

# ilru NetWork

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October 2005

How well are YOU prepared for a hurricane, flood, fire, terrorist attack or other

## EMERGENCY!



### Inside:

- Preparedness guidance and resources for people with disabilities and their support networks
- Plan today for tomorrow's disaster: Preparedness tips for individuals and organizations

For up-to-date Katrina and Rita recovery news and relief assistance: [www.ilru.org](http://www.ilru.org)

Hurricane Katrina, National Oceanic and Atmospheric Administration (NOAA) Satellite

As I write, the states along the Gulf Coast are recovering from Rita—a category three hurricane. This time, the east Texas and West Louisiana coasts were the targets. Here in Houston, ILRU's headquarters, thousands of Katrina evacuees who remained in shelters were evacuated to another state. And many of those of us who live here and in the surrounding areas evacuated, too.

It all serves to reinforce the message we hope to convey with this newsletter—disasters happen. They don't ask for permission. They don't wait until we're ready. The responsibility for preparedness rests on us.

Katrina served up a powerful reminder that many first-responders and relief agencies still don't grasp the obstacles that confound people with disabilities and other vulnerable citizens in times of crisis. The independent living community can and should be a major player in changing that.

In the months to come, the ILNet is committed to advancing that idea. We will have plenty of things to talk about and work through, thanks to our experiences and lessons learned in this catastrophic hurricane season.

First, though, we need to make sure that IL consumers, staff and centers have their own "preparedness acts" together. For some in our community, it is truly a matter of life and death. For that reason, those of us in the business of serving and supporting people with disabilities have a particular responsibility to be sure we are prepared and able to respond when and where disaster strikes.

—Richard Petty, ILNet Director

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***“For people with disabilities the disaster has not ended. The press and others might have you believe we’re through the rescue phase of the crisis. In fact, many people with disabilities are still in need of a certain type of rescue—and they will be for some time.” —Lex Frieden***

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## Frieden shares lessons learned in 2001 Houston flood

People that know him—people around the world—know that Lex Frieden wears a lot of different hats as an advocate for people with disabilities. He is the chairperson of the National Council on Disability, a professor at Baylor College of Medicine, a senior vice president at TIRR (The Institute for Rehabilitation and Research) and director of ILRU. And that’s the short list.

The experience that best prepared Frieden for a leadership role in the national response to people with disabilities devastated by Hurricane Katrina, however, has less to do with any of those and much more to do with personal experience. Frieden and his family are survivors of another weather disaster—Tropical Storm Allison—which sent destructive flooding through downtown Houston in 2001. They had an “up close and personal” confrontation with the overwhelming fear, uncertainty, confusion, frustration and loss that millions of people in the Gulf Coast states are experiencing now.

Frieden—a quadriplegic as the result of a spinal cord injury—understands the (literally) sinking feeling of being reliant on a wheelchair that is being swallowed by rising water. His family will never forget the agonizing wait to be evacuated, the sad realization their home was uninhabitable or the seemingly endless paperwork and red tape associated with getting help from disaster relief agencies.

Frieden recalled what he learned from that experience in a recent nationwide webcast sponsored by ILRU. He was joined by Mark Johnson, advocacy director at Atlanta’s Shepherd Center, and Richard Petty, ILNet director. Among other topics, the wide-ranging discussion included advice for individuals and families who need assistance to recover from the catastrophe, ideas for CILs and others for ways to assist people with disabilities in this time of crisis, and the need to document the ongoing barriers and problems people with disabilities have experienced as they try to recover from the disaster and move on with their lives.

