

Australian Institute for
Disaster Resilience



Australian Disaster Resilience
Conference presents

Knowledge Week

24 - 27 AUGUST 2020

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#ADRC20



Australian Disaster Resilience Conference presents

○
KNOWLEDGE WEEK

— DAY ONE —

Collaborating for impact



1 - 3.30PM AEST | 24 AUGUST 2020





Michelle Villeneuve

Professor, The University of Sydney

Using peer support to tailor emergency preparedness to the individual support needs of people with disability in emergencies



*What is the role of peer support in
emergency preparedness with people
with disability?*

A/Prof. Michelle Villeneuve

Australian Disaster Resilience Conference
Knowledge Week 24 Aug 2020



Acknowledgement

Proudly supported with funding from the Queensland Government through the Queensland Disaster Resilience Fund (#QDRF) and the Department of Communities, Disability Services and Seniors.

Led by The University of Sydney in collaboration with the Queenslanders with Disability Network and their team of Peer Convenors, and the Community Services Industry Alliance

With thanks:

Joint State and Commonwealth National Disaster Resilience Program (PREPARE-NSW)



Peer Leaders and Staff

🕒 SHORT TERM 🕒 MEDIUM TERM 🕒 LONG TERM

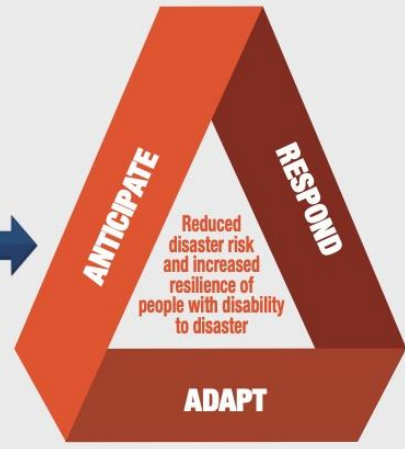
Learning and Capacity Development

Data and Evidence

Accessibility and Capability

Representation and Participation

CONNECT
LEARN
NEGOTIATE
PLANNING CONVERSATIONS





Self-assess risk, preparedness and support needs in emergency situations



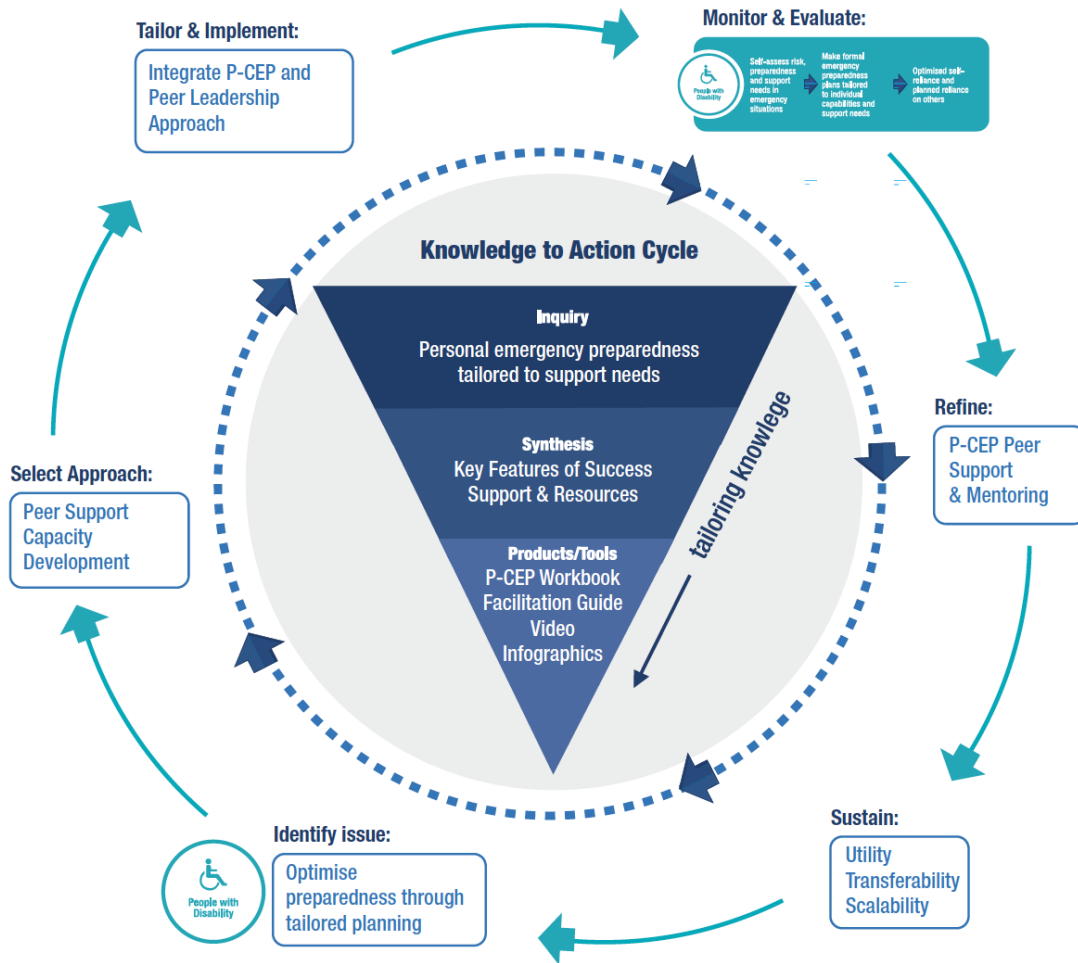
Make formal emergency preparedness plans tailored to individual capabilities and support needs



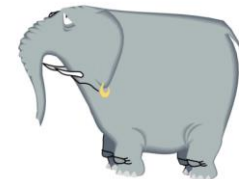
Optimised self-reliance and planned reliance on others

Action-oriented outcomes

Methodology



How do you eat an elephant?



