

Practising Emergency Management Plans in Specialist Disability Accommodation



Resources for NDIS
Emergency and Disaster
Management

Supporting NDIS Participants to be familiar with their individual Emergency Management Plan is important. Emergencies and disasters can sometimes happen very quickly, and both you and the people you support need to know what to do.

Your organisation will have specific policies and procedures that instruct you on what to do in the case of an emergency or disaster. Make sure you know what those procedures are.

By supporting participants to know their plan and be practised in the actions they would take, you will help build their competence and confidence, leading to greater overall resilience.

Below are some practical tips and activities you can use to support NDIS Participants to practise their emergency management plans:

1 Read through and review individuals' plans with them regularly. You should aim to do this every six months as well as during their NDIS Plan review and after an emergency or disaster has occurred. It is also a good idea to read through individual plans in the lead up to imminent emergency, such as floods, bushfires or cyclones that are approaching.

2 Make sure NDIS Participants share their plan with their support circle – particularly those people who they will rely on for assistance during a crisis.

It can be as simple as sharing a cuppa and talking through the plan together.

Tip: Discussing the person's back up evacuation plan with their support circle is an important part of this conversation.

- 3** If you know that an NDIS Participant would require specialised assistance to leave their home in the event of an emergency evacuation, consider supporting them to make contact with your local emergency service to discuss. For example, your local fire station.

It is useful for emergency services to know that someone would require specialised support ahead of time and they can also assist with answering any questions the participant might have.

For example, if a participant has mobility concerns, they might like to discuss how they would be physically evacuated so that they can mentally prepare themselves ahead of time.

- 4** Remember to support NDIS Participants to practise evacuating their home.

You could time this with when they review their plan every six months.

It might seem silly for someone to practise leaving their own home, but if they do ever experience an emergency or disaster and things are panicked and happen quickly, you and they will be glad to have had a run through beforehand.

Make sure everyone who lives in the house is involved in the evacuation drill (including pets) and remember to remind participants of their individual roles and responsibilities, such as grabbing their Go Bag.

- 5** In addition to evacuation drills, game play can be a fun and useful way to practise emergency procedures.

Using a “Follow the Leader” approach can be useful for practising these drills.

Practising the fire safety drill “stop, drop, cover and roll” is an important exercise, especially for NDIS Participants who use a wheelchair or have physical or mobility needs that will require you to adapt this.