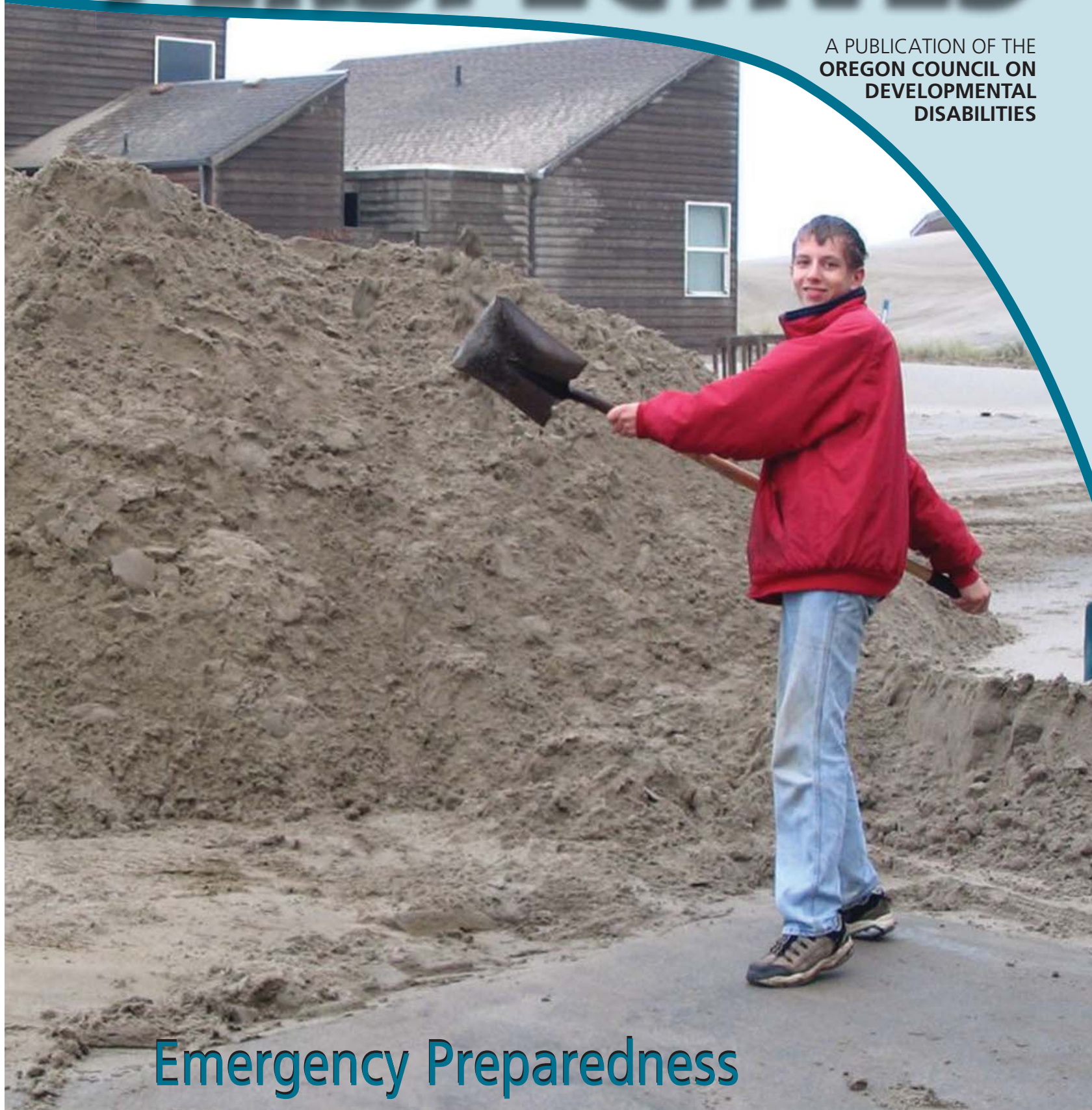


oregon

PERSPECTIVES

A PUBLICATION OF THE
**OREGON COUNCIL ON
DEVELOPMENTAL
DISABILITIES**



Emergency Preparedness



**OREGON
COUNCIL ON
DEVELOPMENTAL
DISABILITIES**

The mission of the Oregon Council on Developmental Disabilities is to create change that improves the lives of Oregonians with developmental disabilities.

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Editor: Jill Murray.

Advisory Board: Dayna Davis, Joanne Fuhrman, Gayle Berniece Gardner, Tom Giles, Mar Goodman, Robert Shook, and Jan Staehely.

Staff: Yoshiko Kardell and Bill Lynch.

Design: Office of Communications, DHS.

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For a free subscription, contact:
Oregon Council on Developmental Disabilities
540 24th Place NE
Salem, OR 97301-4157
503-945-9941 (Salem, outside Oregon)
800-292-4154 (within Oregon)
E-mail: ocdd@ocdd.org

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ON THE COVER: Ray Ireton helping with street cleanup after winter storms in Pacific City.

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20 On Losing a Roof

I lay in bed, hearing the wind tearing at the roof. It was real eerie, not knowing if the next moment we would see stars up above us. Daisy came in to tell me that she had found a leak. "Mom," she said, "The living room's wet."



25 Digging Out

Our family endured four days without power. Our kids, who range in ages from 18 to 24, kept themselves busy and got by. Our son, Ray, is our outdoorsy guy. He worked with the Coastway crew to help clean out sand from our streets.

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From the Director

Disaster as a Learning Opportunity

Oregon's disaster preparedness was put to the test in late 2007 during the December storm that devastated coastal communities and other parts of northwestern Oregon. The storm brought hurricane winds, torrential rain and flooding to coastal and inland communities, resulting in seven counties being officially declared disaster areas by the Federal Emergency Management Agency. Although the "test" results were mixed, the storm provided an important learning opportunity for everyone involved, including the agencies and people responsible for the health and safety of people with developmental disabilities.



While memories of that experience and the lessons learned were still fresh, we wanted to gather first hand accounts from people with developmental disabilities, their families, people that support them, agency representatives and community members. We hope these stories from the northwest corner of Oregon will help readers across the state better understand what needs to happen to ensure that people with developmental disabilities fare at least as well as others when disaster strikes.

Of course, the December storm was not the first test of our emergency preparedness, nor will it be our last. You will also find in this issue a story about how one family dealt with the threat of losing their home to the giant Biscuit wildfire of 2002.

As always, we want to thank all of you who wrote articles and were willing to be interviewed for this issue of Oregon Perspectives. For many, this was a difficult and frightening experience. Your willingness to relive those times for the benefit of our readers is greatly appreciated.

Bill Lynch
Executive Director
Oregon Council on Developmental Disabilities

December 2007 Storm Timeline

Friday, November 30 — Warnings of an approaching storm begin to come in.

Saturday, December 1st — Rain begins and the wind picks up in the night. Residents prepare by stocking up on supplies.

Sunday, December 2nd — High winds begin lashing the coast, accompanied by heavy rains. Downed trees begin blocking highways and roadways, disrupting traffic links. Phone and cell lines begin to fail as lines and towers go down.

Monday, December 3rd — Clatsop DD Program Services office closes, county staff attempt to check on people. Shelters open. Seaside roofs blown off. Vernonia flooding peaks, evacuations required.

Tuesday, December 4th — Winds begin to subside.

Wednesday, December 5th — Clatsop County cell phone connections begin returning late in the evening. County staff able to reach offices again. Power only now begins to be restored.

Thursday, December 6th — Red Cross reaches shelters in Seaside and Cannon Beach to supply blankets, cots and care kits. Communication by phone possible. Power is restored to Pacific City. Generators purchased and transported to Clatsop County.

Lessons Learned

By Jake Carls

People don't give a lot of attention to emergency preparedness until an emergency occurs and they have to rely on their own skills and knowledge, adequate or not. People with disabilities are no different than other folks, and when an emergency occurs, they have to respond. Hopefully, they will have prepared and practiced what to do in the event of an emergency. The storm that hit the coast on Sunday, December second, peaked the next day, and finally calmed down on Tuesday the fourth, left many people scrambling to deal with the devastation.

