FAB

Fun, Advocacy, and Brainpower



December 2023 Emergency Preparedness

Agenda:



Introductions:



Ground Rules





- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.



✓ Have fun learning, sharing, and doing some of the exercises you find for the month we are in.





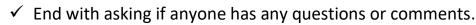


Fun Games

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!















Games

Video Game:

https://www.youtube.com/watch?v=0WdSUg8rH3Q



Thumbs up Thumbs down Game:

Give a thumbs up if the person shown is prepared, or a thumbs down if they are unprepared.









Brainpower – Information and resources to empower

SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting, you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



7 Components of an Emergency Plan | Allied Universal (aus.com)

This links tells us how to prepare for a storm. The National Preparedness Goal describes five mission areas — prevention, protection, mitigation, response, and recovery.



Emergency Preparedness and Response: Getting Started | Occupational Safety and Health Administration (osha.gov)

A workplace emergency is a situation that threatens workers, customers, or the public; disrupts or shuts down operations; or causes physical or environmental damage.



Resource for getting prepared for a snowstorm - Search (bing.com)

How to prepare for a Snowstorm.



Preparing for a Winter Storm|Winter Weather (cdc.gov)

This link discusses planning for winter weather.



Wallet Cards | Disability Independence Group, Inc. (justdigit.org)

This is a link to the website where you can learn more about wallet cards.



What to Do When the Power Goes Out (realsimple.com)

This link gives good tips on how to be better prepared for a power outage.



Emergency Alert Steps: How To Handle An Emergency Situation | DeskAlerts (alert-software.com)

This link shows how to be prepared in the workplace during an emergency.



Assistive Technology and Emergency Response - Physiopedia (physio-pedia.com)

This article shows how one should use technology, and how to be prepared to use it when a disaster occurs

Virtual Board



Cooking Ideas and Exercise:

Recipes:

Crock Pot Taco Soup

1. Crock Pot Taco Soup



you will need:





































steps

















crockpot







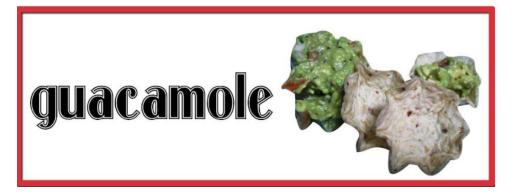








Enjoy!



you will need:



















tools:













steps

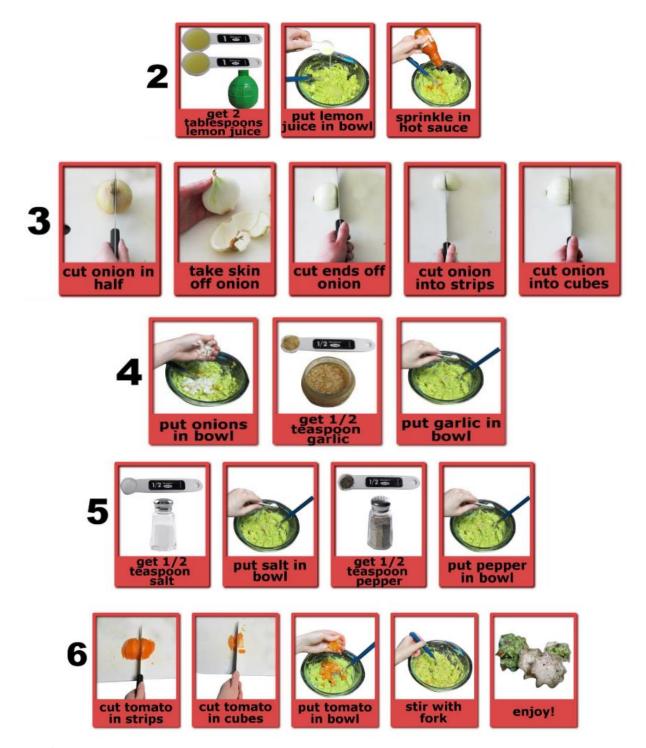












Exercises

Walk 15 Leslie Walk Concert | 15 Minute Walking Workout - YouTube



Individuals can work out in their wheelchairs and have fun and stay hydrated with water.







https://tinyurl.com/38wact9z