*(Note: Highlights on specific webcast topics appears as boxed information throughout this newsletter. —Ed.)*



Lex Frieden, 2001 Houston flood survivor

### ADVICE TO SURVIVORS

## Be persistent, be clear, be strong

- *Get registered with FEMA.* Register online (if you have computer access) or call as often as you need to get through. Don’t give up. Being registered is critical for receiving the array of FEMA’s relief services that will be available in the near future.
- Be absolutely clear in your communications with FEMA and other relief agencies that you are a person with a disability who has special needs. Be very clear about what your needs are. They cannot be expected to address needs or resolve issues they don’t know about.
- Temporarily, a number of organizations are offering housing; but, eventually, FEMA will be the main housing provider. The agency has an elaborate system to determine need and how much money they will provide people. Be sure to indicate the extent of your need for accessible housing. They can waive some policies—if they are aware of your need.
- When FEMA asks you to list family members you should only list persons in your *immediate* family unit. Do not include members of your extended family or other persons who do not ordinarily live with you. Doing so could affect how much money you get. They should register separately.
- Link up with a center for independent living or some other organization or person who can work as your advocate or case manager. They can make calls on your behalf and generally help you navigate the complicated maze relief agencies and supports.
- Keep a notebook, an envelope or some other way to keep up with the various papers, numbers, cards, etc. you will collect in your dealings with relief organizations and others. It’s important to keep them with you.
- Typically, once you get past the intake desk at a FEMA center, people staffing the various desks (financial assistance, housing, etc.) will be knowledgeable about specific relief benefits. There should also be at least one person who understands disability-related issues. If at any time you feel the people you are talking to are not responding to your particular disability-related needs, ask to speak to a supervisor who is more likely to be knowledgeable.

### FEMA CONTACT INFO:

800-621-FEMA (3362)

800-462-7585 (TTY)

<http://www.fema.gov>



## A few things to know, do and have before registering with FEMA

(Source: [www.fema.gov](http://www.fema.gov))

- Katrina and Rita survivors who want federal disaster recovery assistance *must* register with the Federal Emergency Management Administration (FEMA).
- Applicants can register by telephone or online. (Note from FEMA's website: "Currently, to complete your application online you must be using Microsoft's Internet Explorer 6.0 or above. We are in the process of modifying the application so that it will be available to additional browsers.")
- FEMA *will not* accept applications by mail.
- At the end of the registration process (either phone or online) applicants will be given a identification number. It's important to write the number down and keep it handy—it is how a claim will be identified throughout the recovery process.
- Have pen and paper available to record information during the registration process.
- Whether registering by phone or electronically, applicants will be asked to provide the following:
  - Social Security Number (individuals) or tax ID number (businesses): If you do not have a social security number, your household may still be able to receive assistance if there is a minor child in the household who is a U.S. Citizen, Non-Citizen National, or Qualified Alien with a social security number.
  - Insurance information: You will be asked to identify the type(s) of insurance coverage you have.
  - Financial information: You will be asked to enter your family's gross total household income at the time of the disaster.
  - Contact information: Along with the address and phone number where the damages occurred, you will be asked for information on how FEMA can contact you. It is very important that you provide FEMA with your current mailing address and phone numbers where you can be contacted.
  - Electronic Funds Transfer (EFT)/Direct Deposit Information (optional)
  - If you are determined to be eligible for assistance and would prefer that funds be transferred to your account, you will be asked for your banking information, which includes the institution name, type of account, routing and account number.

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### Who did Katrina leave behind?

## Houston survey gives first glimpse of survivors' issues

More than one in 10 (14%) Hurricane Katrina evacuees report a family member, neighbor or friend was killed by the storm or subsequent flooding and more than half report that their home was destroyed (55%) and that they are separated from or missing members of their immediate family (53%). The survey also found that evacuees in Houston shelters face serious health challenges that will complicate relief and recovery efforts.

Key health-related findings include:

- 52% report having no health insurance coverage at the time of the hurricane. Of those with coverage, 34% say it is through Medicaid and 16% through Medicare.
- Before the hurricane 66% of the people evacuated to Houston shelters used hospitals or clinics as their main source of care and of those, a majority (54%) used Charity Hospital of New Orleans,

substantially more than the second most common care site (University Hospital of New Orleans, at 8%).