At one of our group homes in Seaside, the wind blew a portion of the roof off. Everyone who lived in the home had to be evacuated immediately due to the unsafe conditions. The staff and managers of the home, as well as volunteers and officers from the Seaside police and fire departments, worked diligently to get everyone moved to a motel as well as moving the necessary medical equipment and other important items to safety. The loss of the roof on this group home was the worst damage we suffered. Although another of our homes had a skylight and some shingles blown off, no one had to be evacuated.

The storm caused many problems beyond physical damage to homes and property. The most significant problems we

encountered were the loss of electricity and telephone service on Sunday evening. Cell phone service was also lost. The only method of telephone communication was with the old analog phones — which require no batteries or electricity; but they were only good for local numbers. Since Astoria, Gearhart, Seaside, and Warrenton all have different prefixes, we could not call our homes located in other towns. With winds between 100 and 130 miles per hour, it was not safe to drive due to flying debris, downed power lines, and falling trees. The winds continued well into Monday night and finally subsided on Tuesday; then we were finally able to travel to each of our homes and find out how everyone fared. Thankfully, everyone was fine and there were no injuries.



Damage from windstorm Coastal Gale

hotel or in another group home temporarily, staff had to be flexible, working in different locations or with people they were not familiar with. In order to accommodate everyone's needs to the best of our ability, nine people had to be moved to different group homes. As of January 11, everyone was finally settled into their new homes.

People with disabilities are no different than other folks, and when an emergency occurs, they have to respond.

Some of our greatest worries were how our staff were doing at the different sites: Were the residents taken care of? Were staff able to contact residents' families? Were they able to get to work? Our staff did a remarkable job in spite of the difficult conditions they faced. Some of them actually worked 36 hours straight to make sure that the residents were cared for. Because some residents were living in a

Most of our homes did not have power and phone service restored until Wednesday afternoon or later. Fortunately, the storm was not freezing. It was, however, cold enough that supplemental heat was needed, requiring electricity to run. Small portable propane heaters were distributed to each home. In the home with the gas fireplace, people stayed warm.

Preparing meals and obtaining food supplies were also challenging. Frozen food storage became a problem after two days without electricity. Staff had to go to the grocery store almost daily in order to provide food for meals. The stores had limited supplies of food since the two highways that bring supplies to the coast were closed.

When we were finally able to drive, we discovered that obtaining gas was difficult. Many gas stations did not have electricity to pump gas, and those that used generators to run their pumps soon ran out and had to wait for the roads to be cleared to obtain more gas.

Many people in the community knew about the group homes and checked on the wellness of the residents...

Fortunately, we had replenished the cash operating funds on the Friday before the storm, so cash was available to buy supplies when they could be found. Without electricity or telephone service, the credit/debit card machines didn't work.

Two of our group homes have wells to provide water, but without electricity, no new water was coming in. Each of our homes has a fire sprinkler system that uses a 300 gallon reserve tank, which is not drinkable but can be used to flush toilets. Drinking water was delivered regularly to these homes. When the reserve tanks were getting low, the Gearhart Fire Department brought water in their tanker to fill them.

Most of the medications taken by the residents had been refilled at the end of November, so there were very few problems with medications running low. Another medical concern, however, was that the 9-1-1 system was not working. We had no medical emergencies, but we need to give some thought to what happens when 9-1-1 is not available and we have an emergency.

One of the greatest things that happened after we made contact outside of the area was that we received approval to purchase eight generators to provide emergency electricity at each of our homes. We obtained those on Thursday in Salem and had them in place and operating by Thursday evening. There are several people at the state and county level to thank for that assistance.

Many people in the community knew about the group homes and checked on the wellness of the residents, and we appreciated their assistance during the storm.

We also provide vocational and day opportunities for people, and as a result of the storm, most of them could not work and lost pay. Others were not able to work due to their places of employment being closed.

All of our homes have staff with a variety of abilities to deal with emergencies. In this instance, the staff from various homes collaborated and assisted each other.

Fortunately, our losses were relatively minor. Nobody suffered any injuries as a result of the storm, and personal property losses will be covered by insurance. It is important to remember that a storm is but one of many possible emergencies. On the coast we take into consideration such natural disasters as fire, flood, earthquake, tsunami, and wind storm. Each of our home locations has

unique possibilities which must be taken into account as disaster plans are developed and created.

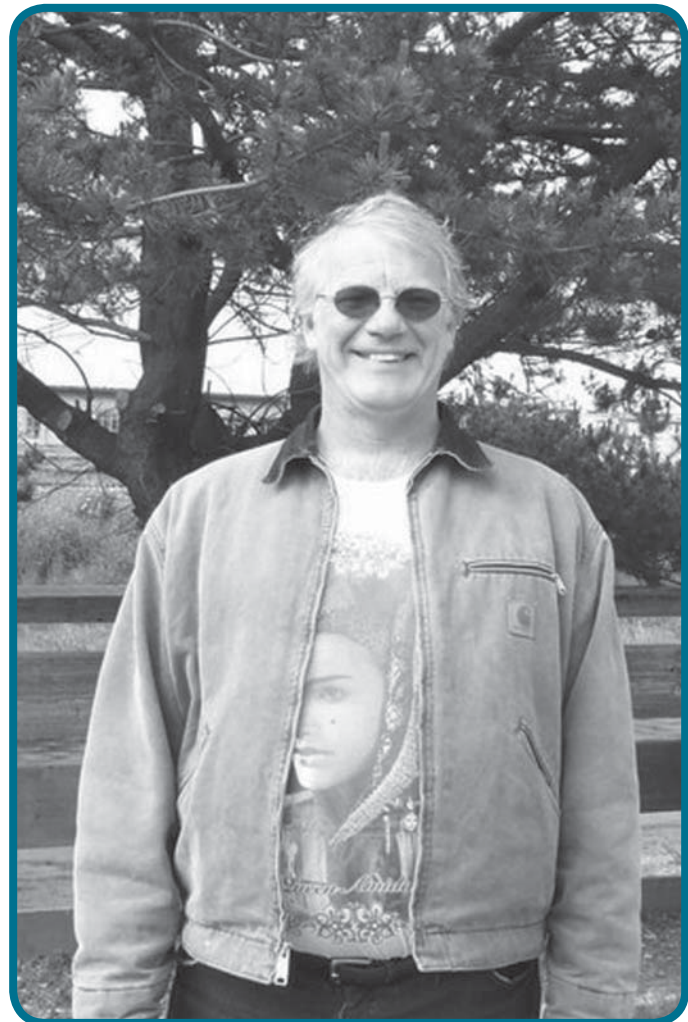
Jake Carls is the Executive Director of Coast Rehabilitation Services, which provides residential services to 65 people with developmental disabilities in nine different homes and apartments in Seaside, Gearhart, Warrenton, and Astoria. Jake uses a teamwork approach in each of the programs he is responsible for.

Helping Others

By Ron Rymer

I love living on my own in Tillamook. We have lots of floods. I listen to the police scanner on a regular basis. I help out buddies at the fire department; I like to be able to help. I helped them in the floods, cleaning debris, and checking on senior citizens. For five or six years, I have had a friend and advocate who is a volunteer firefighter.

I went out walking in the storm. The rain was pouring. It was so windy. For two or three days, we had no lights. I survived it like the rest. I cooked on a woodstove, used flashlight and batteries. I watched the storm a lot. My support staff asked me if I was ready before the storm. The police checked on me during the storm.



Ron Rymer offers his help when Tillamook faces floods or winds. He is a willing citizen who is served by Marie Mills supported living program.

