities. They may not be able to take in animals.

Identify a place which is safe, away from a fire or flood area and meets your needs. You may wish to go to a friend or relative's place. You may arrange to go to a local retirement village or nursing home.

Think of two places you could go to in an emergency. You may need a back-up plan as roads may be blocked, busy or too dangerous to drive on.

If needed, we will evacuate to: _____

Our back-up location is: _____

Who can assist us?

Do you or the person you support have a **service provider(s)** who can help? If yes, name and contact number: _____

Do you have **family, friends or neighbours** who can help? If yes,

Name and contact number: _____

Name and contact number: _____

Name and contact number: _____

What do we need to take?

This information can be recorded on the one page 'Carer Go Kit Checklist' found in Attachment B.

Emergency kit

Some people have an emergency kit in case they lose power or need to leave in a hurry. Think about having these items stored in a waterproof storage box.

Tick if applicable:

<input type="checkbox"/> Portable radio	<input type="checkbox"/> First aid kit	<input type="checkbox"/> Candles
<input type="checkbox"/> Torch	<input type="checkbox"/> Spare batteries	<input type="checkbox"/> Waterproof matches
<input type="checkbox"/> Face masks	<input type="checkbox"/> Hand sanitiser	<input type="checkbox"/> Other: _____

Emergency plan

It helps to keep your emergency plan in the one place so you can get to it quickly and easily. Save your plan to your computer or phone. Keep a copy with you. Share it with your emergency contacts. Pack it in your Go Kit.

There are a number of different plans available. One of these may suit your specific needs. Tick if you have any of the following plans:

<input type="checkbox"/> Bush fire survival plan (RFS)	<input type="checkbox"/> Emergency care plan (Carer Gateway)
<input type="checkbox"/> Home emergency plan (SES)	<input type="checkbox"/> RediPlan (Red Cross)
<input type="checkbox"/> Person centred emergency preparedness kit (PCEP)	<input type="checkbox"/> Advance Care Plan or Advance Care Directive
<input type="checkbox"/> Authorised General Care Plan (NSW Ambulance)	<input type="checkbox"/> Authorised Palliative Care Plan (NSW Ambulance)
<input type="checkbox"/> Other:	

Animal kit

Pets and assistance animals are an important part of the family. Consider how you will move your animal(s) and what you will need if you evacuate.

Tick if applicable:

<input type="checkbox"/> Cage or pet carrier	<input type="checkbox"/> 3-7 days food, water	<input type="checkbox"/> Can opener, spoon
<input type="checkbox"/> Muzzle, leash, lead	<input type="checkbox"/> Bowl or feed bucket	<input type="checkbox"/> Blankets, bedding
<input type="checkbox"/> Litter and tray for cats	<input type="checkbox"/> Poo bags for dogs	<input type="checkbox"/> Toys
<input type="checkbox"/> Medications, prescriptions	<input type="checkbox"/> Other:	

Get ready to go kit

It helps if the things you need are already packed and ready to go at short notice. This is called a go kit. You may have some items packed, with a list of extra items you need to add to your kit. Have a waterproof bag for any paperwork and valuables.

Depending on the nature and extent of the disaster, you may be unable to return home until it is deemed safe. Plan to be away from home from 3 to 7 days. Consider what food, clothing and comfort items you need. Think about important documents like drivers licence, Medicare card, key cards, insurance policies, passports.

Tick if applicable:

<input type="checkbox"/> Cash, credit cards	<input type="checkbox"/> Clothing, footwear	<input type="checkbox"/> Mobile phone
<input type="checkbox"/> Fresh food and water, non-perishable food	<input type="checkbox"/> Hearing aids, glasses	<input type="checkbox"/> Phone charger, power bank
<input type="checkbox"/> Medications, prescriptions	<input type="checkbox"/> Toiletries	<input type="checkbox"/> Toys, family games
<input type="checkbox"/> Special dietary requirements like thickened fluids, feeding tubes (add):		
<input type="checkbox"/> Medical supplies like wound or continence products (add):		
<input type="checkbox"/> Medical equipment like glucometer, oxygen therapy (add):		
<input type="checkbox"/> Mobility equipment like walking frame, wheelchair (add):		
<input type="checkbox"/> Important documents like identification, insurances, banking, housing, medical (add):		
<input type="checkbox"/> Photos, videos, valuable items (add):		
<input type="checkbox"/> Comfort items like soft toy, pillow, blanket (add):		

Who do we need to call?

If you need to leave home in a hurry, **who will you call** to let them know you are leaving, and that you have arrived safely? Think of family, friends, and neighbours:

Do you need to place any **services and supports** on hold? If so, add their name and contact numbers:
