2014 WEBINAR SERIES
STATE OF THE SCIENCE, ART AND PRACTICE
IN GERIATRIC PREPAREDNESS
Geriatric Emergency Preparedness & Response
(GEPR) Collaborative
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Stanford Geriatric Education Center
Host
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Webinar Facilitator

STANFORD UNIVERSITY

GERIATRIC EMERGENCY PREPAREDNESS AND RESPONSE
(GEPR) 2014 WEBINAR SERIES: SESSION ONE
CONTRIBUTING TO ETHNOGERIATRICS HEALTH AND WELL BEING
THROUGH IMPROVING COMMUNITY HEALTH RESILIENCE
CAPACITIES
Presenters
Jeffrey Stiefel, PhD, Health Threats Resilience Division,
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STANFORD UNIVERSITY

“Contributing to Ethnogeriatrics: Health and Well Being
Through Improving Community Health Resilience Capacities”

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Learning Objectives
Upon completion of the session, participants will be able to:

- 1. Explain briefly community health resilience, its focus areas and the development of public/private community resilience engagement empowerment.
- 2. Identify at least five geriatric health resilience challenges, key needs and special considerations when planning and implementing a community health resilience program.
- 3. List at least five essential factors that healthcare professionals should address in developing culturally responsive health resilient communities to benefit the complex needs for preparedness of diverse seniors and building upon existing capabilities and best practices.
- 4. Discuss briefly at least two challenges to progress in community health resilience for geriatric preparedness and what to do about them.
- 5. List at least five tools that may be beneficial to the diverse geriatric populations, their caregivers, and health practitioners.

About Presenters

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Community Health Resilience
As an Enabler for Geriatric Disaster Preparedness

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### What This Webinar Presentation Provides

- An appreciation of community health resilience and how it can help assure disaster preparedness of the geriatric population through enhancing the resilience of individuals and hospitals, health centers, eldercare facilities, and essential logistic chains that serve seniors.
- Collaborative actions that public health, healthcare, caregivers, and other key community stakeholders can take to address the unique challenges faced by the elderly, including ethnic elders, in dealing with all-hazards events.
- Tools and resources to use for this purpose.

### Lessons Learned For the Elderly From Disasters

- Disasters and other events have shown how the elderly are disproportionately impacted in disasters and other significant events.
- A 2006 US federal report estimated that 71 percent of those who died as a result of Hurricane Katrina were older than 60 and nearly half were older than 75.
- The New York Times reported that nearly half of those who died as a result of Hurricane Sandy were 65 or over.
- Sandy caused the evacuation of more than 6,200 people from 47 nursing and adult care homes to other nursing homes or other temporary facilities, where many remained weeks to months after the event in crowded conditions.

### Unique Resilience Needs of Seniors and Ethnic Elderly

- Many seniors have a range of physical and/or mental challenges and individuals over 65 typically have decreasing physical and biological reserves that can be exacerbated in emergencies.
- Geriatric health and well-being—geriatric resilience—are dependent on, and are an integral element of, community health resilience: the ability of individuals and the regions in which they live, to withstand and adapt to major adverse health events.
- Identifying vulnerabilities, hazards, consequences, and risks can help with behavioral, social, and economic factors affecting the elderly and ethnic elders, and develop or enhance necessary preparedness, response, and recovery capabilities.
Needs of Seniors and Ethnic Elderly, cont.

- If older adults are moved to a shelter, there may be at risk for falls, dehydration, delirium, infections, and medication reactions
- Many of them also require a special diet based on their health or medications they take and may be at risk for hyperthermia and hyperthermia
- Many elders may not know their medications or don’t have extra supplies of medications; some may have pharmacological dependency
- Depression in the older population is also a factor
- Seniors may also have limited English proficiency or be non-English speaking—in some urban areas there may be dozens of different languages spoken

Needs of Seniors and Ethnic Elderly, cont.