Many Shelters in the Storm

Featuring Mary Blake and Julie Flues

*"H*aving worked for the Red Cross for many years, I know that responding to a disaster is challenging. You never know what kind it will be or where it will hit the hardest," said Julie Flues, Clatsop Service Center Manager for the Oregon Trail Chapter of the American Red Cross. "In December, the Red Cross did a great job pulling together the shelter at Camp Rilea quickly and running it 24 hours a day. With very little communication, 200 spontaneous community volunteers stepped up to help their community." Flues was thankful that volunteers included chefs from local restaurants. "It made meals at the Warrenton shelter a unique and exquisite treat."

The old saying "any shelter in a storm" certainly proved true for the northwestern Oregon communities hardest hit by the December storm. Seaside set up a shelter at the parks and recreation center, Warrenton set up at a National Guard camp, and Cannon Beach and Vernonia set up in churches.

Unlike the rapid response in Warrenton, Seaside had to wait for four days for the Red Cross to arrive. In the meantime, a shelter was set up at Sunset Empire Parks and Recreation Center and administered by Mary Blake. "Our facility is centrally located in Clatsop County and people come from all over to swim in the pool and attend

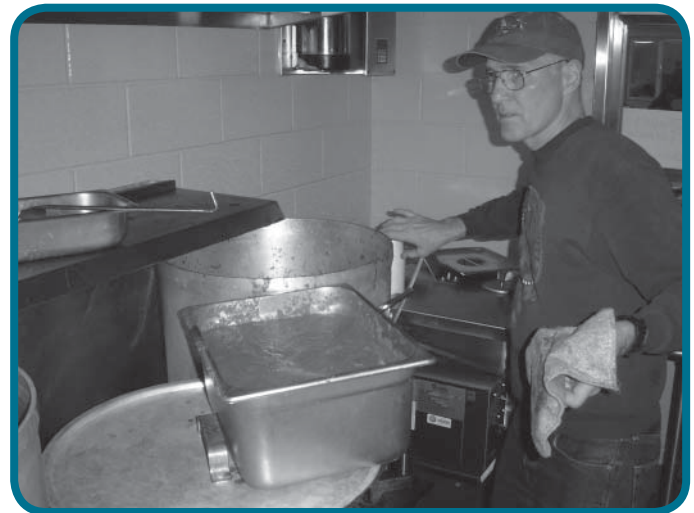


The Oregon Army National Guard at Camp Rilea housed a Red Cross shelter, providing a place to cook meals, a dining facility, and barracks to shelter displaced people.

the community and senior centers," Blake said. "Here at the center we know our community, and when the lights go out, people count on us to be a safe place for information and power. We have a natural neighborhood connection."

The December storm was the first time the Seaside center set up a shelter for overnight support. They had learned from a storm in 2006 that it was riskier to send people back home than to let them stay overnight. Blake reported, "Twenty-two people stayed overnight in our shelter, including seniors, people with diabetes, four people using wheelchairs, and several families who had kids with disabilities. We set up Monday morning and served over 6,000 meals during the 124 hours of services we provided while waiting for the Red Cross to arrive."

Fifteen miles north, at Camp Rilea, "The Knappa School District provided a school bus for people, operating a route daily during the dinner hour," said Julie Flues. "We did have a few people with disabilities



“We had generators on site to keep the kitchens running and the lights on in the shelter. We also had a place for the employees to sit down for a hot meal. We had fuel on site, which we provided to PPL trucks and emergency vehicles. We are proud to have been able to take a generator to a dialysis treatment center in Astoria, where it supported dialysis treatment for 72 patients.” Captain Sung Yoon Ji (above left), Range Operations Officer, Oregon Army National Guard at Camp Rilea Training Center in Warrenton, Oregon

who came to the Rilea shelter, where the shelter was on the ground floor, with bunk beds provided.”

Flues thought that most people with disabilities must have sheltered where they were, because they did not see many at Camp Rilea. “Health and Human Services supported home visits, checking on the elderly and those with disabilities. Getting to know your neighbors can be a great advantage. When disasters strike, it is important to know who they are and what special needs they may have.”

Flues told of one case at Rilea where “a client was dropped off by local law enforcement without giving shelter volunteers any information about what kind of support the person might need. The person had mental illness and was using inappropriate language around children. More screening would have

been helpful, and that is where the lines of communication need to be clear for volunteers and partnering agencies.”

“Keep it simple,” said Mary Blake. “People want shelter, care, food and information. Look for a facility able to handle food for large numbers of people. We set up three rooms, where people had their own spaces; families, women, and men had separate rooms. We set up a game room, a quiet room, and a room for operating the Ham radio. The quiet room is important for people who cannot take too much noise.”

Blake had other helpful hints about sheltering individuals with disabilities. “When people are in close proximity, with limited toilets and showers, they need give assistants extra time to help others.” She also recommended having medical personnel on hand if at all possible. “We were near the hospital, yet I felt far away

while I slept on a cot among three people who were experiencing medical issues and breathing problems in the night.”

In Seaside, “Everyone worked together, which created a wonderful feeling of community and showed us the depth to which we could go,” said Blake. “Thugs Off Drugs came to help in the kitchen. Another volunteer did such great work that she was offered a job after the crisis. Story after story of good people arose. A mother brought her kids, one with autism. The kids became the third generation of shelter volunteers. Their mother volunteered every



“We need to be aware of the people who need extra help.”

day from seven in the morning until seven at night while the youngest child supported the child with autism in the quiet room.”

“Finally, on day four, the Red Cross arrived with cots, blankets, disaster kits, personal hygiene bags, stuffed animals and games. They brought fresh volunteers, including a nurse, which was a big relief for us.”

After the crisis passed, agencies providing shelter evaluated what they learned. According to Julie Flues, the Red Cross is working to be more prepared by pre-positioning 17-foot trailers in Astoria, Warrenton, Seaside, and Cannon Beach. The trailers are filled with cots, blankets, plastic bags, gloves, clean-up supplies and personal comfort kits. Local fire, police and/or city managers would have access to the trailers in an emergency.

“You can make plans, but ultimately, you have to make decisions in the moment, hope for the best, and start working to get things in place,” said Blake. “Little communities like ours are out here on the edge of the earth. We need to be aware of the people who need extra help.”

According to Flues, “This storm has been an opportunity for everyone to put their plans into action and see where we can create new partnerships, build on current ones, and revisit past relationships.”

Mary Blake is the Director of Seaside’s Sunset Empire Parks and Recreation Center.

Julie Flues is the Clatsop Service Center Manager for the Oregon Trail Chapter, American Red Cross. She has worked for the Red Cross for 14 years, responding to emergencies, teaching Health & Safety courses, and managing local bloodmobiles.

Have a Clear Plan

By Corissa Neufeldt

On Friday, November 30, I heard that the “wind storm was coming.” I talked to providers, individuals we serve, and families that day, making sure everyone was prepared with the recommended essentials to make it through the storm: food, water, blankets, and flashlights for three days.

I thought about it, I was not sure what the plan entailed. It was just beginning to sink in how bad this storm really was.

When I arrived at my Columbia County office, I began to hear rumors of flooding in parts of the county. I was confused because I clearly saw rain and “high waters” on the roads, but it did not seem enough to cause flooding. However, one of my staff received a call from one of our adult foster care providers in Vernonia, a small and very

We also learned some important lessons regarding... clear expectations of staff in the event of a disaster.

Sunday night, local news reported hurricane level winds, but did not seem to convey the true risk or possible damage. “Hurricane speed winds” made me conclude that at a minimum, the power would likely go out. As Program Manager of the Clatsop and Columbia County Developmental Disability Programs, I knew if power was out or trees down, my staff would start calling Monday morning wondering whether or not to come to work. After discussion, my Agency Executive Director and I agreed to close the Clatsop Developmental Disability Program office on Monday if the power went out or the storm continued. I called Clatsop staff to notify them.

Feeling good about my plan, I went on with my evening. I woke to the news that the storm had taken out power and phones and had shut down all transportation arteries into Clatsop County. Surely, the cell phones were working? Wrong! I was so thankful I had made those calls the night before with some semblance of a plan. Except, as

remote community of Columbia County, reporting her home had been flooded and evacuations had started. She was heading to the Red Cross shelter with her residents. “At least her phone was working,” I thought.