- 33% report experiencing health problems or injuries as a result of the hurricane and 78% of them are currently receiving care for their ailments.
- 41% report chronic health conditions such as heart disease, hypertension, diabetes and asthma.
- 43% say they are supposed to be taking prescription medications, and of those, 29% percent report having problems getting the prescription drugs they need.
- Of the 61% who did not evacuate before the storm, 38% said they were either physically unable to leave or had to care for someone who was physically unable to leave.

Among those surveyed, 98% are from the New Orleans area and about three-quarters of those (73%) have lived there their whole lives. In surviving this tragedy, an overwhelming majority of the evacuees in Houston shelters (92%) say that religion played an important role in helping them get through the past two weeks.

SOURCE: Survey of evacuees in shelters in Houston sponsored by *The Washington Post*, Kaiser Family Foundation and Harvard School of Public Health. Find detailed information online: <http://www.kff.org>.



# Lessons learned from 9-11 still apply as CILs re-evaluate disaster plans after Katrina

*No two disasters are exactly alike, so there's probably no way to plan for everything that will happen during or after an emergency. Still, we can learn from folks who have actually been through the experience. With that in mind, we offer the following tips—listed in no particular order—gathered from interviews with Center for Independence of the Disabled, New York and the New York Statewide Independent Living Council in reflecting on their own preparedness in the aftermath of Sept. 11, 2001. Based on what we are learning about the Katrina aftermath (from consumers and service providers), the information still seems relevant. —Ed*

- The best preparedness plans include a “Plan B”—just in case the situation makes “Plan A” impossible. For example, a plan that relies on telephoning consumers to check on their safety will be useless if phone lines aren't working or are overloaded.
- Even if transportation systems are not damaged, emergency response personnel may restrict travel for security or other reasons. For example, personal vehicles were not allowed into Manhattan for a period of time after the attacks. Without public or special transit, people who had medical appointments or needed to travel to apply for relief benefits or other important business had no way to get into town.
- If emergency shelters and temporary housing are not accessible, they're of no use to many people with disabilities. It's not enough to plan to evacuate folks—they've got to be able to get in and around emergency lodging.
- When closed captioning and TDDs go down, many people who are deaf have no access to critical information about evacuation, emergency shelter, medical services, relief assistance, etc. Restoring and maintaining communications to this population should be a priority in any emergency response plan.
- People who provide services to consumers may be impacted by the crisis, too. For example, a personal assistant may be injured, stranded, cut off from communication or otherwise affected by the disaster—just like everybody else. Emergency response plans need to take this into account and provide for some type of backup arrangements.
- Don't assume that emergency and relief agencies understand accessibility, accommodations, communication, transportation issues or any other aspect of disability or independent living. If you haven't worked to raise their awareness before the emergency, plan to spend a lot of time educating them in the midst of the crisis.
- If you're near the state line, your emergency response may need to include two states. Learn in advance what needs to happen to account for differences in services and systems.
- The news media is a valuable resource in reaching out to constituents in a time of crisis. Include a media plan in your overall emergency response plan.

## Good (and free!) preparedness resource for CILs and others

What if your CIL sits right in the path of the next disaster. Maybe it's a hurricane. Perhaps a flood. Possibly a fire.

How will you communicate with staff and consumers to make them aware of the problem or check on their well-being? How will you access important records and documents if you can't get back to your office? What if your records are destroyed in the disaster? How will you assure that consumers who rely on you for services and supports are getting what they need? How quickly will you be able to restore your operations—with or without your office?

Being truly prepared for a disaster is something most of us say we'll get around to—some day. Unfortunately, catastrophe doesn't abide by our schedules. For CILs, not being prepared when disaster strikes could have serious—possibly life-threatening—consequences for people with disabilities.

In searching for good resources to help CILs assess and enhance emergency readiness, ILNet came across the Public

Entity Risk Institute (PERI). PERI's website ([www.riskinstitute.org](http://www.riskinstitute.org)) is loaded with excellent information on risk management, disaster preparedness and related topics.