- Many elders may refuse to evacuate, and if placed under stress or in unfamiliar surroundings, may become disoriented and unable to provide information on where they live, how to reach relatives, or who they are
- First responders, caregivers, and family may need assistance with managing an individual who is unstable, or has a terminal or contagious condition that requires observation and treatment
- Seniors who live at home and rely on homecare assistance may lose this support during an emergency and also medical and specialized supplies (diapers, formula, bandages, colostomy supplies, etc.), refills on medications, medical equipment (wheelchairs, walkers, scooters, etc.), service animals, and/or attendants or caregivers

Capabilities Essential for Geriatric and Ethnic Elders for Preparedness, Response, and Recovery

- At the individual level, it is important to help improve personal preparedness and resilience for the elderly and their caregivers through education by local government and human services
- At the organizational level, capabilities are needed to assure service continuity and medical surge at eldercare and healthcare facilities
- At the community level, necessary capabilities include informed first responders and public health on how to meet elderly needs; plans and procedures; and training and exercising with social service groups, institutions that serve the elderly, and healthcare practitioners
- Because geriatric resilience requires a holistic approach that focuses on improving resilience from the individual, organizational, to the community levels, healthcare and caregivers need to become engaged in, and help improve community health resilience
Operationalizing Community and Geriatric Health Resilience

Paula Scalini, Ph.D.
Executive Director
Bay Area Center for Regional Disaster Resilience

Community Resilience Basics

- Community resilience and particularly community health resilience has emerged as a priority goal from the national to local levels in recognition of the fact that after a disaster, a community should focus on returning to functionality and prosperity as quickly as possible.
- Over the last several years, there have been a number of public-private sector collaborative initiatives undertaken by national, state, and local governments with stakeholders which have used an approach that has brought together public and private sector and non-profit stakeholders to identify the community’s collective needs to prepare for, respond to, and recover from an emergency event, and determine what capabilities are required to be resilient for all-hazards events.

Infrastructure Interdependencies & Geriatric Resilience

- A major driver behind these collaborative initiatives has been infrastructure interdependencies that underpin communities and affect all constituencies, including seniors.
- Providers that serve the elderly are dependent on these networks of essential services that are vulnerable to damage and disruption that can leave communities without these services for, in extreme cases, months.
- Services include energy, water/wastewater systems, communications, transportation, healthcare facilities, emergency services, food production, pharmaceuticals, etc.
- The result can be significant impacts on health and safety, economic, and environmental impacts to communities.

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What Community Health Resilience Is and Requires

There is no agreed definition of community resilience, but it can be described as:

- The ability of a community to (1) understand the consequences it faces from disasters or other events that affect public health and safety, (2) recognize the preparedness gaps, and (3) develop or strengthen capabilities that help the community:
  - Prevent, mitigate, and withstand the effects of such events
  - Enable rapid recovery to a similar level of health and social well being, and
  - Take lessons learned and actively improve resilience

This holistic approach has been further developed and applied specifically to community health resilience by two independent pilot projects, a national community health resilience conference, and a follow-on Community Health Resilience Initiative sponsored by the DHS Office of Health Affairs in cooperation with the U.S. Department of Health and Human Services

What Community Resilience Is and Requires, cont.

- These studies, and lessons learned from recent disasters and incidents, workshops, and exercises have shown that the needs and respective capabilities required for resilience at the community level are many and diverse
- The DHS OHA Community Health Resilience Initiative project has mapped more than six dozen key needs and capabilities spanning six missions areas: prevention, protection, preparedness, response, recovery, and mitigation
- In examining these requirements, it is clear that geriatric health resilience is either directly or indirectly bound up with virtually all of them
- These needs and capabilities can be categorized in different ways, but for the purposes of examining community health resilience, they can be described by the following 13 broad focus areas

Community Resilience Focus Areas

2. Critical Infrastructure and Associated Interdependencies, Risk Assessment, and Mitigation
3. Coordination and Collaboration across Jurisdictions, Sectors, & Champions
4. Communications, Critical IT Systems, Information Sharing & Health Data
5. Continuity of Business and Operations and Supply Chain Management
6. Response Challenges
7. Recovery and Long-Term Restoration Issues
8. Human Factors, including Physical/Mental Health & related Community, Family, and Individual Issues
9. Environmental/Health and Food, Agriculture, and Veterinary Medicine
10. Legal, Policy, and Liability Issues
11. Public Engagement, Empowerment, and Information, including Media
12. Education, Training, and Exercises
13. Financial and Broader Resourcing Challenges

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Community Resilience Improvement Process

- Gauging community resilience requires examining these needs and determining to what extent they are relevant for that particular community and if so, what capabilities are necessary to meet these needs that should be incorporated into a strategy for action (Action Plan) to make the improvements.
- To accomplish this, it is necessary to bring together the broad stakeholder community—practitioners and experts—that have roles and responsibilities or vested interests in emergency preparedness, public health and resilience, including government agencies at all levels, utilities, businesses, human services, and community and other non-profit organizations.
- This coalition of stakeholders will determine the community’s collective resilience gaps and recommended actions (the action plan) through a process that includes educational seminars, workshops and tabletop exercises, and collection of information through other means (e.g., stakeholder surveys and work groups).

