

# 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](mailto: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.

