

Understanding Preparedness and Recovery

A survey of people's preparedness and recovery experiences of emergencies

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Red Cross pays our respects to the Aboriginal and Torres Strait Islander Custodians across this country, and to Elders, past, present and emerging, and Aboriginal and Torres Strait Islander people in the audience.

We acknowledge that the First Nations peoples have been living with fire, flood, cyclone, earthquake, tsunami, volcanic eruptions, disease and dispossession for 60,000 years.

There is much we can learn.



- Introduction
- Context for Study
- Methods
- Findings
- Recommendations

Context for study



- Red Cross involved in preparedness since 2008
- Takes a psychosocial and consequence approach to preparedness
- This approach is largely unique
- Often asked about efficacy of preparedness

Methodology

Demographics

The figures below represent the demographic characteristics of the sample collected. In comparison to the general population this sample has an over-representation of woman (68% vs 51%³), older people (83% of 40+ vs 48%⁴) and wealthier households (41% of \$104,000+ vs 32%⁵).

Figure 1: Gender breakdown of participants⁶



Figure 2: Age breakdown of participants

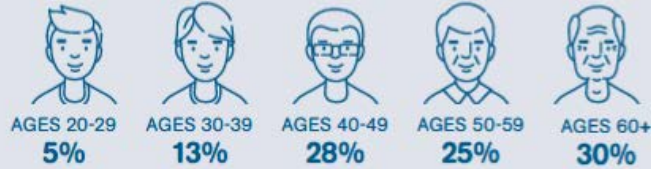
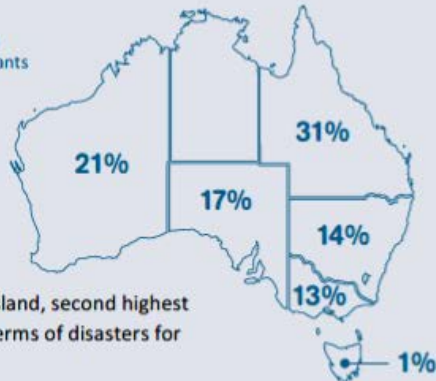


Figure 3: Average income per household of participants



Figure 4: Geographical breakdown of participants



Respondents' postcodes⁷ reflect different situations with Queensland, second highest most affected state, WA the fourth one and SA the sixth one in terms of disasters for the period 2008-2019 (Disaster Assist 2020).

3. ABS, 2016 Census. 4. ibid. 5. ibid. 6. In this report, figures do not always add up to 100% in this report due to rounding. 7. There were 69 postcodes in the sample.

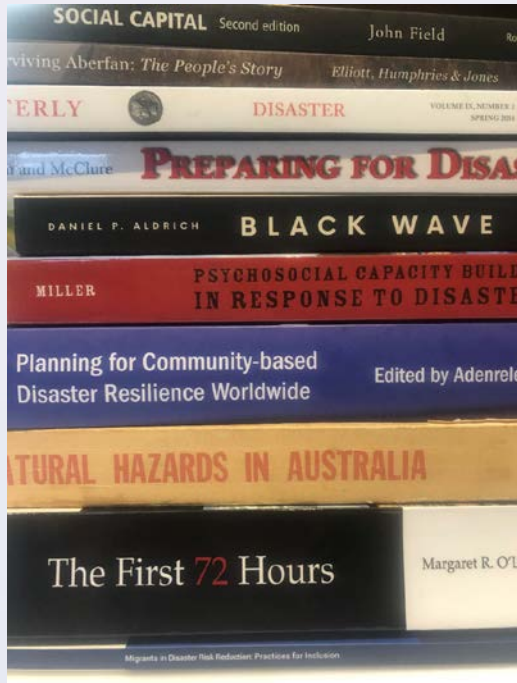
- Literature review
- Survey of people who have experienced emergencies
- Statistical analyses