Value of Scenario-Based Workshops & Exercises

- Workshops and exercises are particularly valuable in uncovering gaps, consequences, and other issues for elderly individuals.
- Useful scenarios include loss of essential services, e.g., a prolonged power or water, or communications disruption, evacuations of eldercare facilities or hospitals, transportation needs for elderly residents, short and longer-term housing of displaced elderly, ethnic language problems, scarcity of key medical equipment, and disruption of medication deliveries.
- When these workshops and exercises are developed and facilitated by a stakeholder planning group, they can be excellent mechanisms for raising awareness of government officials and utility operators who need to have an understanding of impacts on seniors and other at-risk individuals.

Developing an Action Plan and Sustainable Process to Enhance Community and Geriatric Health Resilience

- The community resilience process outcome is a set of needs and recommended actions, including on ways to improve geriatric resilience among other capabilities incorporated into an action plan.
- This action plan, along with other preparedness activities, can serve as the basis for a sustainable, ongoing, improvement process to enable the community and the organizations and individuals that comprise it, to withstand any adverse significant event.
- The path forward for the stakeholders involved in developing the action plan is to determine:
  - The priority activities they wish to undertake
  - Which organizations will take the lead for specific projects, and
  - How to secure necessary resources to undertake these activities.

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Tools and Resource for Building Geriatric Health Resilience

Laurence M. Raine, DrPH, MPH, MS
Deputy Branch Chief for Workforce Health and Medical Support Division

Whole Community Inclusion for Community Resilience: Focus on Older Adults
National Association of County and City Health Officials (NACCHO) (NGO)

Annotation: This webinar (60 min/508 Compliant) features three speakers who discuss whole community inclusion in public health preparedness planning, focusing on older adults. Topics include the unique vulnerabilities of older adults and how different threats may affect older adults, including evacuation, shelter, and pandemics. The webinar examines practices for inclusion of older adults for catastrophic event planning.
https://naccho.adobeconnect.com/_a1053915029/p8eegrzrbca/?launcher=false&fcsContent=true&pbMode=normal

Protection Interventions for Older People in Emergencies
HelpAge International (NGO)

Annotation: This 53-page document was developed to support field teams to implement protection activities for older people in emergency and recovery contexts. Its primary targets are humanitarian workers in the field. No specific knowledge of protection is assumed, as the guidance provides a basic introduction and essential definitions in line with the accepted practice in protection programming. It also defines the main protection issues for older people in emergencies as a basis for supporting the design of an inclusive protection strategy. It also has documents: Nutrition Interventions, Older People in Emergencies, Ensuring inclusion of older people in initial emergency needs assessments, and other publications.
http://www.helpage.org/resources/practical-guidelines/emergency-guidelines/
Tools and Resource for Building Geriatric Health Resilience

Elderly Populations in Disasters: Hospital Guidelines for Geriatric Preparedness
City of New York, Department of Health and Mental Hygiene (State)

Annotation: This November 2009 toolkit from the New York City Department of Health and Mental Hygiene is currently in draft form and is available for comments from appropriate agencies. It is aimed at preparing hospital personnel to manage elderly patients, many of whom are mentally, physically or developmentally disabled, during a disaster. The focus of the document is to assist hospitals in finding and filling gaps in their emergency plans regarding elderly populations... (138 pages with 25 references.)

