Disaster Preparedness Workshop for Seniors, People with Disabilities, and Caregivers

AGENDA

Welcome

Introductions

How would you hear about an emergency or disaster?

Put all your Emergency Information in one form

Who is on your Support Team?

How do I stay at home safely and comfortably during a disaster?
  • What emergency supplies do I need?

What if I have to evacuate?
  • What should I pack in my Evacuation Go Bag?

Want more tips on how to survive a disaster?

Are you interested in becoming a trainer or helping your friends and neighbors prepare for a disaster?
  Contact: Richard Ruge at 707-823-8860 or rruge@pacbell.net

What’s next? Work on my To Do List!

Adjourn

Bonus session: You are welcome to stay up to another hour to ask questions or get help filling out your Emergency Information form and your Evacuation Plan.

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