

# Emergency Planning for Assisted Living Facilities



# Why plan?

- State regulations say so
- Presidential Directives (HSPDs) say so
- National Response Framework (NRF) says so
- National Incident Management Systems (NIMS) says so
- Fire Safety Codes say so

# So (Really) Why Plan?

- Disaster Resiliency
- Health and Safety of Your Residents
- Protection of Property
- Health and Safety of Your Residents
- Plan Now or Pay Later \$\$\$

# So How Hard is it to Plan?



# Not that hard.

- You plan every day.
- You are already in the business of constant care.
- You check, you order, you store.
- You already plan your day around your residents.
- You are into **routines**.

- For instance, say you serve breakfast at 7:30
- You plan for lunch and dinner
- You plan outings
- You schedule laundry, cleaning, shopping
- Planning comes easily as part of your daily **routines**
- **YOU ARE ALREADY GOOD AT THIS!**

# So What Do You Need to Plan for?

- There are five scenarios the state asks you to plan for:
- Fire
- Gas Explosion
- Bomb Threat
- Power Outage (Loss of Utilities)
- Tornado

# There are 3 Responses

1. Shelter in Place
2. Evacuate
3. Panic



Let's eliminate #3.  
Planning is a team sport.  
Don't be that panic guy;  
don't try to plan alone.



# Planning for the Phases of a Disaster

- Preparedness (Planning)
- Response (Reacting)
- Mitigation (Making it better)
- Recovery (Returning to **routines**)

# Preparedness; Routines

- Why Planning Works for Residents
  - Routines are familiar
  - Patterns lend stability
  - Routine continue residents' feeling of independence
  - Preparedness helps us feel in control, and in charge

# Why Planning Works for Staff

- All of the above
- Confidence in their ability to handle different life-threatening scenarios.
- Strengthens your team
- Prepares them for Random Acts of Stress, Violence, and Emergencies



# Why Planning Works in the Community

- Resilience for All Hazards
- Unity
- Strength
- Preparedness
- Response
- Recovery
- Resources, like CERT teams



# Parts is Parts

## What Should Be in an EOP?

- **Basic Plan**

- Explains how your facility is ready
- Contains building plans, blueprints, turn-off valves for water, electric, gas,
- Contains contact information for staff and others
- Contains facility personnel information
- Contains resident information

# Standard Operating Procedures (SOPs) Are Part of the Plan

- Standard Operating Procedures for 6 hazards
- 5 State required, and Pandemic, a freebie!
- SOPS are specific response details OR
- SOPS tell you what to do for each emergency

# Job Action Sheets Complete the Plan

- They are Task Lists that help staff react quickly during an emergency by being very specific.
- They are step by step instructions, so staff does not have to THINK about what to do.
- As Nike says, Just Do It!

# REMEMBER

- There are only two responses!
- Shelter-in-Place
- Evacuate
- Stay
- Go

## Response Phase:

The EOP is the result of the planning

- It is how you react during a disaster.
- It dictates the Response.
- It becomes the Response.
- Be the Response!

# Recovery

- Blam! The tornado hits!
- Response: Shelter in Place
- Recovery: Back in the rocking chair
- Back to the daily **routine**
- **The Response becomes Routine**

# Mitigation

- How do you, as a facility, make the next experience (disaster) better?
- Tuna casserole: some like peas, some like it hot, some like it cold, some want a blue plate special
- Save lives, protect property
- Change for the better

# THE HOLLY TORNADO

1. It happened March 29, '07 at dusk
2. The facility had no real plan
2. They responded as quickly as they could
3. They saved lives, but response was ugly
4. They learned what **NOT** to do
5. A big lesson was, **IT IS A BAD IDEA NOT TO HAVE A GOOD PLAN**

# THE WINDSOR TORNADO

- It happened two years ago on May 22
- This wasn't fair, because they saw what happened to Holly 3 years ago
- The city of Windsor had a good plan
- They lived through an F-3 tornado
- Only one person died
- Cost to the community was \$MM



# Planning is the Easy Part

- Take the first step



- Don't re-invent the wheel
- Practice until it becomes **routine**
- Change it when it doesn't work
- Practice again, does it work now?
- Don't wait until disaster strikes

# There is no failure in Emergency Planning

- Emergency operations plans are living documents
- They will change!
- They will get better!
- They will save lives and protect property!

# Peace of Mind



# Resources

- Contact your local city and county emergency managers at
- <http://www.dola.state.co.us/dem/localem.htm>
- HFEMSD will have Emergency Preparedness Planning tools online at Assisted Living Residence page
- The state of Colorado has a wealth of emergency preparedness planning information at <http://www.dola.state.co.us/dem/index.html>

- Pandemic Planning should be a part of your plan. It is at <http://www.cdphe.state.co.us/hf/download/pandemicflu.pdf>