I continued to call Clatsop staff Monday with no success. Tuesday morning, the news reported Highway 30 between Columbia and Clatsop Counties was now open, but still had no phone access. As I prepared to venture out to Clatsop County to complete welfare checks on individuals, I received a call from Mike Maley at our State Office of Developmental Disabilities, wanting an update on storm damage. This was the beginning of a series of calls and messages back and forth between the State and myself, resulting in what I consider a significant feat in bureaucracy. Within 36 hours, the Department of Human Services approved the purchase of generators for our Clatsop County 24-hour provider’s nine group homes. This was a huge relief as

power was anticipated to be out for up to a week and the weather forecasted to get colder.

Driving to Clatsop County, I was appalled at the scene. It looked like a giant had come along with a lawn mower and plowed down groves of trees. It was surreal to see trees hundreds of years old split in half, blown over, roots and all, power line after power line down, and roofs and fences lying in disarray throughout blocks of neighborhoods.

It was incredible to learn, welfare check after welfare check, no one was hurt, and everyone was in amazingly good spirits. The most significant thing I heard during my checks was that food, water, blankets, and flashlights were not sufficient if one did not have a way to cook the food, keep the food chilled, boil the water, or maintain the

flashlights. Gas, ice, and batteries are also critical items for one's disaster toolbox.

As for my staff, cell phones finally came back on line late Wednesday night and we were able to reconnect on Thursday at the office. We also learned some important lessons regarding more need for a "clear plan" and clear expectations of staff in the event of a disaster.

Although individuals, staff, and providers incurred damage to their homes and suffered inconveniences with the power and phone outages, in the end, we are thankful no one was harmed, and we gained yet another opportunity to learn and strengthen our Emergency/Disaster response.

Corissa Neufeldt is the Program Manager of both Columbia and Clatsop Counties Developmental Disabilities programs. She is also a member of the Oregon Council on Developmental Disabilities.

Evacuating from Vernonia

By Stacey Winningham

On Monday at 6:30 a.m. the police officer who lives next door said they would be making evacuation decisions by 9:30 that morning. I was thankful for those extra three hours to prepare to evacuate our household when the flood took over our Vernonia neighborhood. An experience like this is a test of your strength and ability to stay focused.

My husband and I run an adult foster care home, providing care for three



Jerry Leever and Dave West on the couch with the dogs, Dave is Stacey Winningham's son-in-law and also a caregiver.

adults with developmental disabilities: Jerry, Kerry, and Stefanie. Our daughters and son-in-law are also caregivers at the home.

We moved our emergency supplies, the medical records, insurance information, and critical personal items into our motor home and drove it to the parking lot of the Red Cross shelter at St. Mary's. For those who have never walked into one, a shelter is always active. No one sleeps well, there are always noises, and people are stressed out. We stayed in our motor home because it was quieter, the beds were better for us, and we could eat our soup. We did not think that others at the shelter would respond well to hearing sudden outbursts from our resident with Rett syndrome. Besides, Jerry had been wanting to stay in the motor home, so this was fun for him.

Our residents did great and they adjusted quickly, although they all lost items in the flood. Jerry was relieved to walk into his room at the new place. "I have a home," he said. Stefanie was nervous in the new house until she found her Boo Doll (from the movie *Monsters, Inc.*) in her new room. We made a point to get their relatives to visit as soon as possible, to make everyone feel okay about the new arrangements. We have learned a lot; now we are better at creating plans and adapting to what comes. You need to stockpile lots of water and non-perishable food and juices. Have your family photos so you can grab them in a hurry. Since you never know what kind of

We did not think that others at the shelter would respond well to hearing sudden outbursts from our resident with Rett syndrome.

That night, the town closed down. By the time the water receded the next day, we had a plan. Stefanie and Jerry went to Beaverton where they temporarily stayed with their caregiver, Cayla, while everything settled down. They were able to contact their family members from there.

While they were in Beaverton, we made plans to relocate to Columbia City. Family and friends helped us move. After we got our clients settled, we secured bleach, buckets, and mops for cleaning up the house, provided by the Red Cross. Doctor Gilmore worked at the shelter 24/7 during the crisis; she checked in on us. The prison work crews that came in were very nice to us, helped us clean up, and saved us lots of work.

emergency will come, earthquake or flood, you need to have supplies ready because help could be at least 72 hours away; it could even be longer.

We are very thankful for the help that we have received from everyone.

Stacey Winningham is a foster care provider who knows to be prepared, having grown up in the Midwest. She lost her scrapbooking supplies to the flood, but is happy to have her family safe (including Kerry, Stefanie, and Jerry.)

Creative Solutions Toward Health and Safety

By Mike Maley

In the December 2007 storms, the biggest challenge was communication. None of our traditional communication systems worked effectively. At the Department of Human Services, we were frustrated at how hard it was to learn what was happening.

Direct care staff, providers, county case managers, and brokerage staff — everyone really stepped up to serve people with disabilities, even when they had their own issues and families to attend to. I cannot stress what a positive this is: people wanted to make sure others were safe.

When we began to gain contact on Wednesday, we learned that the majority of people we serve had anticipated the storm and prepared themselves with the medications and supplies they would need.

A few months after the event, the Department of Human Services held a large debriefing across agencies, including services to seniors, foster children, people with mental health and people with disabilities. We exchanged information and found familiar themes we all addressed. We eventually broke systems and response down to the office level, figuring out how to apply what we learned in each specific agency.

Still more can be done on individual and agency levels. Personally, I did not have the home numbers of the DD Program Managers, making it more difficult to get in touch. I am getting a full list of contact information now.

As an agency, we were most challenged by providing support to the people living in their own homes during this storm. Did they plan for all of the “what-ifs”? How were they faring? We need to continue to gain ground with stronger planning for people with in-home supports.

I was impressed with the open process at the DHS offices. While we were all experiencing frustrating communication

As an agency, we were most challenged by providing support to the people living in their own homes during this storm.

We also learned that the staff of County Developmental Disabilities Programs and Brokerages were taking very aggressive steps to get in touch with people. They made a lot of personal effort to find out how people with disabilities were doing.

difficulties on the technical end, we did not experience attitudinal communication barriers from within our agency. Managers and higher ups were doing everything they could to get and keep people safe.

Not knowing how long the power would be out, we got permission from DHS within an hour to purchase generators for Coast Rehabilitation group homes. That was quick, but then we had to figure out the logistics of purchasing and delivering

The fact is, you can plan for 80 percent of situations, but there will always be that other 20 percent that you will need to figure out in the moment. It is impossible to plan for everything. The pre-planning of county developmental disabilities services

Direct care staff, providers, county case managers and brokerage staff stepped up, even when they had their own issues and families to attend to.

them where they needed to go. We had to determine how many were needed, then find the generators at stores around Salem. We had to use a credit card with special authorization (only specific DHS staff can use them). Jake Carls, Executive Director of Coast Rehabilitation Services, transported all the generators back to Clatsop County.

and brokerages was useful. Yet it still came down to coming up with creative and assertive solutions based on what was actually happening.

Mike Maley works at the Department of Human Services in Salem. He is the Manager of the County Program Section for the Office of Developmental Disabilities Services.



Many people volunteered their time and energy to help out in the crisis.



No TV!

Interview with Norman and Beth Koljonen of Astoria

What was your experience like in the last storm?

Beth: No power.

Norman: We had no electricity, heat, lights. We had one lantern that helped us get around. Susan (our caregiver) brought us warm food.

Beth: Getting around was really hard. No street lights were on, so it was hard to get along.

Norman: One night we stayed at Jake and Jean's house to keep warm by the fire. There was no TV to watch, so we went to bed.

Beth: No Disney channel.

Norman: We are lost without the TV.

What do you do to be ready, in case something happens?

Beth: We always have food in the cupboards. They gave us first aid kits. (She finds them in the kitchen).