Tools and Resource for Building Geriatric Health Resilience

Ready America
U.S. Department of Homeland Security (DHS) (Federal)

Annotation: This Ready America webpage contains four short instructional videos on disaster preparedness aimed at older Americans, pet owners, and Americans with disabilities. (Translated into Arabic, Chinese, French, Haitian, Hindi, Japanese, Korean, Russian, Spanish, Tagalog, Urdu, and Vietnamese.) (For information, Make a Plan, Share this, Get Involved, Business and links)
http://www.ready.gov/psa-multimedia

Tools and Resource for Building Geriatric Health Resilience

Disaster Preparedness Planning for Older Adults
Health and Human Services (Federal)

Annotation: Disasters can be particularly disruptive to the daily living of older adults and their caregivers. Chronic conditions that exist prior to an emergency can be exacerbated, equipment damaged or lost, and services or treatments interrupted, causing additional harm or stress. This webpage will introduce and connect you to key resources on disaster preparedness for older adults developed by the Administration for Community Living, the Centers for Disease Control and Prevention, and other partners.
http://www.phe.gov/Preparednessplanning/abc/Prepforolder-adults.aspx
### Tools and Resource for Building Geriatric Health Resilience

**Disaster Preparedness for Seniors by Seniors**
American Red Cross (NGO)

Published in 2009 by a group of older adults who experienced a two-week power outage when a massive ice storm hit the Greater Rochester, New York region, the steps presented in this booklet can help you prepare for emergencies and eliminate hardships you might face. (e.g., For your safety and comfort, have a disaster supply kit posted and ready in case you lose electrical power.)


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**Tools and Resource for Building Geriatric Health Resilience**

**Long-Term Care Facilities: Emergency Preparedness Plans**
University at Albany, State University of New York, School of Public Health, Center for Public Health Preparedness (State)

Annotation: Caring for the frail older adult or medically-fragile resident can become especially difficult in a time of crisis. This 2-hour course reviews the reasons for planning in long-term care facilities and who should be involved in planning. The all-hazards model of emergency management planning is explained, as well as the critical issues involved in preparedness planning. (Use lesson website Investment Story: e.g., Fundraising For Example: Disaster Planning for the Older Adults, etc.)

http://www.sabanyphp.org/learning/default.cfm

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**Tools and Resource for Building Geriatric Health Resilience**

**Administration on Aging: Emergency Preparedness and Response**
Administration for Community Living (HHS)[Federal]

Annotation: This website is intended to provide planning and response information, checklists, and strategies that can assist individuals, families, caregivers, the Aging Services Network, and other professionals to better prepare for and respond to all types of emergencies and disasters. The National Family Caregiver Support Program developed this site to help older adults develop emergency plans. It includes a helpful, three-step checklist, emergency contacts list, and current medications list that can be completed. (Use lesson website Investment Story: e.g., Fundraising For Example: Disaster Response/Caregiver Support/etc.)

http://aoa.gov/DisasterHelp/Help_Older_Adults/index.aspx

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Tools and Resource for Building Geriatric Health Resilience

Psychosocial Issues for Older Adults in Disasters
Substance Abuse and Mental Health Services Administration (Federal)

Annotation: This publication gives mental health professionals, emergency response workers, and caregivers the tools to provide disaster mental health and recovery support to older adults. SAMHSA’s Disaster Technical Assistance Center (DTAC) has also compiled an Older Adults Resource Collection, categorized by phases of disaster and by audience. (Free publication: 16 pages)
http://store.samhsa.gov/product/Disaster-Planning-Tools-for-Older-Adults-in-Disasters/SMA09-3323 and http://store.samhsa.gov/pages/searchResult/elderly ...

Active Living Coalition for Older Adults (ALCOA)
www.alcoa.ca
Alcohol and Seniors
www.alcoholcanada.ca
American Geriatrics Society
healthinaging.org
American Psychological Association
www.apa.org/topics/aging/index.aspx
Canadian Coalition for Seniors’ Mental Health
www.ccsmh.ca
National Academy of Elder Law Attorneys
naela.org
National Caucus and Center on Black Aging
ncba-aged.org

See additional list of web resources in the next slide.

Additional Tools and Resource

FEMA Lessons Learned Information Sharing
https://www.fema.gov
Federal Preparedness Resource Guide
http://www.fedweb.org/preparedness
NACCHO Best Practices -
ASTHO
http://www.astho.org/about/
Grants.Gov
https://www.grants.gov/web/grants/home.html?awasg...
h=https://www.grants.gov/web/grants/home.html?awasg...

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