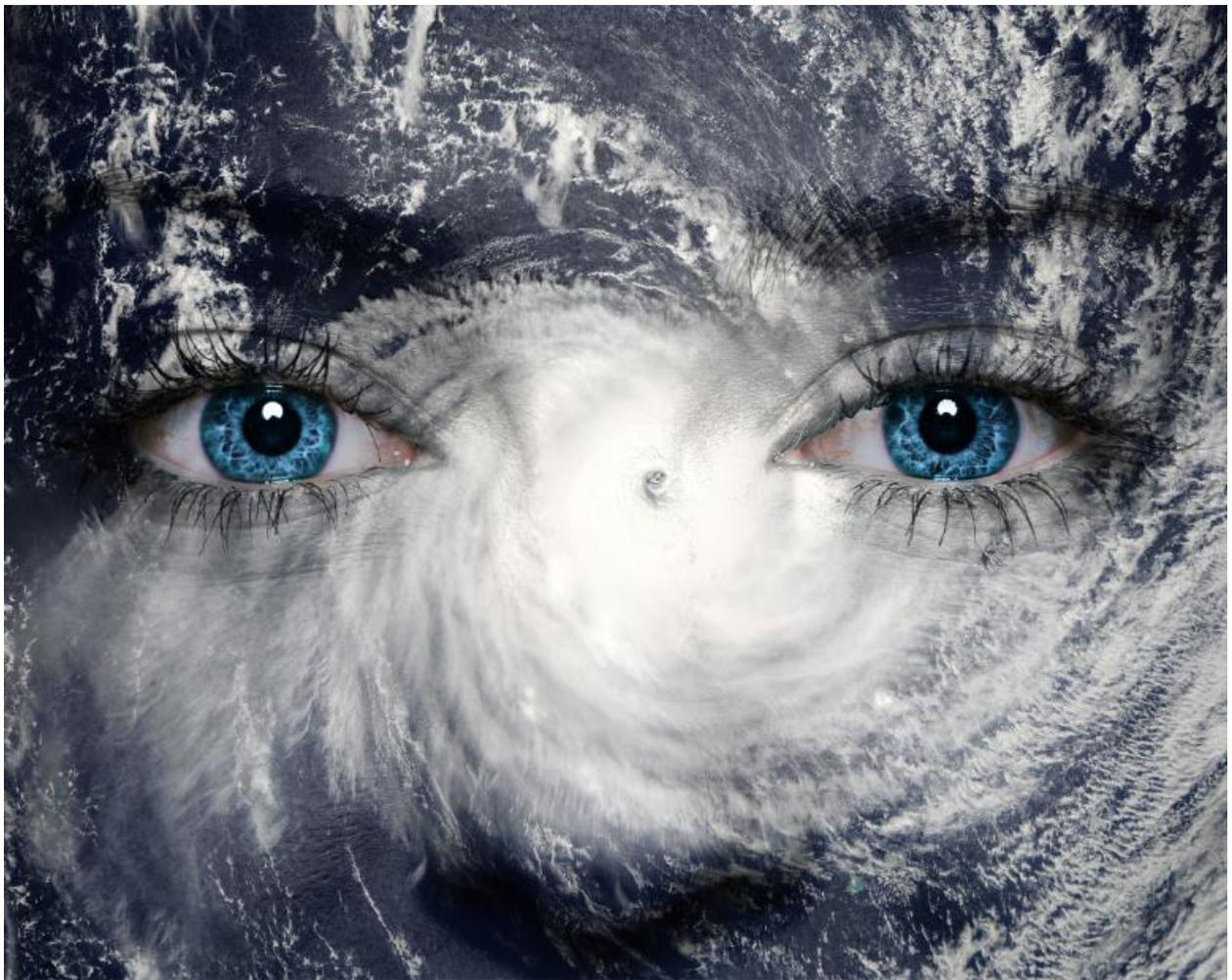




Cyclone Planning for NT Seniors



Make a Plan. Be Prepared



What is a Cyclone?



Be Informed

Know the Risks

A cyclone is a violent tropical storm with very strong winds and heavy rain and can cause extensive property damage. The “eye” or centre of a cyclone is an area made up of light winds and often clear skies. This is not the end of the cyclone, as very destructive winds from the other direction are to come.

The advice is: Stay inside.

COTA NT has developed this Resilience Plan for Seniors which within the context of the Northern Territory Government’s Police Fire and Emergency Services and the City of Darwin’s Emergency Plan focuses on the needs of Seniors within the Darwin Municipality.

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Before the Cyclone

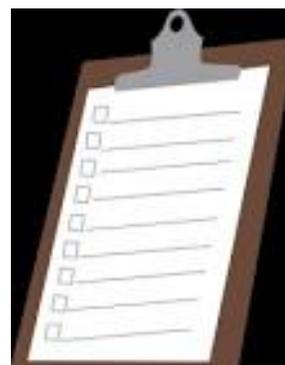
Assessing needs. Planning household and family requirements.