Assumptions

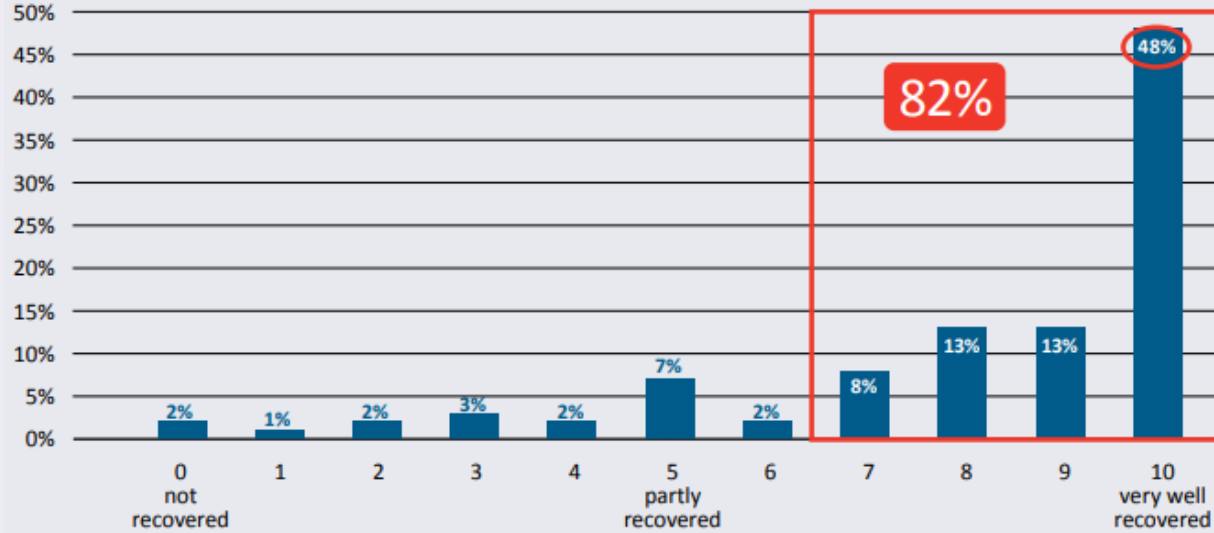


- Preparedness definition
- Self reported recovery
- Preparedness actions

Literature review

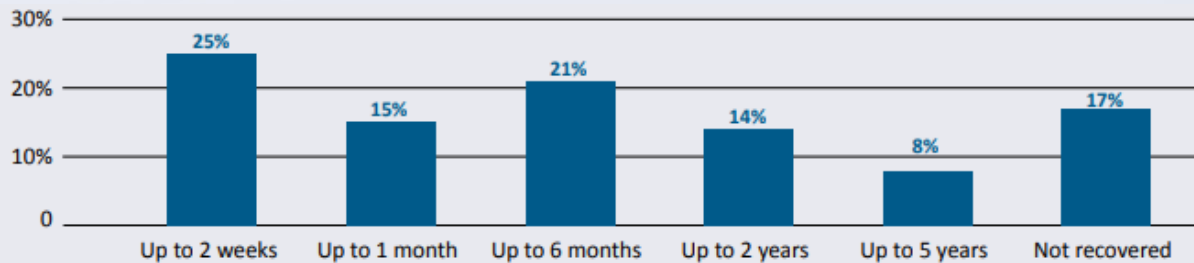


- “Household preparedness efficacy” search term
- 92 papers selected
- Most assumed a link between preparedness and outcome
- 4 recognised the absence of empirical evidence
- 2 papers indicated positive outcomes from preparedness
- 1 neutral outcome
- 1 indicated a negative outcome



Length of recovery

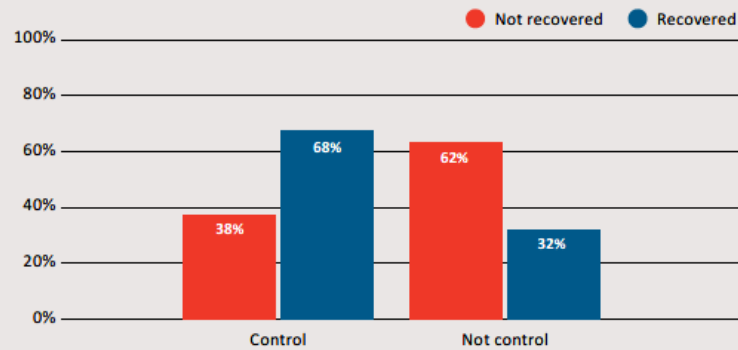
- People recover well
- A small group haven't
- 6 months is still a long time



Control and comfort

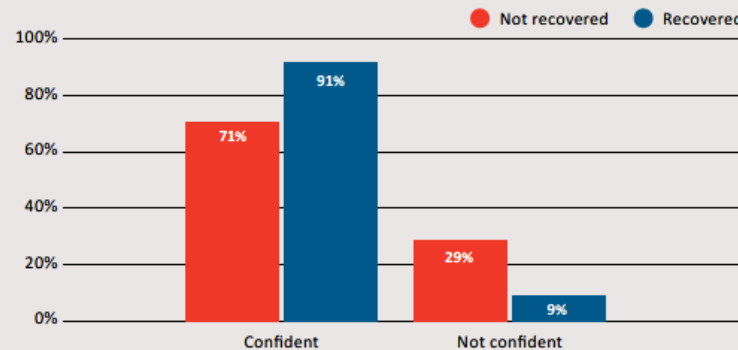
Control level

Those who had not recovered yet were nearly twice as likely to have not felt in control as they experienced the emergency, relative to those who had recovered; this is important because we know that feeling in control during a disaster is a sign of people having some degree of preparedness to handle what is happening.