One publication in particular caught our attention. *Open for Business<sup>SM</sup>* is a free comprehensive disaster planning toolkit that includes great tips, checklists and forms that help organizations evaluate and plan for emergencies.

The booklet was developed by the Institute for Business and Home Safety (IBHS), with PERI funds. You can download it at [www.ibhs.org/docs/OpenForBusiness.pdf](http://www.ibhs.org/docs/OpenForBusiness.pdf). Like PERI, IBHS ([www.ibhs.org](http://www.ibhs.org)) has a lot of useful information you may want to check out while you're there.

The following paragraphs are excerpted from the 47-page guide as a sampling of the tips available for two communications methods CILs regularly depend on—computers and telephones.

### Computer Considerations

“When there is sufficient warning about an event, such as a hurricane, you might decide to move some of your computer equipment and software to a safe place, so that it could be utilized at your recovery location. ... In addition, you could require that all employees take their laptops with them, in order to provide the option to work from home or at a recovery location.

“Some disasters occur without warning, though, so you want to be sure you have alternatives available. Other reminders:

- Keep a backup copy of your computer's basic operating system, boot files, and critical software, and be sure you have copies of your operations manuals.
- Maintain an up-to-date copy of computer and Internet logon codes and passwords.
- Make arrangements with computer vendors to quickly replace damaged vital hardware and software, and/or to meet your needs at your recovery location.

See **COMPUTER** on page 6

# Advice to relief workers: Take care of yourselves!

*The following is an excerpt from the Sept. 10 entry in the online "ILRU Disaster Relief Journal" available on ILRU's home page: [www.ilru.org](http://www.ilru.org).*

*It will be many months—possibly years—before we can really feel that all the problems are resolved for the survivors of the recent hurricanes. Those of you on the front lines of assistance are so important to the effort. We include this information hoping you will pay attention to your own physical and mental health. —Ed.*

CIL staff have been on the front lines of disaster recovery for several weeks now. The same is true for SILC staff and so many other organizations that serve people with disabilities. As in the 911 attack and other disasters, the IL community has responded with lightening-quick aid to the people in need. It is crucial to make sure you're taking care of yourselves, even as you assist and support others. We wanted to offer some self-care tips, as well as resources to help you help others.

You've been called on to do the almost impossible in the midst of chaos and without telephones, electricity, or running water. For some of you, your own homes have been destroyed and families scattered. Yet, you've continued to work to find those who are missing, helped secure shelter, food, water, medical supplies and equipment, and now, you're helping to locate more permanent housing. You have been true heroes. Our hearts go out to you and you are constantly in our thoughts and our prayers.

Most of you've had little sleep—and almost certainly, no good rest. Many of you have told us of your exhaustion and of your great frustration and anger with systems that seem to have completely ignored people with disabilities. It is crucial to make sure you're taking care of yourselves, even as you assist and support others. We wanted to offer some self-care tips, as well as resources to help you help others.

The staff of SAMHSA, a federal agency that deals with mental health issues, have prepared *Self-Care Tips for Emergency and Disaster Response Workers*. The SAMHSA publication emphasizes that no one responding to a disaster is untouched by it. There is one of a number of publications related to disaster/trauma available on the agency's website: [www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov).

## Self-Care Tips for Emergency and Disaster Response Workers

### Normal Reactions to a Disaster Event

- No one who responds to a mass casualty event is untouched by it
- Profound sadness, grief, and anger are normal reactions to an abnormal event
- You may not want to leave the scene until the work is finished
- You will likely try to override stress and fatigue with dedication and commitment
- You may deny the need for rest and recovery time