One bite at a time!



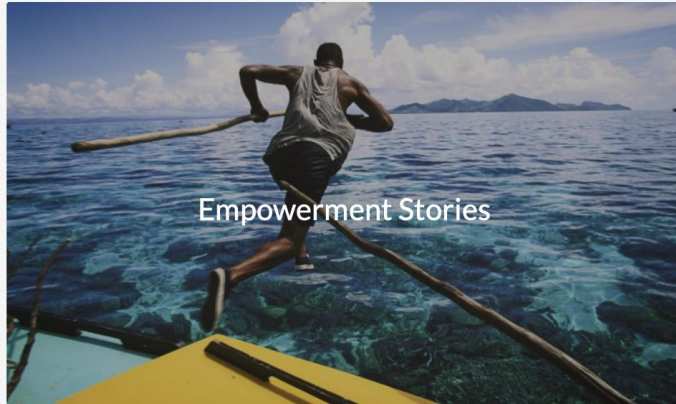
Disability and Disaster



Community Inclusion



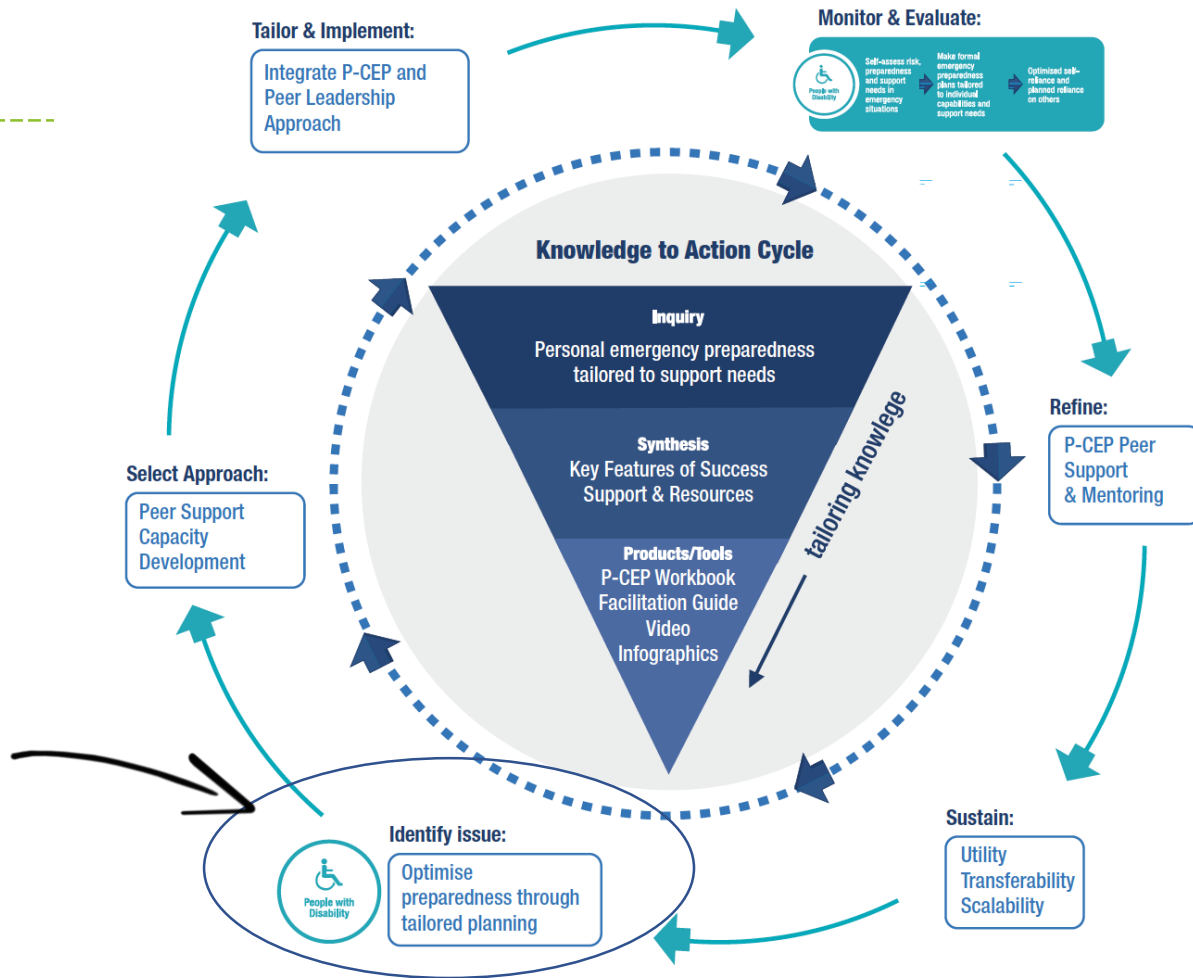
Person Centered Emergency Preparedness