Norman: One time Sarah (former caregiver) talked about a bad flood coming (a tsunami). She said we'd have to go up the hill, not down to the water.



Norman and Beth Koljonen of Astoria at home.

What would you take with you?

Beth: I would grab a doll...first aid kit. Our medications.

Norman: Some clothes.

Beth: Clothes.

What would you do when you got to the top of the hill?

Norman: Try to call Susan.

Do you have advice for people?

Norman: Let someone know what you need help with, in case something happens.

Norman and Beth Koljonen are native Oregonians (Norman from Astoria and Beth from Salem) who now live in Astoria. Both lived at Fairview Training Center and enjoy visiting with their friends and family. They have been married for 22 years.

Calm in the Storm

By Cheryl Varese

It looked like it was snowing; the paper and roof debris was flying through the air. Five residents were in the house when the roof blew off, at about 11 a.m. The staff at the group home went into crisis mode. The still-howling wind and the presence of the fire department and news cameras added to the excitement. Staff called 911 and quickly loaded the van to evacuate everyone to the Avenue B house. When a two-by-four nearly struck one of us, we also evacuated the staff who were cleaning the house. Four of the residents were checked into a hotel by 3 p.m. that day with some clothes and a few key things. Another went to a parent's home.

The people we support were wonderful — really great. They were calmer than the rest of us. One woman thought she was on a honeymoon since she was at the Shilo Inn, and she spent time writing postcards. People were displaced for six weeks, staying in motels. Staff and residents both dealt with this well.

The isolation experienced by Seaside made people look out for each other. The community was awesome and embraced the idea of lending a hand.

Cheryl Varese is a Home Coordinator for Coast Rehabilitation Services in Seaside. She is the manager of a group home. Cheryl has been working with people with disabilities for 18 years.



Photo courtesy of Roxanne Lindstrom

Individual Preparedness

By Margo Lulich

People with developmental disabilities are living in group homes, foster care, with family members, and in supported living facilities. In case of interruptions of services, what will happen to them? In an emergency affecting the entire community or region, the more prepared the individual or home, the less likely they are to experience adverse outcomes.

How do we empower people and support them to act on their own until help can come? Also, how can we consolidate information and modify or adapt it to

through an emergency. In individualized plans, a personal preparedness kit would be prepared for each customer, based on their specific needs. Knowledge of how different emergency services are supposed to work should be in the hands of caregivers as well as in the hands of the clients.

I wanted to create a poster in both English and Spanish so that people in supported living would know what to do in a disaster. I consulted with people with developmental disabilities living independently in the community and they guided me in understanding how to convey the message through images. I then found images to represent dangers such as earthquake, tsunami, and illness. There is also a section at the bottom where people can fill in their local contact numbers ahead of time.

Individuals with developmental disabilities... may not have the problem solving skills to help them navigate through an emergency.

meet the needs and understanding of the individual or unique community?

Individual preparedness is something that can be taught and, most importantly, exercised. It needs to be incorporated into the life skill curriculum of personal safety and should become part of a Quality Assurance plan. Emergency Preparedness is a good life skill to have.

Individuals with developmental disabilities who live independently are on their own much of the time but may not have the problem solving skills to help them navigate

This poster has the potential for being a training tool for agencies to use with staff and their clients. Coast Rehabilitation Services has shown a willingness to use it.

During this recent emergency at the coast, communication was one of the most critical pieces. Gaps were frequent in communication among those who provide emergency services. Because we had no phones, contacts were made through board postings at Coast Rehabilitation offices and through ham operators. We benefited from being a maritime culture; people still use

ham radios as a backup system here. There might be something in another community's culture that helps them in the same way.

In public health, the community is the patient. When we consider how to impact the public's health, we must consider the whole community as well as segments of the community that have unique attributes, challenges, and needs. This is critical to planning and exercising for emergencies of any kind, including a pandemic flu. Public health does not have the capacity to directly respond to each individual, but we have the responsibility to coordinate with the agencies, professionals, and providers who directly serve a unique population.

Because it is so difficult to make this work within the complexity of our systems, integrated planning, as well as establishing and exercising communication protocols are important. Agencies, caregivers, and individuals must understand that having a personal and well-exercised plan in place will help insure a better outcome.

Margo Lalich is a public health nurse and program coordinator for Clatsop County HHS. She has been focusing on public health preparedness and emergency planning for the past six years. She is also a parent of an adult child with developmental disabilities and a graduate of Partners in Policy-making. She can be contacted at: 503-338-3600 ext 1913.

Resources

Guide for Including People with Disabilities in Disaster Preparedness Planning. University of Connecticut, University Center for Excellence in Developmental Disabilities.
1-860-679-1500

Preparing for Disaster for People with Disabilities or Other Special Needs. Published by FEMA (Federal Emergency Management Agency) and the American Red Cross. For more information go to: www.fema.gov or www.redcross.org

Impact: Disaster Preparedness and People with Disabilities. Published by the Institute of Community Integration, University of Minnesota, 2007. <http://ici.umn.edu/products/newsletters.html>

The Oregon Council on Developmental Disabilities has more resource links on its Web site. Go to www.ocdd.org then click on Emergency Preparedness.

WHAT SHOULD I DO IN A DISASTER?

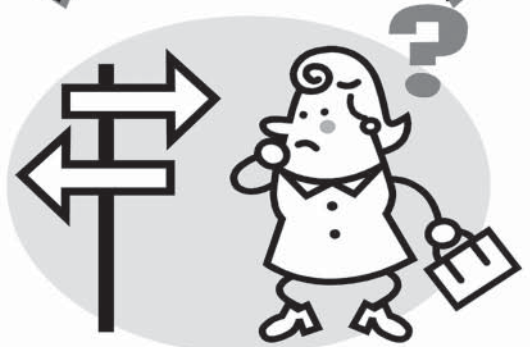


PREPARE

1. Water
2. Extra Food
3. Flashlight & Batteries
4. Radio
5. Extra Medicine
6. Plan

DO

1. If safe to leave home, find help
2. If not safe to leave, listen to Radio or TV for information



IN AN EMERGENCY CALL: 911

Emergency Radio Stations:

Hospitals:

Additional Information:

Emergency Information:

Your Name:

Your Address:

Your Phone Number:

Medical Condition:

ALLERGIES:

Case Worker Name:

Case Worker Phone Number:

Emergency Contact Number:

Clatsop County Health and Human Services
 Public Health Preparedness
 820 Exchange St.
 Astoria, Oregon 97103
 1-503-325-8500



I wanted to create a poster in both English and Spanish so that people in supported living would know what to do in a disaster. I consulted with people with developmental disabilities living independently in the community and they guided me in understanding how to convey the message through images.

— Margo Lulich

On Losing a Roof

By Dorothy Lusby

I lay in bed, hearing the wind tearing at the roof. It was real eerie, not knowing if the next moment we would see stars up above us. Daisy came in to tell me that she had found a leak. "Mom," she said, "The living room's wet."

That was an understatement. We set up 14 containers in the living room and eight in the kitchen to catch all of the leaks. It was not until the morning that we realized how bad the damage was. Our flat, rubberized roof was destroyed. The electric ceiling heat was gone and water was coming into the walls. There was no way we could stay home.

Daisy has been living with me for fourteen years now. She keeps me young and is a great companion. She is pretty self-sufficient and helped me a lot in the initial clean up. She mopped up with me and helped me pack up our things.

We have been living in a hotel since December fourth. Fixing the house has been a long process. The kitchen, laundry room, bathroom, living, and dining rooms had to be gutted. I took it really hard at first, but we were both okay, our pets were safe, and I had insurance. Daisy took on the task of feeding the cat every day. Our animals will be glad when we can move back home, and so will we.



Daisy Anderson and Dorothy Lusby of Seaside

One difficulty has been the unexpected costs that keep coming up. For example, with no electricity, we offered the contents of our freezer to neighbors when it started thawing; the neighbors had the grills working to feed each other. I will need to build that stock up again. I have had to spend more on gas as I have had extra meetings to go to (insurance agents, etc.), and I drive more to check on the house and the contractor. The wind blew down a tree my late husband planted years ago; that was a hard blow for me. But a man I met at foster care re-licensing offered to carve something for me out of the base of the tree. People surprise you.