### Signs That You May Need Stress Management Assistance

- Difficulty communicating thoughts
- Difficulty remembering instructions
- Difficulty maintaining balance
- Uncharacteristically argumentative
- Difficulty making decisions
- Limited attention span
- Unnecessary risk-taking
- Tremors/headaches/nausea
- Tunnel vision/muffled hearing
- Colds or flu-like symptoms.
- Disorientation or confusion
- Difficulty concentrating
- Loss of objectivity
- Easily frustrated
- Unable to engage in problem-solving
- Unable to let down when off duty
- Refusal to follow orders
- Refusal to leave the scene
- Increased use of drugs/alcohol
- Unusual clumsiness

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***"The more we acknowledge and deal with our own feelings, the better we will be able to support and help our staff and colleagues—and the better we all will be able to support and help the people in our communities."***

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*—2001 ILRU NetWork*

### Ways to Help Manage Your Stress

- Limit on-duty work hours to no more than 12 hours per day
- Make work rotations from high stress to lower stress functions
- Make work rotations from the scene to routine assignments, as practicable
- Use counseling assistance programs available through your agency
- Drink plenty of water and eat healthy snacks like fresh fruit and whole grain breads and other energy foods at the scene
- Take frequent, brief breaks from the scene as practicable
- Talk about your emotions to process have seen and done
- Stay in touch with your family and friends
- Participate in memorials, rituals, and use of symbols as a way to express feelings
- Pair up with a responder so that you may monitor one another's stress

**Source: [www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)**

# Personal Preparedness

## Taking charge of your destiny in a disaster

(You have to start preparedness planning somewhere. We offer these quick checklists to help CIL staff and consumers launch their own readiness preparations. —Ed.)

### Checklist: Things to have, know and do

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- Establish a *personal support network*.
- Customize an *emergency health information card* (see sample on p. 8). Keep copies in wallet, purse and emergency supply kits.
- Complete an *emergency contact list*.
- Collect *emergency documents*.
- Store *emergency documents* in emergency supply kits, wallet, safe deposit box and give copies to personal support network and out of area contact.
- Conduct an *ability self-assessment*.
- Collect “*carry-with-you*” supplies to keep with you at all times.
- Collect *disability-related supplies* for emergency kits.
- Maintain a seven-day supply of *essential medications*.
- Keep *important equipment and assistive devices* in consistent, convenient and secured place.
- Write out *instructions for things you will need help with* in an emergency.
- *If you use a service animal see the checklist on page 7.*

### Support networks: Important things to remember

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- Make arrangements, prior to an emergency, for your support network to immediately check on you after a quake and, if needed, offer assistance.
- Exchange important keys.
- Show where you keep emergency supplies.
- Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
- Agree on and practice a communications system regarding how to contact each other in an emergency. Do not count on the telephones working.
- You and your personal support network should always notify each other when you are going out of town and when you will return.
- The relationship should be mutual. Learn about each other’s needs and how to help each other in an emergency.

### Checklist: Things to keep with your or have handy in a crisis

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- Emergency Health Information Card
- Instructions on personal assistance needs and how best to provide them
- Copy of emergency documents
- Essential medications/copies of prescriptions (at least a week’s supply)
- Flashlight on key ring
- Signaling device (whistle, beeper, bell, screecher)
- Small battery-operated radio and extra batteries
- Disability-related supplies to add to regular emergency kits\*

\*You won’t carry your extra disability-related supplies with you all the time—but do keep them where you can get to them easily. Plan for enough supplies for up to two weeks (medication syringes, colostomy, respiratory, catheter, padding, distilled water, etc.). Don’t expect shelters or first aid stations to meet your supply needs.

SOURCE: [www.preparenow.org](http://www.preparenow.org)

### COMPUTER continued from page 4

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- Request written estimates for rental or purchase, shipping costs and delivery times, if relevant. Be sure to list these companies in your suppliers/vendors form as either primary or alternate vendors.
- Elevate computer equipment normally stored on the floor, e.g. CPU’s, and secure in place when flooding is a possibility. Remember that you should always keep your computer hardware and software licenses up to date.”

### Telephone Tactics

“... Communication with employees, vendors, customers, emergency officials and other key contacts is vital to your ability to resume business operations following a disaster event.