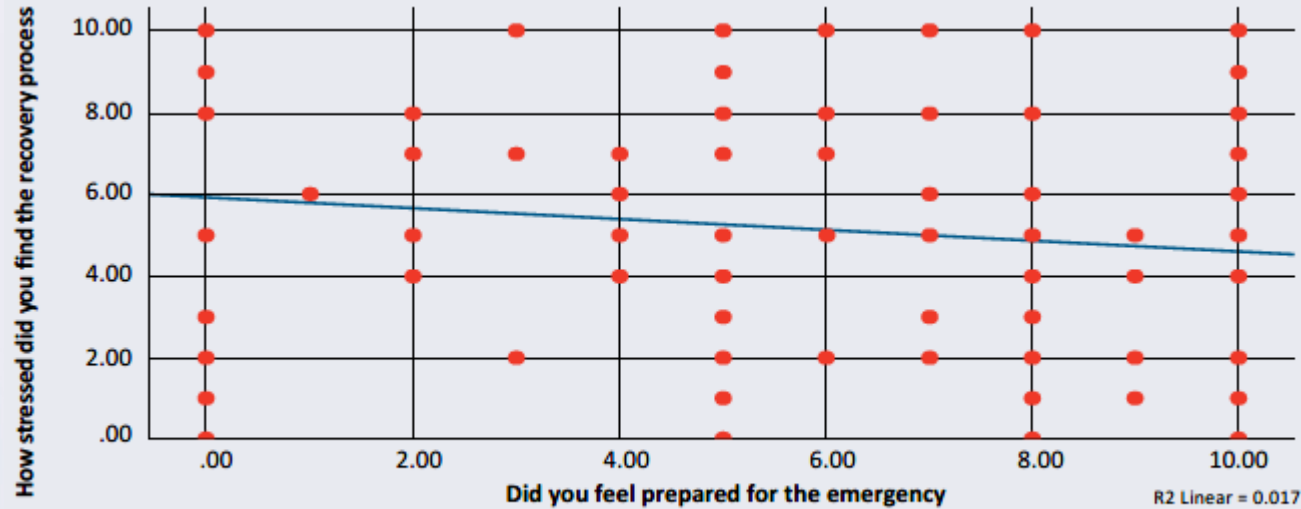
Confidence level

Participants who had not yet recovered had a significantly lower level of confidence in the actions they took during the disaster than those who had recovered, meaning that they took certain actions they were not convinced were the best at the time.



- Did people feel in control of their situation
- Were they comfortable with the decisions made
- **nearly 7 out of 10 felt in control** of their actions during the disaster and
- **nearly 9 out of 10 felt confident** with the decisions they made at the time.
- This had a positive outcome on stress experienced