Empowerment Stories

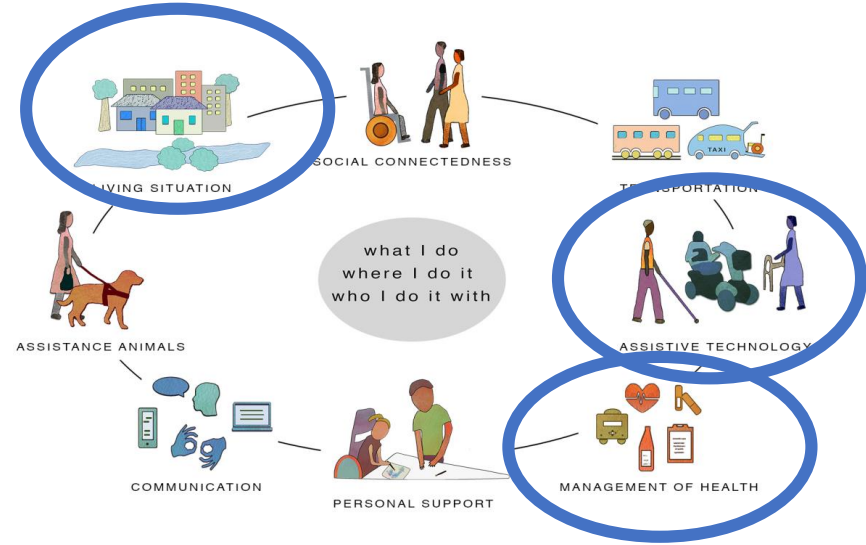
www.collaborating4inclusion.org

Methodology

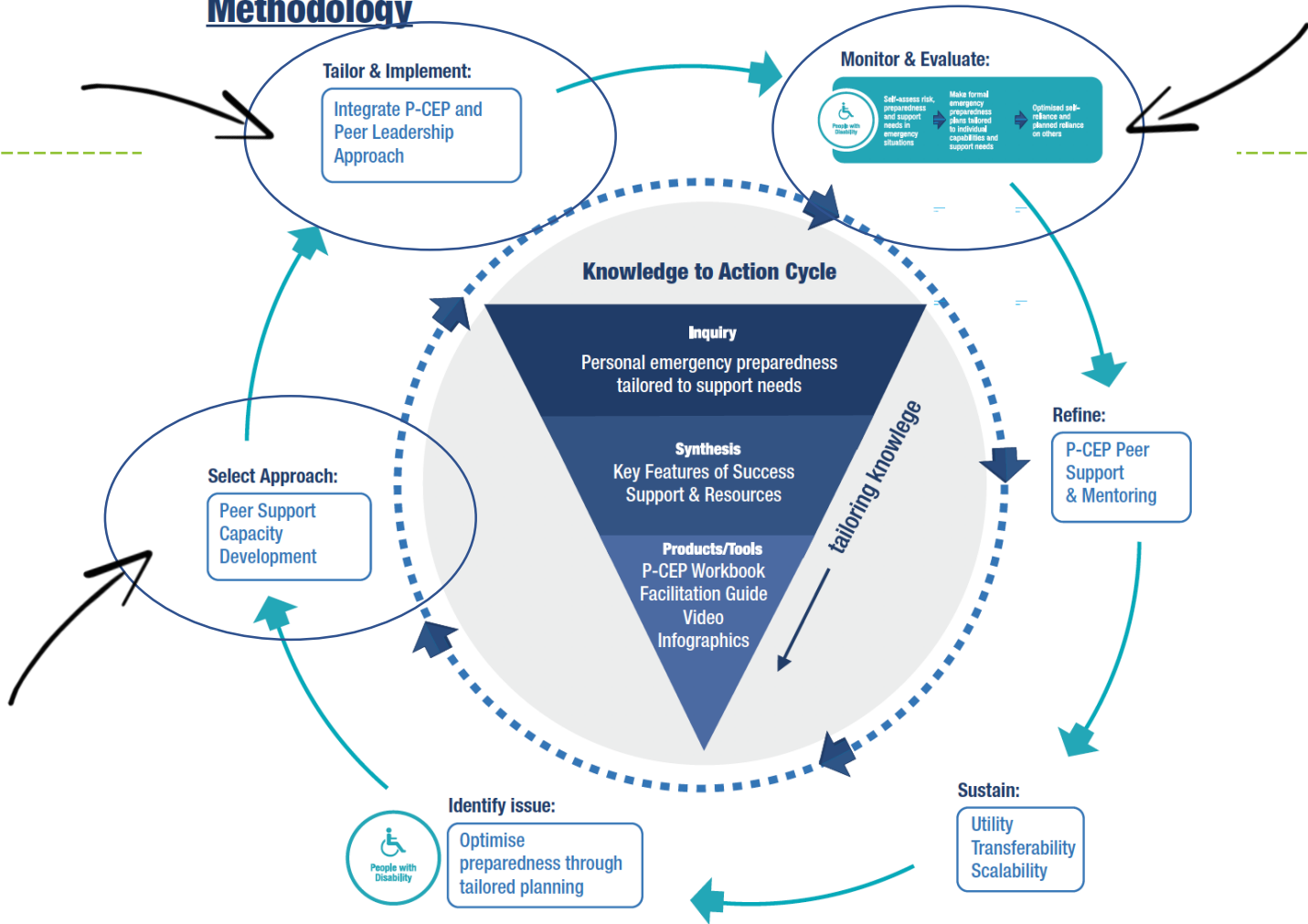


Person-Centred Emergency Preparedness (PCEP)



