



Four Areas of Emergency Management

PREVENTION

Steps you can take to identify disaster risk and increase resilience:

- ✓ being aware of natural hazard events in your community and the places where you spend time to understand your local hazard risk;
- ✓ learning about natural hazards and their impact on people and services;
- ✓ self-assessing your preparedness, capabilities and support needs in emergencies;
- ✓ protecting your home to prevent or reduce damage from natural hazards.

PREPAREDNESS

Steps you take to make sure you are safe before, during and after a natural hazard or other emergency. This requires you to plan and act together with your support network to protect against, quickly respond to and recover from your emergencies.

- ✓ consider how you will manage during loss of essential services (e.g. water, power, transportation, food supply) and supports (e.g. community-based disability support services, home nursing, personal care) that you rely on every day;
- ✓ use tools from the DIDRR Resource Library to make a plan.

Preparedness is a process, not a one-time event. This means that your plan should be reviewed, updated and communicated regularly with your support network.

The process of adapting to the impact of disaster and the impact it has on your home and community by:

- ✓ managing disruptions to critical services and the supports that you rely on;
- ✓ asking for or coordinating help from others;
- ✓ taking care of your health and wellbeing;
- ✓ caring for others in your family or community.

Actions you take to make sure you and the people you care about are safe in an emergency:

- ✓ be aware of your risk;
- ✓ heed disaster warnings;
- ✓ make decisions to shelter-in-place, evacuate to a place of safety, or take refuge;
- ✓ implement your preparedness plan together with your support network; look out for your family, friends and neighbours - making sure that they have information and are safe during a disaster.

RECOVERY

RESPONSE

Adapted from: Villeneuve, M., Abson, L/, Yen, I/, & Moss, M. (2020). Person Centered Emergency Preparedness (P-CEP) Workbook. Centre for Disability Research and Policy, the University of Sydney, NSW 2006.