Begin planning prior to onset of wet season, take advantage of the City of Darwin's community clean up. Reduce chances of becoming a victim, take precautions as time invested in preparation enables a speedier recovery. Thinking ahead not only makes life easier it may actually save your life.

Make Your Plan

Clean Up. Develop a Personal Record. Prepare your Household's Emergency Plan. Pack Your Emergency Kits.

Monitor and assess the situation and consider your own personal needs and circumstances. Pack and protect valuables to prevent water damage and ensure everything including insurance information, wills and passports is packaged safely for either staying or leaving.



In this guide you will find checklists for:

- Clean Up
- Personal Records
- Emergency Plans
- Emergency Kits
- Plans for Pets
- Medical & Support Services where required

Clean Up

- Trim vegetation
- Clean gutters
- Store outdoor furniture
- Tie down loose objects
- Pack up balconies
- Secure boats and trailers
- Essential repairs & maintenance



Develop a Personal Record

Prepare checklist of personal and family contact details, relevant household information including:

- Service providers (Power & Water, phone – landline & mobile)
- Financial details (bank account numbers, credit cards)
- Health information (doctor, dentist, local hospital, chemist for prescriptions, vet)
- Medicare
- Pension
- Personal identification records (passport, driver's licence, tax file number)
- Will and other essential individual documents

Prepare Your Household's Emergency Plan

Any household emergency plan should take into account the personal capability assessment and specific requirements of seniors with health problems, including medication and specific information on any special devices (hearing aids, wheel chairs, oxygen, etc.). Your plan should include instructions on:-

- Identify the safest area of your residence to take shelter, this may be a purpose-built bathroom, or another small room away from windows
- Health professionals
- Medical disorders
- Medication including dosages
- Assess requirements for those with special needs if they will be requiring evacuation e.g. who will be responsible for the evacuation and the route to the centre
- Develop a buddy system with neighbours for those living alone, exchange telephone numbers and advise family members
- Residents of public housing or tenants of private accommodation should check for any special requirements in their lease and include within their plan
- Find out where your nearest public emergency shelter is located – check **NT Emergency Services on 8922 3630** or visit www.emergency.nt.gov.au for up to date information.

Tips on Packing Your Emergency Kits

- Keep copies of important documents in your Emergency Kit – passports, wills marriage and birth certificates.** Make sure they are stored in a waterproof container.
- Pack your Emergency Kit in waterproof containers, store it somewhere easily accessible and close to an escape route. Mark the kit clearly - put some reflective tape on it so it can be easily seen in darkness. Make sure everyone knows where it is.
- Check your emergency kit once every six months or whenever your situation changes

Pack Your Emergency Kits

Your emergency kit should include all your family's food and requirements for either staying **or** leaving. When preparation is left to the last minute, shops often run out of necessities such as batteries and bottled water. Suggestions of what may be included in your emergency kit include:

- Battery-operated radio with spare batteries
- Torch with spare batteries
- Candles, lighter and waterproof matches
- Pocket knife
- First aid kit
- Medications – additional supplies
- Toiletry and sanitary supplies
- Special needs items for infants, the aged and people with disabilities
- Spare batteries for hearing aids, wheel chairs etc.,
- Copies of prescriptions
- Spare reading glasses
- Phone charger
- Money – cash, including coins for emergency phone calls, check location closest public phone, phone card
- Pet food, water and other animal needs



- Spare blankets
- Portable stove with fuel
- Change of clothes and strong shoes
- Water in sealed containers (10 litres per person)
- Non-perishable food – enough for 3-4 days (can opener and utensils)
- Spare plastic bags
- Check and fill vehicles with fuel and store under cover if possible
- Fill bathtub with water
- If intending to evacuate, [identify closest and most appropriate Emergency Shelter location](#)**

Plan for Pets

Remember pets are only allowed in designated underground car parks and not in public shelters. Remember they are your personal responsibility.

- Include your pets in your household emergency plan. If moving animals to a safer place, do so early to avoid unnecessary risk.
- Ensure there is access to plenty of food and water (without human assistance)
- If staying at home, secure animals in good time so they do not run away. Leave a note on the inside of the front door that states where the pets are and how many.
- All pets should have an identification tag and collar if possible. Dog and cat owners should ensure their animal are micro chipped.



During the Cyclone

What to Do

Listen. Stay Informed. Decide Early.

- Register for [TIO weather alerts](#) - email mobile or landline
- [Weatherzone.com.au](#) register for SMS updates
- [Bureau of Meteorology](#) (BOM) internet access to recent updates
- Listen to the radio - regular updates are broadcast on:
 - ABC 105.7
 - Larrakia 94.5
 - HOT 100.1
 - SBS 100.9
 - MIX 104.9
 - TOPFM 104.1



Other Emergency Contacts

- Police, Fire, Ambulance **000**
- Royal Darwin Hospital **8922 8888**
- NT Emergency Services **8922 3630**
(8 am – 4.00 pm)
- Bureau of Meteorology **1300 659211**
- RSPCA **8984 3795**



Prepare for Evacuation

Only evacuate to [emergency shelters](#) when officially opened. Unless you have been advised to evacuate **always stay safely inside** – before leaving your home, you must ensure it is safe to do so.