People should have a plan. Daisy and I talk about what we would do in different situations. We each have a backpack with 72 hour survival kits and we have one for Toby, the dog, too. We also have a 72 hour garbage can survival kit on rollers.

Living in a hotel, with a kitchenette, a small pool and a workout room has been an adventure for Daisy. But we are tired of living here, no matter how nice it is. We would like to be in our home again.

Dorothy Lusby is a foster parent and a long-time resident of Seaside, Oregon. Dorothy shares her home with Daisy Anderson and several pets.

According to Daisy

The cat was meowing. I got out of bed to calm LaLa the cat. It was a work night so I was trying to sleep. The storm kept me wide awake with wind. I walked into Mom's room and said, "Mom, we have water dripping inside the house."

If tsunami bell sounds, I would wake up Mom, load up the car for Mom – kits and pets. We would go up the hill. Seaside has drills.

If I am at work, I would try calling Mom and stay with work folks.

Daisy Anderson works for the Coast Rehabilitation thrift store in Astoria.

A LuLu of a Storm

By Charlene Dean

In the sixty years I have lived in Tillamook County, I have seen some LuLus. This was one of the meanest winds I've seen. I was sitting on my bed and looking out the window. It was scary how much it howled. It kept blowing continuously day and night for two or three days. I couldn't sleep well because it kept pounding the windows.

I never ventured out; there were no city buses running anyway. I just hunkered down. I live in an assisted living place where

I have my own apartment. I can push the button on a pendant and get help if I need it. They warned us storms were coming and asked us to take precautions. Candles are not allowed here, but I stocked up on batteries for my flashlight and 24 pounds of cat food for my cat Simba.

They have a generator here that kicks in when the electricity goes out. It keeps lights on in the halls, but not in our apartments, and it can run the kitchen. We still ate well while the storm blew through.

Charlene Dean is a retired self-advocate who lives in Tillamook.

Personal Contact

by Ken Ballweg

We are never sure what sort of disaster to plan for in Tillamook. This time it started with winds and rain, which turned into floods; but next summer we could hit a dry spell and have forest fires cutting us off. The main thing in Tillamook County is how to communicate with the people we serve when something happens

Our 60-mile stretch of land is divided into three distinct regions: north, central,

mudslides, downed trees, and power lines across the road.

By Wednesday, all staff were able to get to the office, and we contacted people by phone or in person, to see how they were doing and what they needed. Our response plan is all about this personal contact.

The most vulnerable people in the community were single parent families who had a family member with developmental disabilities. Three families were found to critically need assistance, so we provided supplies, propane, and canned food. One

One mother was at home with her two children with autism, without their normal structure and routines.

and south. The December storm hit these regions in different ways, creating a variety of problems. While the main group we serve lives in the central section and had power most of the time, the power was off for up to one and a half weeks for some people in the north and south areas. The long distance phone lines were cut; cell towers were spotty and became worthless within 12 hours.

On Monday, the storm was in its late stages and our office was closed. I had three key worries about the 149 people we serve — isolation due to downed trees, loss of power and its effect on people, and lack of heat and phones.

On Tuesday, we were told to leave roads open for emergency response vehicles. Many roads were cut off by high water,

mother was at home with her two children with autism, without their normal structure and routines. She was greatly relieved to get some help, mostly with respite and food.

As it turned out, most people did remarkably well. It goes with the rural culture: family and friends step in to help and serve as a natural support network. When something like the December storm happens, we have to find those who don't have that network and develop supports for them based on their needs at the time.

Ken Ballweg has worked as a Community DD Program Manager since 1990, with the last 13 years being in Tillamook County. He is also on the Boards of The Tillamook Arc and The Arc of Oregon.

What Would I Do?

By Clint Nelson

Usually I live day to day. I try not to think too much. I keep peanut butter and beans on hand as a backup food source. I qualify for food stamps, and I try to keep something on hand. I can go to the community center food bank. I've lived in Tillamook for sixteen years. It's a nice town and I feel safe here. I can walk at night and not get harassed. A small town is nice. In 2006, the floods were so bad you had to stay home from work. But that means you don't make any money. I do have a battery-powered lantern that keeps me from being in the dark. During the storm in December, we had no cable TV or news shows – I missed them.

If an earthquake happens, I know to get into a closet or under a metal table. If a tsunami happens, I will go up the Wilson River highway to the Fairgrounds, it's on higher ground. I will call the emergency number for a ride, I guess. I think my case manager would check in with me and my CPAP machine (that helps me breathe at night).

If there was a fire, I would go out the window. I would avoid the elevator and use the stairs instead. Fire drills are done at workshops. We don't do fire drills where I live, but they check the fire extinguishers.



Clint Nelson lives in Tillamook. He receives supports from the Marie Mills supported living program and talks to his relatives every week.

In storms like this last one, the case manager had us come to a group home for a while. We don't want to be homeless.

A New Twist

By Ron Rush

I don't think there is a program in the state that has had as many emergency events as we have had in Tillamook. Here at Marie Mills Center, which provides housing supports to people with developmental disabilities, it is just second nature to be ready for something to happen.

Because of all of our floods, we are plugged into the National Weather Service and the County Emergency Response System. A county-wide effort has been made to build a reverse 911 system. People have signed up to a central emergency response system, with information about themselves that a

during times of emergency. An apartment building where some of our folks live is fortunately located next to one of our group homes; this is a natural backup.



Courtesy of the National Weather Service

In December, our staff was relatively prepared because we had a 4-day warning before the storm. Only a couple of staff could not come in, but we expected that. These things are fluid; you have to expect that anything can happen. We had cell phone back up prepared this time, but hen

...keeping tabs on group home residents is easier than providing sufficient staff for people in supported living during times of emergency.

first responder would need. Not everyone is signed up, but it is for all people who might have specific needs, so it helps.

If we see a weather alert on the horizon, we pay more attention and have more time to act. The lead-time allows us to get our act together better. This is when we meet with department heads to start preparations, such as a staffing plan and stocking up on groceries and batteries. Staffing the group homes and keeping tabs on group home residents is easier than providing sufficient staff for people in supported living

we lost the cell phone towers, we had to solve new problems. Now our homes and key staff have phones that do not rely on electricity.

These events can be crazy, but we worked well in the middle of it all. The main thing is not to take anything for granted. Don't relax too much, because there is always a new twist.

Ron Rush has been with Marie Mills Center since graduating from college in 1979.

Digging Out

By Patrick Ireton

Our 80-year-old friend Verna said this storm was as big or bigger than the Columbus Day storm of 1962. It was funny how this storm hit some places more than others. The winds gusted to 130 miles per hour, and the waves reached 45 feet here in Pacific City. The sand hit us hard, but there was a real sense of community here. People looked out for each other by checking to make sure they had enough food and were not in need of other essentials.

Because our children have special medical needs and we live in the sand dunes, Coastway Construction always makes sure we have a path plowed through the sand to the main road as soon as they can get to our house. That way, we can do an emergency evacuation if we need to. Our first instinct is to call 911 if we need help. If we cannot get out by road, we would call Life Flight or the Coast Guard, which would only happen in a dire emergency. We are very self sufficient, and we are well trained for emergency situations.

Our family endured four days without power. Our kids, who range in ages from 18 to 24, kept themselves busy and got by. Our son, Ray, is our outdoorsy guy. He worked with the Coastway crew to help clean out sand from our streets. Mason read and listened to his iPod. Alex, Jennifer and Noah listened to music or played with toys and games. When the power failed, our kids just went with the flow, though they definitely missed their electronics. They mostly hung out upstairs on the third



Ray worked with the Coastway crew helping to clean out sand from our streets.

floor of our home. They dozed off to sleep, played with toys and we read books.