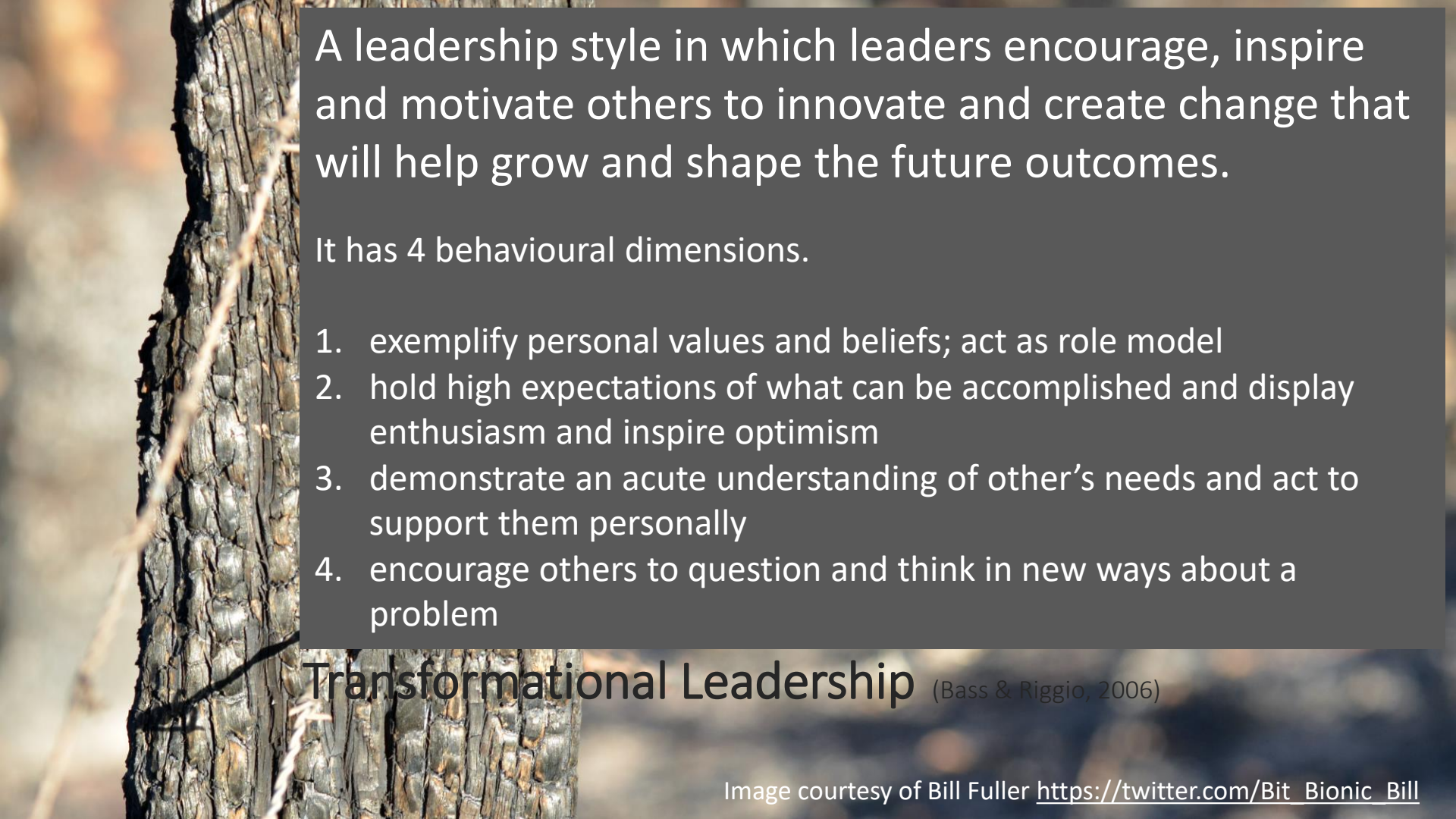


Methodology









A leadership style in which leaders encourage, inspire and motivate others to innovate and create change that will help grow and shape the future outcomes.

It has 4 behavioural dimensions.

1. exemplify personal values and beliefs; act as role model
2. hold high expectations of what can be accomplished and display enthusiasm and inspire optimism
3. demonstrate an acute understanding of other's needs and act to support them personally
4. encourage others to question and think in new ways about a problem

Transformational Leadership (Bass & Riggio, 2006)



Inclusive principles must underpin capacity development such that it is Co-designed & Co-led



How prepared are you for emergencies?

Where are you on this diagram?