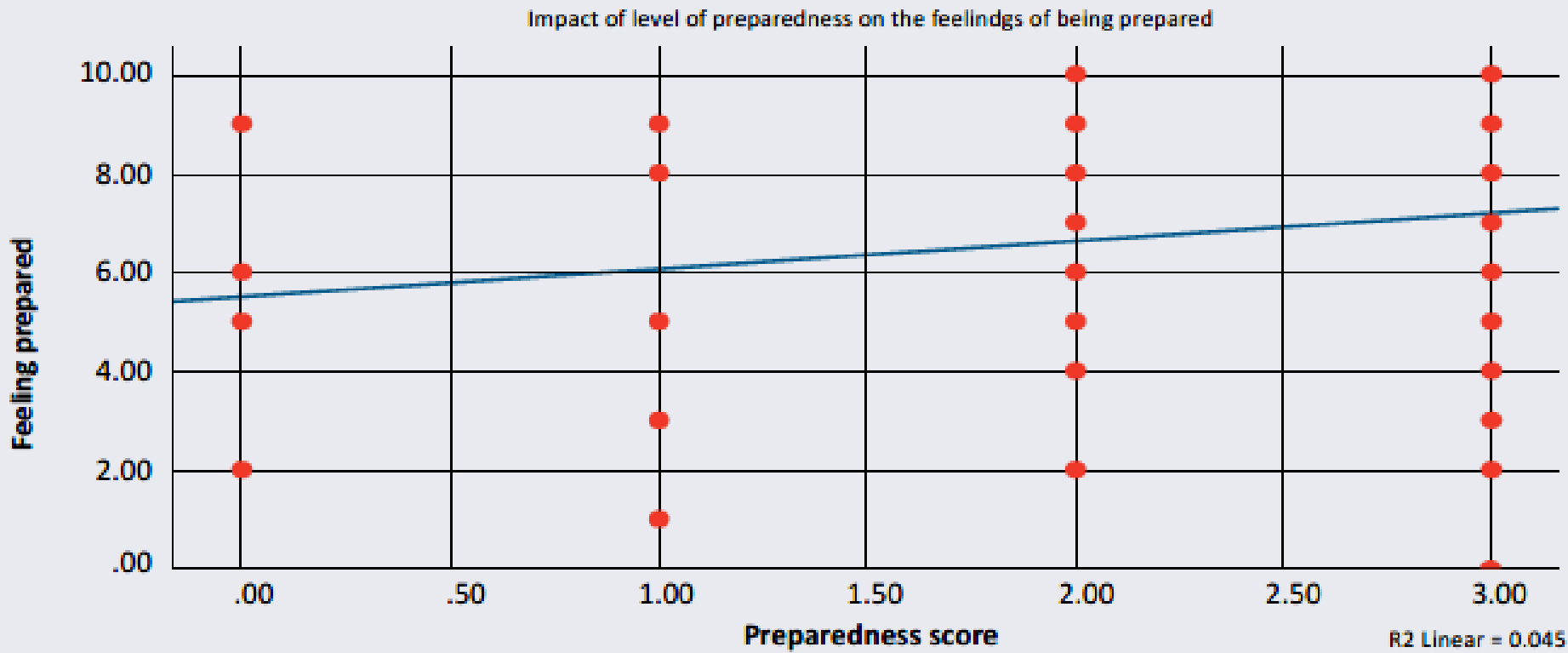
Preparedness outcomes



Scales: level of preparedness from 0 (not prepared) to 10 (extremely well prepared); stressful recovery from 0 (not stressful at all) to 10 (extremely stressful).

- Preparedness actions lead to people reporting less stress during and after disaster
- Less stress was linked with faster reported recovery outcomes

More preparedness action is better



Preparedness actions can be grouped in three categories





Protect my personal matters	Build my readiness	Be pragmatic
<ul style="list-style-type: none">• Identified how to respond to stress and developed strategies to manage stress levels• Identified and took measures to protect/back-up items of sentimental value• Made copies and protected important documents such as identification papers, wills, financial papers• Made plans for reunification of family if separated during an emergency	<ul style="list-style-type: none">• Identified sources of information to help prepare and respond for an emergency (e.g. an official emergency services app)• Found out what hazards might affect living area and made a plan for them• Used preparedness materials (e.g. RediPlan, bushfire survival plans)	<ul style="list-style-type: none">• Made a plan for pets/livestock/animals• Swapped phone numbers with neighbours• Took out property insurance

The four personas in preparedness

The Ready







- 53% recover in less than 1 month
- Good at protecting personal matters and making pragmatic decisions
- Most confident with their decisions (95%) but have less readiness knowledge than other groups.

 40% of the sample
  Relatively equal
  >85% are 40+
  51% earn \$78K+

The Sentimental







- 45% recover after 1 month and the group with the lowest proportion of people yet to recover
- Are good at building resilience, but lowest score on pragmatism
- Very confident (90%) in their decisions and feeling in control of their actions (82%).

 12% of the sample
  82% women
  >90% are 40+
  64% earn \$78K+

The Planner







- Longer recovery (36% take 3 to 24 months) and 18% have not yet recovered
- High level of knowledge and resilience, but little attempt to protect personal items and less likely to apply pragmatic decisions
- Very confident in their decisions (95%).

 24% of the sample
  63% women
  >70% are 40+
  55% earn \$78K+

The Unsure



- Longest to recover – 41% took 1 to 5 years, with 18% yet to recover
- Scored poorly on all factors, especially knowledge and building resilience
- Lowest proportion of people confident in their actions (76%)

 24% of the sample
  73% women
  Largest 20-39 y.o. share
  41% earn <\$55K

Recommendations



- an increased focus on preparing for the long term impacts of a disaster in preparedness programs.
- a differentiated approach in preparedness based on people's profile and what they specifically need support in.
- ensuring that psychological preparedness focused on the experiences during and after a disaster is included in all preparedness programs.
- more research be undertaken to further investigate which
- actions support enhanced recovery.

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Further information: *The Conversation: When it comes to preparing for disaster there are 4 distinct types of people. Which one are you?*

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