We have our emergency gear that we brought out during the storm, which made it like an adventure. We had a small stove and heaters powered by propane, and we had some battery and propane lamps laid out. We keep two weeks' worth of food rations on hand as a rule. This includes a stash of medications that we would need if we could not fill a prescription. We also have an extensive medical emergency kit.

Because we have frequent storms, we used to have regular power outages. Recently, a substation with more capability was installed for our community, and we have a lot fewer power failures. However, we were still without power for four days because there was so much damage from this storm

to the main power lines. Noah's feeding pump requires electricity, but we have manual feeding tubes as a backup just in case the power goes out. Alex's breathing treatments are applied five times a day, but we can power the nebulizer from the car battery when we need to. Following the storm, one neighbor came over with a generator to juice up our freezers and refrigerator so our food would not spoil.

I cannot measure whether we are safer in Portland or Pacific City. Maybe we are

safer here in Pacific City because people are more prepared for these types of storms. One thing I do know is that teenagers are consistent. As soon as the electricity came back on, they all went immediately to their favorite electronics. Noah turned Wee Sing on the television, and Jennifer headed for her room to play her Johnny Cash CD.

Patrick and Pearl Ireton are foster adoptive parents of medically fragile children. They have been working with their family for 24 years.

The Biscuit Fire

By Mar Goodman

In mid-July, 2002 the fire that would become Oregon's largest wildfire of the past century began about 50 miles from our home. Within two weeks, it had spread until it formed a wall of fire 30 miles long. The eastern edge of this monster was within 10 miles of our home, growing larger every hour, and moving our way. By July 29th, we were on a 30 minute evacuation notice.

"More music please," thirteen-year-old Ian signed as we frantically tried to figure out how we could save our home, his sanctuary, should the flames come our way. "Hungry," he signed as we made lists of things we needed to do. "Apple please." Grabbing me by the neck, he pulled me close so that our foreheads touched, a favorite game of his. He wanted to play, and there was no way to explain to him why I not only couldn't

play now but would be unable to do so for awhile. "Different music please." I found myself unable to respond to him, give him the attention he needed, and keep his routines going. Having a child with multiple developmental disabilities, including major behavioral issues, is hard when the predictability of daily life is disrupted; it is almost impossible during an emergency.

The fire experts feared that the fire might sweep through the whole valley, leaving them unable to defend individual homes. The fear that overtook me was immense. Ian survives from day to day because of constant supervision; routines; and environmental modifications, including gates, locks, his schedule, and tactile cues. Without these supports we had so painstakingly built over the years, there would be no way we could keep him safe. Our top priority was to move Ian to safety, so we could prepare to defend our land (Ian's essential environment) from assault by fire.

Since every day with Ian was “extraordinary” and cost a lot to support, there was no “extra” money from Children’s Intensive In-Home Services for emergency staffing or motel bills. We asked the Red Cross what they recommended for a person with unpredictable behavior, limited understanding of language, and no concept of personal space or regard for property. They offered their shelter, a middle school gym, but ensuring Ian’s safety and the safety of others would have been impossible there without access to secured, defined areas for him.

One of Ian’s caregivers, Epoch, was willing to evacuate with him to Grants Pass, 50 miles away. She

picked the motel, which had a swimming pool and was within walking distance of stores. I reserved a room for a week, and we arrived with his traveling schedule and cues, a mobile kitchen and food, \$200 in cash, a wheelchair for excursions, medications, a medical release form, his medical card, all of his clothing, lots of diapers, plus specially selected adapted toys, his laminated books, and his boom box and tapes.

We removed everything from the room that he would destroy and hoped the motel

management would understand (and be ok with) our need to modify the furnishings. Once we duplicated his home environment as much as possible, I went home, and Ian and Epoch settled down. They stayed at the motel for six days, keeping busy and getting to know fellow evacuees. They built a new routine, a small community, a home away from home. Other staff drove in to give

Epoch a 4-6 hour break most days. This phenomenal commitment of Epoch and Ian’s staff is what made it work for all of us.

At home, our biggest threat was loss of power. Without power, my husband Leo and I had no water and would be unable to fight the fire. With the help of our older

son, Ry, and another friend, who both came in from out of town, we purchased and installed a generator and fire hoses, created a “defensible space” around our home by removing branches and small trees, and moved Leo’s tools (his livelihood) to safety. Then we evacuated our possessions to Ashland. What were the most important things to evacuate? First I packed all of the supplies and specially adapted toys that made Ian’s life manageable on a daily basis. Then came the photos, computers, and other personal items.



“More music please,” thirteen-year-old Ian signed as we frantically tried to figure out how we could save our home, his sanctuary, should the flames come our way.

Looking back, from the safe distance of six years, I feel that we made the best choices we could at the time. I felt that life would never be ok again if we lost our home, the predictable environment built for the survival of our child. For his health, safety, and independence; for maximizing his potential; for his ability to live at home with his family. We depended on the systems we built over time to support the constant vigilance required for Ian's care. Leo and I knew that the fire would be over in a week or two, and that we could manage anywhere, but our biggest concern was Ian's need for sanctuary. That need was so big, we were willing to defend it with our own lives.

Are we better prepared for the next emergency? I hope so. We now know exactly what it takes to support Ian away from home, and that is written down. We keep an emergency medical kit, complete with contact information, guardianship information, a medical release form, and his medical card in his back pack. We still need to introduce emergency responders to Ian. We are also working hard to expand Ian's community, so that more people are aware of him, although in an emergency that affects everyone, there will be times when we will have to rely mainly on our own ability and creativity.

Besides being a mother and grandmother, Mar is a graduate of Partners In Policymaking, 2004. She is also a member of the Oregon Council on Developmental Disabilities.

Creating Home Away from Home

By Epoch Cook

As the Biscuit Fire came closer to the Illinois Valley, I evacuated my possessions to Grants Pass, then I checked in with the Goodman family to see if they needed help with Ian. Mar and I talked about getting Ian to a safe place so the family could concentrate on defending their home. I said I'd be willing to take him somewhere and stay a few days.

I had gone with the family many times to medical appointments, and we had stayed in motels, so I had a pretty realistic idea of what it would take to set Ian up for an extended stay (up to a week). The only thing I hadn't done before was stay with him for that long by myself.

I knew a perfect motel for Ian in Grants Pass; it had a good swimming pool and was located in the hub of town, which would give us lots of things to do. We packed everything we thought Ian would need for a few days. The most important stuff was his structure. Ian needs routines and predictability, so our challenge would be to create that in an unfamiliar setting. We took his traveling schedule and cues, his boom box and tapes, a hot plate and food, selected toys, lots of clothes and diapers, cash, emergency information, and telephone numbers. I also mentally packed a willingness to serve.

Arriving at the motel, we quickly "Ian-proofed" the room, moving out lamps, hairdryers, plants, telephones, the coffee maker, etc. Right away I had to get to know the people at the front desk and explain our situation, so that they would understand and be helpful.

We set up a complete kitchen, a place for the schedule, and a snack and play area. I had a cover for the TV so that he would not notice it except at appropriate times.

Six days was a long time for Ian to be away from home and family. We went swimming three to five times a day. Though Ian is mobile, we brought his wheelchair so I could take him out on little adventures in our end of town. (He had recently had foot surgery so could not walk very far. Plus the chair was centering for him in an unfamiliar environment.)