*We need a healthy dose
of realistic optimism*

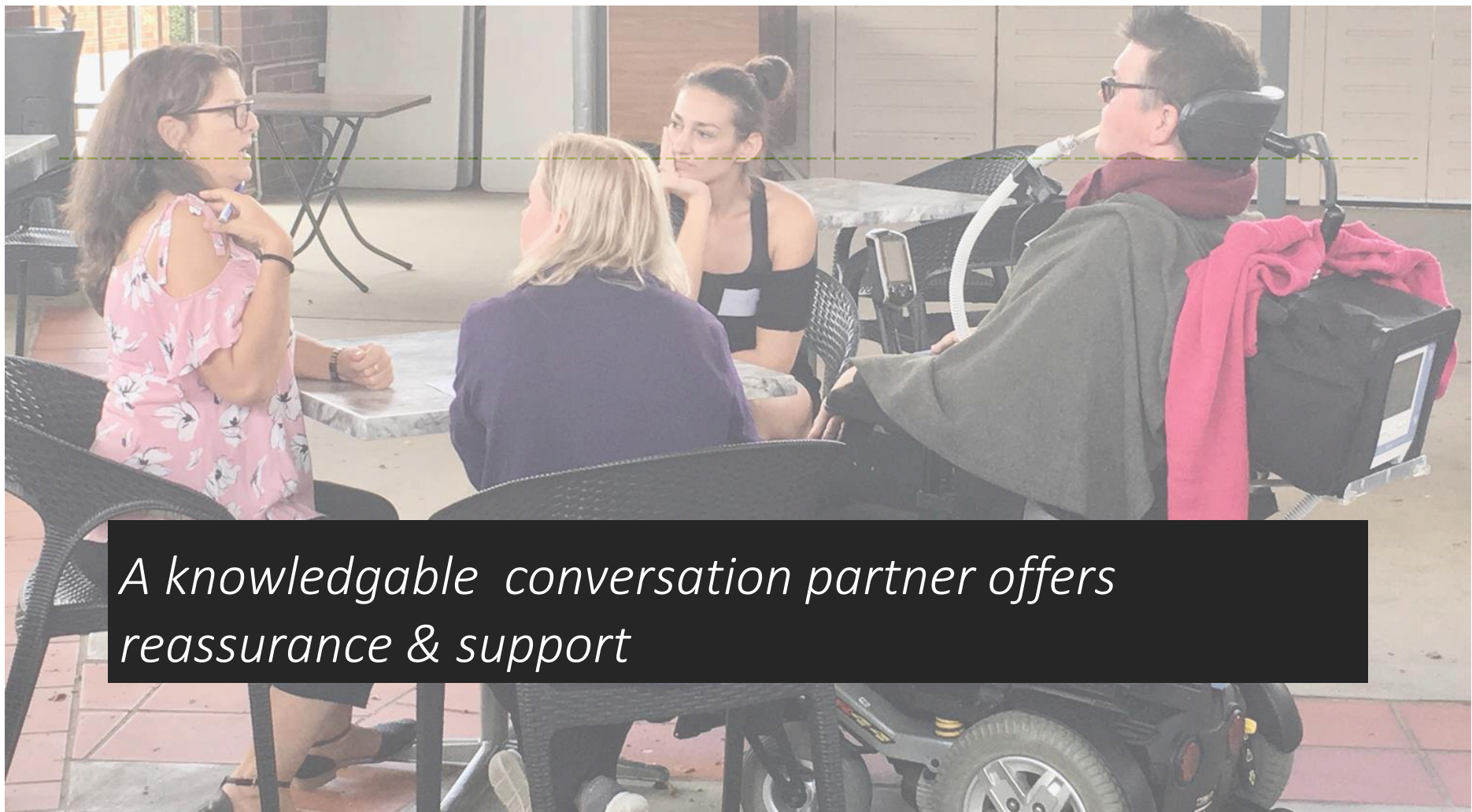


Level of Preparedness



For people with disability, emergency preparedness is:

“overwhelming, confronting, messy – but, it needs to be done!”



*A knowledgeable conversation partner offers
reassurance & support*

COVID-19 contingency planning: everything actually worked!

Tags: bedbound, Coronavirus, COVID-19, crisis, emergency, homebound, plan, planning



People need to know it Works!

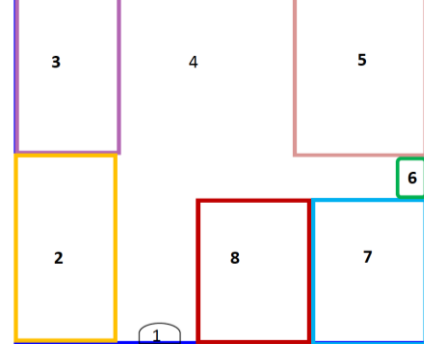
Planning for disasters

Someone in my home got the dreaded phone call last week - he'd been exposed to COVID-19 and needed to self-isolate. And to my extreme shock, all our contingency plans actually worked as intended!



Ricky Buchanan

--- Communicate the plan with people who need to know



Listed Medications: in clear pocket on Frigde door.

Medication kept: **Insulin pens** are kept in the Frigde top shelf in the door more in Crisper in bottom draw in Frigde.



Insulin needles kept in the top shelf in the fridge in Box with a big **8** on then

All other medications are securely lock i sml cupboard on left hand side of the fridge. In a large plastic container.

Scripts are kept in a pink plastic folder alongside Medicator

Evacuation

There are other facilitators:

- *Strengths-based & capability focused*
- *Stories & worked-out examples*
- *Resources that break it down*
- *Having a leadership role*



Person-Centred Emergency Preparedness (P-CEP) Workbook

A conversation guide used by people with disability to tailor emergency preparedness planning to their individual support needs.

