

## In Response

A publication of SFCARD made possible by a grant from the United Way.



### What's Shaking - SFCARD News

Three cheers!!! In December SFCARD elected it's new Committee Members as follows:

#### Executive Committee:

- Chair **Pam Habek**, Rose Resnick Lighthouse for the Blind
- Vice-Chair **Ruth Mitchell**, Meals on Wheels
- Secretary **Amy Conn**, Volunteer Center of SF
- Treasurer **Eleanor Najjar**, The Junior League

#### Steering Committee New Members:

- **Alexandra Asturias**, Network for Elders
- **Michael Braude**, SF Food Bank
- **Susannah Dunlop**, The Hearing Society
- **Laura Echegaray**, The Independent Living Resource Center
- **Maria Sarti**, Centro Latino

We would like to extend a very warm welcome to all of our new members for 2003 and look forward to a very exciting and productive year!

Thank you to our wonderful outgoing Chair, **Joye Storey** of the Salvation Army and marvelous Vice-Chair, **Maritza Villagomez** of HelpLink for their tireless work and boundless supply of good cheer! We wish you well in your next ventures!

Thank you also to the nominating committee for all of it's hard work in putting this all together.

**SFCARD Emergency Preparedness Training Events****The Information Exchange: Mental Health in a Disaster**

In January SFCARD held the "Mental Health in a Disaster" Information Exchange where we discussed how to safeguard the mental health of our clients and staff. The stress to mental health in a disaster comes when seniors and people with disabilities are forced to confront the limitations imposed by their age or disability on a more or less continuous basis and staff face additional personal needs and work load.

Mitigate against this stress in three basic ways:

1. Help people understand what they can expect in a disaster and recognize what their needs might be.
2. Develop your agency's plan and help your staff and clients to put together their personal plans.
3. Communicate often with clients and staff about your agency's plan, keep it alive.

**Remember the two golden rules of disaster:**

- 1. Expect the unexpected*
- 2. Be flexible*

**Publications**

A number of publications have come out recently specifically dealing with vulnerable populations. A list and short description of each is below - please feel free to submit your recommendations!

- 3. "A Practical Guide for Crisis Response in Our Schools"** provides information on the national standard for responding to school based crisis you can find further information on this document at [www.crisisinfo.org/schoolcrisisresponse](http://www.crisisinfo.org/schoolcrisisresponse).



## Publications Cont.

1. **"First Response to Victims of Crime Who Have a Disability"** (October 2002) by the U.S. Department of Justice Office. Originally developed for law enforcement to "offer guidance and tips on approaching and interacting with victims who have Alzheimer's disease, mental illness, or mental retardation, who are blind, visually impaired, deaf, or hard of hearing," the publication in fact offers a very good disability awareness overview for anyone who may be assisting people with disabilities in times of crisis.

The url for the publication is:

<http://www.ojp.gov/ovc/publications/infores/firstrep/2002/NCJ195500.pdf> or you can call (800) 627-6872

2. **"Guide on the Special Needs of People with Disabilities for Emergency Managers, Planners & Responders"** by the National Organization on Disability. This is a very easy to read publication which highlights how important it is to not only include people with disabilities in your emergency plan but in the actual emergency planning process as well. This applies whether you are planning for your home, a facility, or an entire community.

You can find this publication at:

<http://www.nod.org/pdffiles/epi2002.pdf>

## Announcements



Do you have an disaster related announcement or special event that you would like to share? Let us know and we'll include it in the February newsletter!

Tel: (415) 558.2737 or email: [sfcard@earthlink.net](mailto:sfcard@earthlink.net)