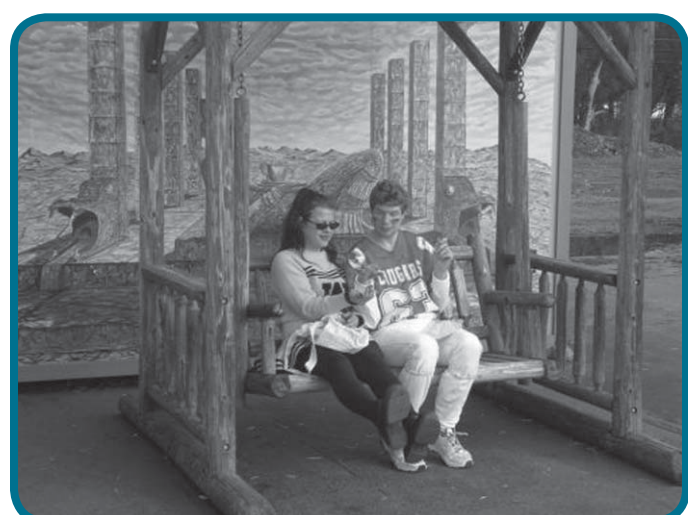
I learned that he needed to go on about six adventures per day. Ian could only handle so much input at once, and then he needed to rest and process what we had just done. If he had enough action in his day, he was less fussy and could handle the new setting more easily. I tried to wear him out, because then we could go back to our room and relax, which gave me a small but needed break. I really needed Ian to sleep at

night. A few of his staff were able to come in and do a shift occasionally, so that helped me too.

We were fortunate that the phones and power stayed on. Tap lights work well, and I could buy pre-made popcorn, but the hardest thing without power is no music. Ian needs his familiar music in order to be calm. If we had been without power, I would have gotten even more creative in how things were set up. I like the challenge of figuring out how to make things work for him so he can be successful in a new situation.

The people we met and interacted with were amazing, given that it was trying times for us all. I learned a lot about human nature and how compassionate people really are.

Epoch Cook is a direct care provider and co-guardian for Ian Goodman. She has worked with Ian for 10 years.



Ian Goodman and Epoch Cook having fun on Halloween, 2007.

Finding Creative Ways to Get Things Done

Excerpts from the Director's weekly message, April 11, 2008 by Dr. Bruce Goldberg, Director of the Oregon Department of Health and Human Services.

Many DHS and partner staff went well above and beyond their normal duties during this past December's winds, heavy rains and floods to serve people in need. They surmounted situations that included office closures, lack of electricity, no computer connectivity, impassable roads and the flooding of their own homes. Despite all of these barriers, they were able to respond to the surge in people's needs for services.

How did they do this? That's what was so impressive. They refused to be burdened by the way they'd "always done things." They worked together and with many external partners to find creative ways to get things done.

As I listened to their stories about flood-related activities I was struck by how much can get done when everyone is focused

on the goal of helping people in need. Impediments and constraints are quickly overcome and set aside. I'm not saying all constraints are unimportant -- certainly we must always do our jobs with ethics, safety and legal requirements in mind. However, as we are discovering through our Lean process reviews, many of our guidelines and procedures can benefit from some streamlining.

And that's what many of our staff did during the floods -- on the fly they streamlined processes and cut out unnecessary delays in providing crucial services. Almost equally important, they discovered what they were capable of accomplishing, and they built supportive and collaborative relationships with each other.



*Bruce Goldberg, M.D.
Director, DHS*

Final Thoughts

The number one thing that disaster victims say is, “Get yourself ready, now.” Prepare yourself and your family so you will be in a better position to respond to any emergency. If you work with people who will need extra supports, or if you are a neighbor, ask questions and assist them in preparing themselves. Make sure plans are in place and supplies are on hand.

Another point that is clear, is that emergency preparedness is a process that needs continual improvement. Think of a way you can get involved in your community. Is there a board in charge of planning within your agency, your city or your county? Get involved there, or support someone to get involved. Be a squeaky wheel for people with disabilities. Make sure our needs are not overlooked when it comes to emergency planning.

Act today!

Jake Carls of Coast Rehabilitation shares these points they learned first-hand:

- ◇ Have batteries, flashlights, and battery powered radios on hand. Make sure batteries are fresh. Hand-cranked flashlights and radios worked very well.
- ◇ Have more than a two-day supply of food on hand. Frozen food thaws after two days and then perishes. A supply of dried and canned foods to last a week is suggested.
- ◇ Know how you are going to prepare food if your primary cooking source is not available.
- ◇ Have a supply of drinking water stored and know where you can get refills when your supply runs low. Don't rely on stores, they may run out.
- ◇ If possible, have an alternative power source – a generator (and the gasoline to run it). Be sure to take precautions when running a generator and never run one indoors.
- ◇ Keep a supply of extra blankets.
- ◇ Have an alternative source of heat, even if it heats only one room.
- ◇ Have cash so you can make purchases when there is no power or telephone. If there is no power, you can't access an ATM unless the bank has an alternative power and telephone source.
- ◇ Know what to do if 9-1-1 is not available. Have someone close by that knows your medical and personal issues if you need help.
- ◇ Have gas in your vehicle.
- ◇ Have a phone tree. Who will you call to let people know you are ok?
- ◇ Have a pre-arranged meeting place if you get separated from the people who rely on you.
- ◇ Have an ample supply of medications and first-aid supplies.
- ◇ Know where your emergency shelters and kitchens are located.
- ◇ Listen to the local radio for emergency updates.
- ◇ The local fire, police, and sheriff departments should know the locations of group homes or where people with disabilities live so they can be checked on by those departments. The local Emergency Operations Center will make sure that vulnerable people are checked on.

News and Views from the Oregon Council on Developmental Disabilities

Raising Awareness and Promoting Systems Improvements

Approximately 200 people gathered at the Barbara Roberts Human Services Building in Salem on March 5 to celebrate Developmental Disabilities Awareness Month, an annual event sponsored by the Oregon Council on Developmental Disabilities. This year the focus was on raising awareness about abuse and neglect of people with developmental disabilities.



Approximately 200 people gathered to celebrate Developmental Disabilities Awareness Month

Dr. Bruce Goldberg, DHS Director, addressed the crowd, presented three Developmental Disabilities Champion Awards, and read a proclamation about abuse prevention from the Governor, who designated March as Developmental Disabilities Awareness Month.

Our awareness campaign is part of a much larger effort by the Council and partner organizations to greatly reduce incidents of abuse and neglect of Oregonians with developmental disabilities.



Bruce Goldberg, MD, DHS Director, left, and Bill Lynch, OCDD Director, right.

Since the public forum on abuse hosted by the Council and the DD Coalition last December, the Council has been meeting with the Governor and his policy advisor, legislative leaders, and Department of Human Services administrators to promote systems changes and program enhancements we believe are necessary to address this complex issue.

The annual developmental disabilities awareness poster

co-produced by the Oregon Council on Developmental Disabilities and The Arc of Oregon was unveiled. This year's message, "Look, Listen, Report," encourages voluntary reporting of suspected abuse and neglect of people with developmental disabilities. If you would like copies of the poster to distribute in your community, please contact the Oregon Council on Developmental Disabilities at 800-292-4154 or visit our Web site at www.ocdd.org.

2008 Awareness poster



Recipients of this year's Developmental Disabilities Champion Awards included Representative Peter Buckley, Representative Carolyn Tomei, and family advocate Arlene Jones.

This year's celebration also included the NW Down Syndrome Association's "All Born 'In'" traveling photo exhibit, featuring fourteen thought-provoking images celebrating diversity and disability.



Photos courtesy of Claudean Schaeffer.



**OREGON
COUNCIL ON
DEVELOPMENTAL
DISABILITIES**

(503) 945-9941 (Salem/Outside Oregon)
(800) 292-4154 (within Oregon)
E-mail: ocdd@ocdd.org
Web: www.ocdd.org

To receive this magazine in the mail, join the Oregon Network! The Oregon Network is a collaborative statewide network of disability organizations and their members, including people with disabilities, their families, friends, providers, and policy-makers.

Members of the Oregon Network share information with one another, receive Oregon Perspectives and other publications, can learn about training events and empowerment opportunities, and have the chance to voice opinions on policy issues at the local, state and national levels.

Visit www.oregonnetwork.org to join today.

Upon request, this publication can be furnished in an alternate format for individuals with disabilities by contacting the Council.



Norman and Beth Koljonen of Astoria think about what to do in an emergency.

Oregon Perspectives

Oregon Council on Developmental Disabilities
540 24th Place NE
Salem, OR 97301