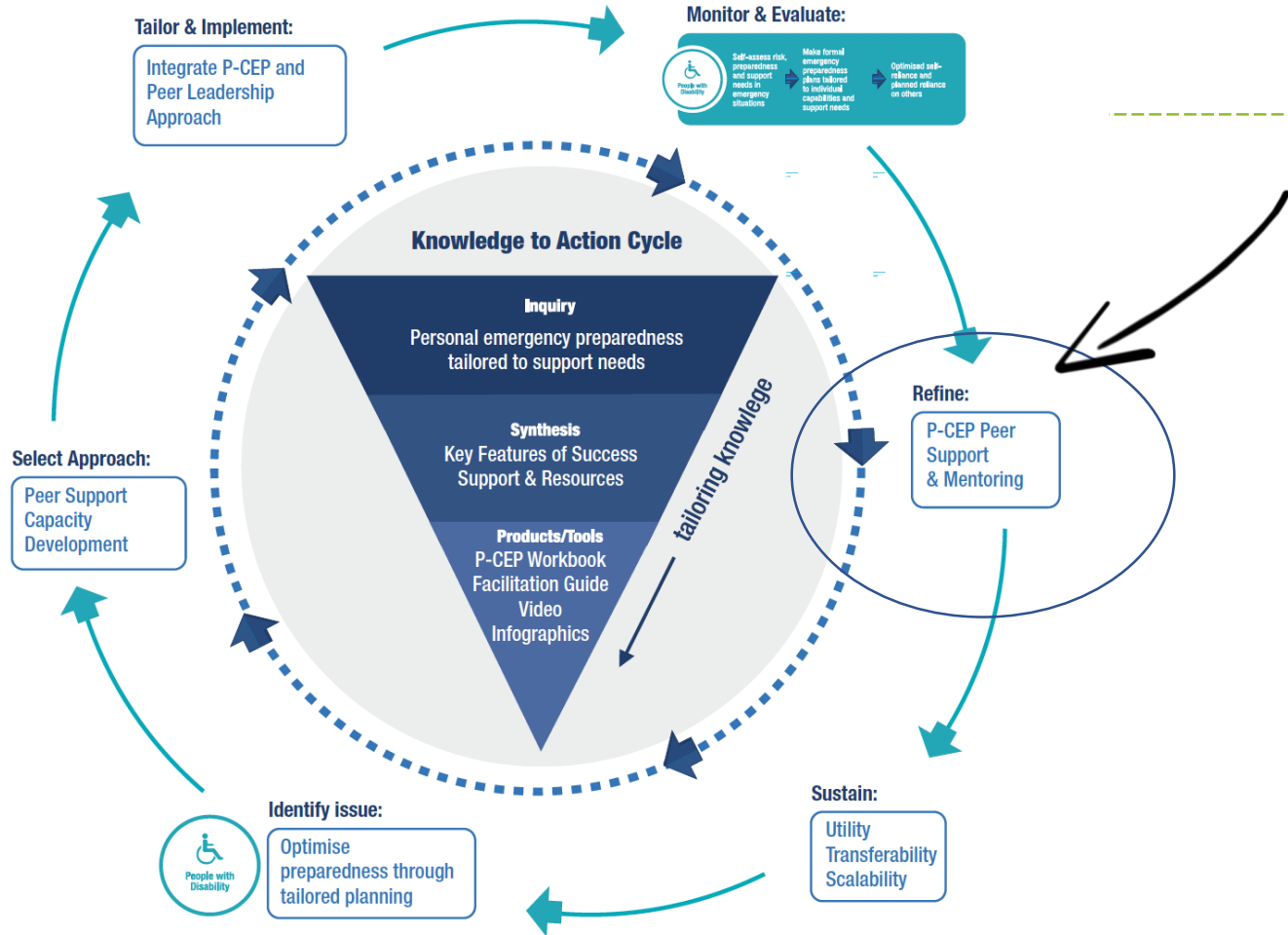
Funded by





*There will be GAPS.
Collaboration is needed to address
them.*

Methodology





Disability Inclusive & Disaster-resilient Queensland



<https://www.colla...>



QDN
Fitzgibbon
Local Support Group
Zoom meeting 21 April 2020

"I think the PCEP Planning for COVID-19 is a
essential tool. We don't know how long
situation will last."

<https://www.collaborating4inclusion.org>
#OIDRR



Willie Prince
Peer Leader,
Queenslanders with Disability
Network

"In Aboriginal culture, we sit around in a circle and talk.
If we're going to teach our mob about
person-centred emergency preparedness,
we need to have these planning conversations in a
yarning circle. This is the best way to get the
information to our communities. We can invite pe
to a yarnup and discuss situations
that relate to the risks where they live."

P-CEP Peer Support Groups





Nadia

Peer Leader,
People with Disability

"I've learned that there's so much support out there as a person with a disability. It's important to help myself prepare for disasters. There's so much support out there."