- Designate one remote voice mail number on which you can record messages for employees
- Arrange for programmable call forwarding for your main business line – if you cannot physically access your business, you can call in and reprogram the phones to ring elsewhere. (Keep in mind that if telecommunications engineers are swamped with requests to redirect phones, faxes and data lines to backup locations, your recovery location could be affected.)
- Consider alternative forms of communication should phones not be working, especially to keep in touch with your employees. In anticipation of a break in all phone service, including cell phones, you might invest in some simple two-way radios and pagers that just send signals to each other.
- Communicate by e-mail, postings on your website, or an emergency messaging system. As you think about your voice communication needs at your recovery location, determine whether you need speakerphones, voice mail capacity or the ability to record conversations. Also, decide if you need a conference bridge, in order to have conference calls with employees, key contacts, and/or customers to assess disaster damage and to make recovery decisions.
- ‘Plain Old Telephone Service’ (POTS), where the handset is connected to the base, will likely work during a power failure. The connection is direct to the telephone company, which has extensive back-up power.
- Cordless phones rely on electricity on site and may be useless.
- Cell phones may work if cell towers are still functional, but often system overload causes lost connections.”

(Source: [www.ibhs.org](http://www.ibhs.org))

# Preparedness group lists “most important things” in disasters

Some disasters—like hurricanes—usually announce themselves, giving folks a little bit of time to collect necessities and evacuate, if needed. Other catastrophes—like earthquakes, tornados, explosions or fires—arrive without warning. People may be forced to stay in place for several days.

No group is more aware of that than the San Francisco Bay Area Emergency Preparedness Coalition. The organization—operating in the heart of earthquake country—works to “ensure that the needs and concerns of vulnerable people are addressed in emergency preparedness and response.”

The following guidance from the organization appeared in the January 2002 ILRU Network. And it’s still good advice. The Coalition has a number of good tip sheets and other information on its website: [www.preparenow.org](http://www.preparenow.org). —Ed.)

In the event of a serious disaster everyone should be self-sufficient for at least three days without help or emergency services, with streets closed and with no stores open. There may be no electricity, gas, water or telephone service. Remember your home is the best place to stay—if it is not too badly damaged to be safe. The most important things to have:

- Bottled water (3 gallons per person in small, easy-open bottles)
- Several flashlights (by the bed and around the house)
- One week supply of medicines (rotated regularly) and instructions for use—dosage, frequency, doctor’s name and phone; post this information on your refrigerator under the heading EMERGENCY INSTRUCTIONS.
- First aid kit
- Shoes under the bed (to protect feet from broken glass—windows, lamps, etc.)
- Fire extinguisher (know how to use it)
- Smoke alarm (check batteries yearly)
- Battery operated radio or TV
- Whistle or loud bell (to attract attention)
- Wrench for gas turn-off (only if you or someone else smells gas)
- Garbage bags (for personal waste)

## Emergency Health Information

**Name** \_\_\_\_\_

**Street Address** \_\_\_\_\_ **City/State/** \_\_\_\_\_

**Phone: Home** \_\_\_\_\_ **Work** \_\_\_\_\_ **Fax** \_\_\_\_\_

**Birth Date** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Blood Type** \_\_\_\_\_  
Day Month Year

**Social Security Number** \_\_\_\_\_

**Health Insurance Carrier** \_\_\_\_\_

**Individual Number** \_\_\_\_\_ **Group Number** \_\_\_\_\_

**Physician(s) Name** \_\_\_\_\_ **Physician(s) Phone** \_\_\_\_\_

\_\_\_\_\_

**Emergency Contact(s) Name** \_\_\_\_\_ **Contact(s) Phone** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Conditions/Disability** \_\_\_\_\_

**Medications** \_\_\_\_\_

**Assistance Needed** \_\_\_\_\_

**Allergies** \_\_\_\_\_

**Immunization Dates** \_\_\_\_\_

**Communication/Equipment/Other Needs** \_\_\_\_\_

\_\_\_\_\_

## Emergency Health Information

An emergency health information card communicates to rescuers what they need to know about you if they find you unconscious or incoherent—or if they need to quickly help evacuate you. Make multiple copies of this card to keep in emergency supply kits, emergency carry-with-you kits, car, work, wallet and purse (behind drivers license or primary identification card) wheelchair pack, etc. The form above can be folded down to wallet size.