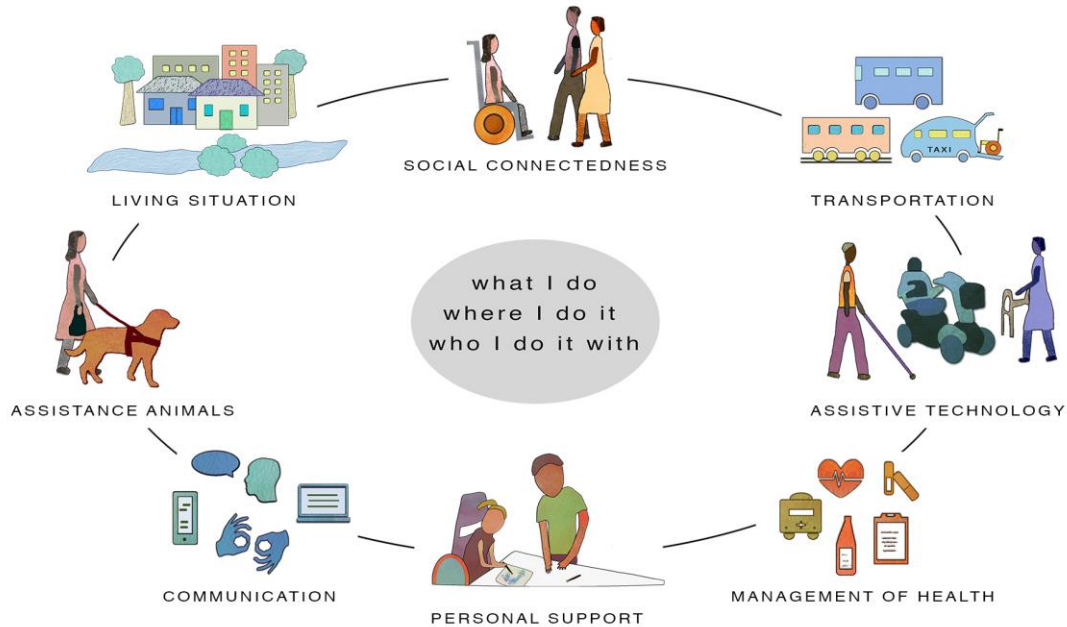
Nadia

Peer Leader,
Leaders with Disability

"I've learned that there's so much
as a person with a disability
to help myself prepare
There's so much



P-CEP Individual Mentoring





*COVID-19
put our
training to
the test*

“I know that COVID is going to be a game changer, but it is the ultimate test of shelter in place plans for people with disability and chronic conditions.”

COVID-19 planning resource for people with disability



My Support Needs:

Things I need help

Category	Description
Communication	Getting, giving and understanding information.
Management of Health	Taking care of your health.
Assistive Technology	The help you get from equipment, but not people.
Personal Support	Help you get from other people.
Assistance Animals	Help from animals. How you care for them.
Transportation	How you travel where you want or need to go (e.g. car, bus, train, taxi, walking).
Living Situation	Where you live and who you live with.
Social Connectedness	The people you do things with. Your relationships with friends, family and other people. Help you give to other people.

Patience with permission (0800)420000(001)

10 Person-Centred Emergency Preparedness Planning for COVID-19

Make a Plan

What am I planning for?

- Plan to stay at home for a long period of time
- Plan what you will do if you or someone who supports you gets COVID-19 symptoms

How do I make a plan?

STEP 1. Identify your strengths and support needs

The PCEP helps you break down planning into eight areas:

Person-Centred Emergency Preparedness Capability Wheel (Patience with permission)

- Think about what you do, where you do it and who you do it with.
- Consider your roles and responsibilities to others (e.g. partner, children, parents) that you support.
- Make a list of the things you need support for in each of the 8 areas.

My COVID-19 Plan

Notes:

Living Situation

- I have made/reviewed my home fire safety plan.
- I have considered ways to protect myself and others at home if we need to isolate from each other if someone gets sick.
- I have a plan to clean household surfaces regularly to decrease spread of germs.

Chat Connectedness

- I have an emergency contact list.
- I have my emergency contact list with my support network.
- I have a plan for staying connected in touch with people.

My emergency contact list is: _____

My plan for staying connected with people is: _____

Someone in this house is at higher risk of Coronavirus (COVID-19)

Please consider if your visit is essential

If you are showing any of these symptoms **DO NOT VISIT**
 cough | sore throat | runny nose | fever | shortness of breath

If your visit is essential please wash your hands immediately for 20 seconds upon entering

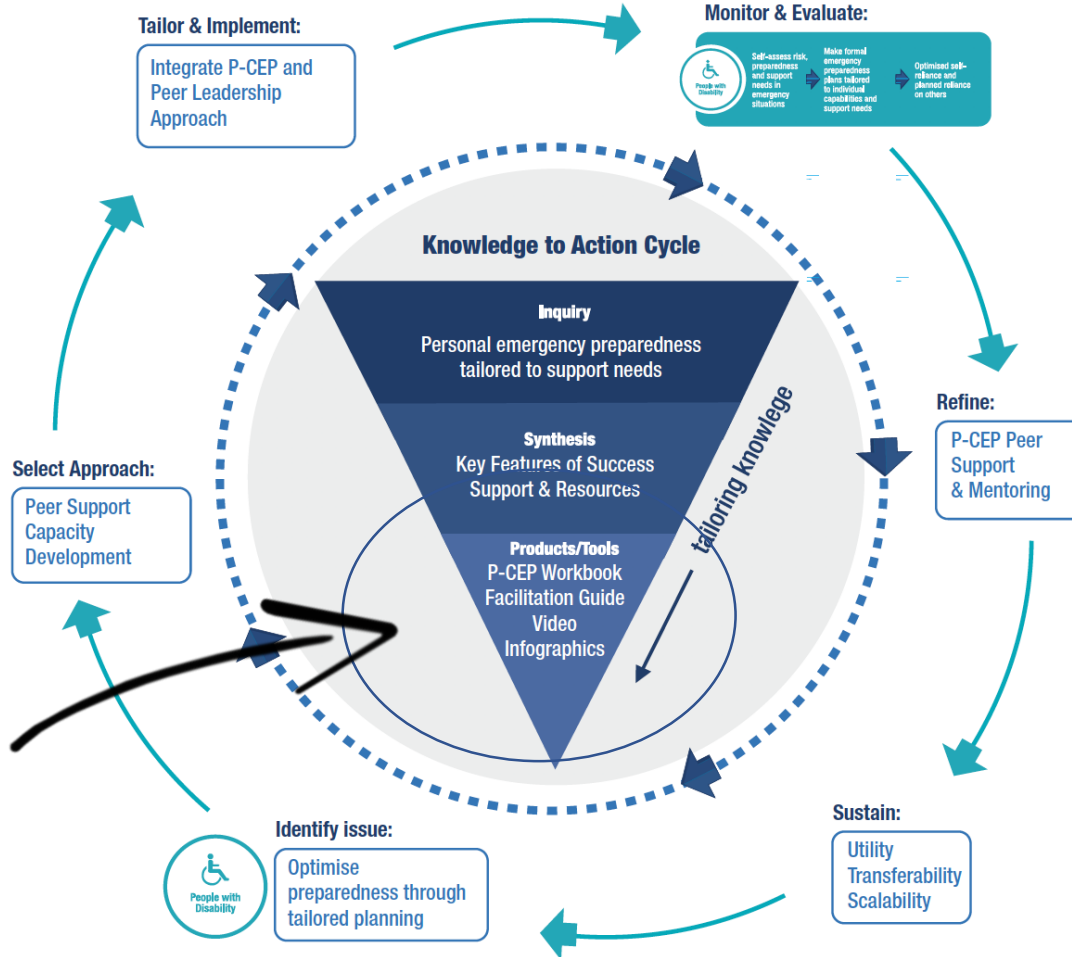
You can contact us on: _____

Leave any packages at the door

This is a sign that you can use to place on your front door to help people stop and think before they knock. There is space at the bottom of the sign so that you can write any further instructions to visitors, or support workers.

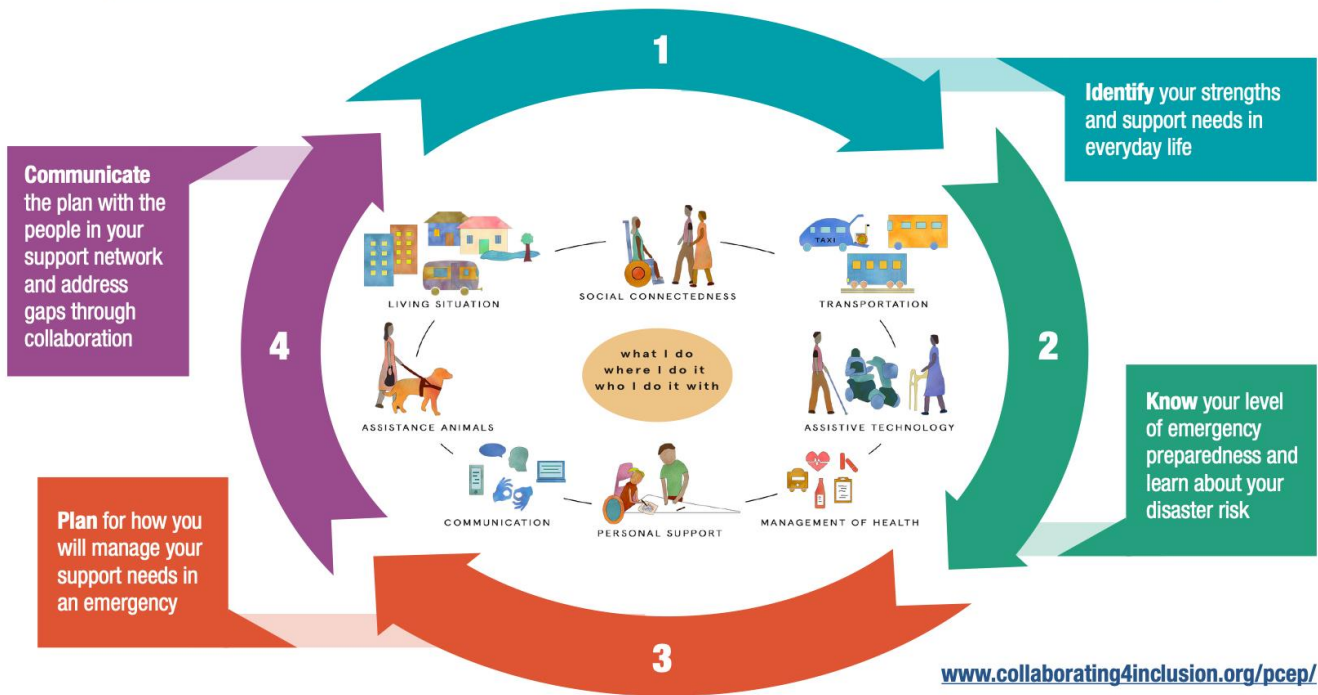
<https://collaborating4inclusion.org/covid-19-person-centred-emergency-preparedness/>

Methodology



Person-Centred Emergency Preparedness (P-CEP) Workbook

A conversation guide used by people with disability to tailor emergency preparedness planning to their individual support needs.



www.collaborating4inclusion.org/pcep/

Thank you!



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<https://twitter.com/ResearchC4I>



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