### HUMANE SOCIETY’S DISASTER PREPAREDNESS CHECKLIST FOR SERVICE ANIMALS AND PETS

- Medications and medical records stored in a waterproof container and a first aid kit. A pet first aid book is also good to include.
  - Sturdy leashes, harnesses, and carriers to transport pets safely and to ensure that your pets can’t escape. Carriers should be large enough for the animal to stand comfortably, turn around, and lie down.
  - Current photos and descriptions of your pets to help others identify them in case you and your pets become separated and to prove that they are yours.
  - Food and water for at least three days for each pet, bowls, cat litter and litter box and a manual can opener.
  - Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your pets or place them in foster care.
  - Pet beds and toys, if you can easily take them, to reduce stress.
- (Source: [www.hsus.org](http://www.hsus.org))



# NetNotes

Some of the emergency preparedness information included in this newsletter came directly out of a newsletter we published in January 2002 following the 9-11 terrorist attacks. There was a lot of good information in that newsletter (*9-11 offers important lessons in disaster preparedness, IL NET, January 2002*), which is still available under the Publications/Newsletters links on the ILRU website: [www.ilru.org](http://www.ilru.org).

The Center for Disease Control also has publications that may help you as you work with consumers displaced or affected by the disaster. Check out *Coping With a Traumatic Event* on the CDC website. There's a version for targeted to health care professionals and another for the public at [www.bt.cdc.gov/masstrauma/copingpub.asp](http://www.bt.cdc.gov/masstrauma/copingpub.asp).

The National Center for Post Traumatic Stress Disorder has published [www.ncptsd.va.gov/pfa/PFA.html](http://www.ncptsd.va.gov/pfa/PFA.html)

SAMHSA's National Mental Health Information Center has a number of online disaster/trauma publications targeted to a variety of segments of the population. To see the list, go to [www.mentalhealth.samhsa.gov/cmhs/katrina/pubs.asp](http://www.mentalhealth.samhsa.gov/cmhs/katrina/pubs.asp).

Since the beginning of this year, two federal organizations have published reports that included recommendations for emergency planning for people with disabilities. It seems clear these publications will be central to future discussions about how to do a better job of meeting the needs of people with disabilities in preparing for and responding to crisis situations.

Last April, the **National Council on Disability** published *Saving Lives: Including People with Disabilities in Emergency Planning*. As described on the NCD website, the report "provides an overview of steps the federal

government should take to build a solid and resilient infrastructure that will enable the government to include the diverse populations of people with disabilities in emergency preparedness, disaster relief, and homeland security programs." Find an electronic copy of the report at [www.ncd.gov/newsroom/publications/2005/saving\\_lives.htm](http://www.ncd.gov/newsroom/publications/2005/saving_lives.htm).

In July, the **Federal Interagency Coordinating Council on Emergency Preparedness and Individuals with Disabilities** published its own recommendations to President Bush in its first annual report. It's available online at [www.dhs.gov/interweb/assetlibrary/CRCL\\_IWDEP\\_AnnualReport\\_2005.txt](http://www.dhs.gov/interweb/assetlibrary/CRCL_IWDEP_AnnualReport_2005.txt). The ICC was established to ensure that the Federal government appropriately supports safety and security for individuals with disabilities in disaster situations.

## ilruNetWork

*ILRU NetWork is published quarterly by IL Net, a collaborative project between ILRU and the National Council on Independent Living to provide training and technical assistance to centers for independent living and statewide independent living councils nationwide.*

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