- Decide on the safest route to the shelter
- Follow instructions of emergency services personnel
- Remember to **TURN OFF** all electrical equipment, gas and water, close windows, secure building before leaving home
- Wear appropriate clothing and closed-in shoes.





After the Cyclone

What to Do

Listen. Recover.

- Heed all official advice from local authorities. Take stock of personal situation
- Stay tuned to local radio, don't go outside until officially advised that the cyclone has passed
- Stay well clear of damaged power lines, buildings and trees. Always assume fallen power lines are "live"
- Don't use appliances if wet. Beware of potential slips, trips and spills caused by water
- If you are evacuated, don't return until advised to do so.
- Don't go sightseeing. Don't make unnecessary phone calls
- Check on your neighbours
- Check advice on safety of water for consumption
- If you are a tenant and the dwelling is damaged, contact managing agent



Getting Help

Contact one of the agencies below for support (emotional, physical and medical):

- | | |
|-------------------------|------------------|
| • Red Cross | 8924 3900 |
| • Salvation Army | 37258 |
| • Lifeline | 131114 |

Secure NT (<http://www.securent.nt.gov.au>) will co-ordinate support for the community and will provide operating details of relevant services and support from government and non-government departments and agencies once they are open for business.

Depending on the scale and impact the group will coordinate support including:

- Evacuation and emergency accommodation services
- Emergency food and clothing
- Emergency financial assistance.

Seniors at Risk

If you are living alone, without shelter or feel vulnerable, the following support agencies can help. Telecross is a particularly useful service for seniors (at any time). Through regular social contact Telecross provides peace of mind to isolated people through a daily phone call checking on wellbeing and safety.

- **Telecross** **1300 885698**
- **Interpreter Services** **8999 8506**
- **Aboriginal Interpreter Services** **8999 8353**
- **Emergency Services** **8922 3630**
- **St Vincent De Paul Society** **8948 8100**

Useful Information

Each year, cyclone information is available from a number of sources including:

- **TIO's Cyclone Survival Guide** – This guide is made available in the NT News pre-cyclone season.
- **NT News** – NT News dedicates special lift-outs in the NT News and The Sun every year.
- **Red Cross** – Various publications are available from their Darwin Office, Lambell Terrace Larrakeyah.
- **Community Information Sessions** are annually presented by Bureau of Meteorology, Northern Territory Emergency Services and TIO. Check your local media for dates and session times.

Online Information about Cyclones

- **City of Darwin** www.darwin.nt.gov.au
- **NT Emergency Service** www.emergency.nt.gov.au
- **SecureNT** www.securent.nt.gov.au
- **NT News** www.ntnews.com.au
- **Bureau of Meteorology** www.bom.gov.au/nt/warnings

Your Personal Record

Services	Provider	Telephone	Account Number
Power & Water			
Telephone (landline)			
Telephone (mobile)			
Banking			
Credit Card/s			
Pension			
Home & Contents Insurance			
Car Insurance			
Health Information			
Medicare			
Hospital			
Doctor			
Chemist			
Vet			
Health Care Fund			
Other Support & Service Providers			

Your Household's Emergency Plan

Keep this information handy to ensure all members of the household are prepared and know exactly what to do in an emergency situation.

<p>If we cannot make it home or contact each other we will meet or leave a message at:</p>
<p>An out of town person that our family can contact if we lose contact with each other: Contact Details</p>
<p>The person responsible for collecting the children from school is: Name and Contact Details</p> <p>School Phone Number</p>
<p>The plan for pets is:</p>
<p>The person responsible for checking and replenishing the emergency survival items is:</p>
<p>In an emergency we will remain in our home, unless advised otherwise. We will need to prepare to look after ourselves for three days or more. In an emergency we will:</p> <ul style="list-style-type: none"> • Secure our home • Collect our emergency survival items for our Emergency Kit • Place all valuables for our Emergency Kit into leak proof containers • Listen to the radio for advice and information
<p>If we have to evacuate our home we will:</p> <ul style="list-style-type: none"> • Take our Emergency Kit and important documents with us • Turn off water, electricity & gas (always seek professional advice before reconnecting)
<p>Neighbours that may need our help or can help me: Names and Contact Details</p>



Emergency Kit Checklist

Your emergency kit should include all your family's food and requirements for either staying **or** leaving. When preparation is left to the last minute, shops often run out of necessities such as batteries and bottled water.



- Battery-operated radio with spare batteries
- Torch with spare batteries
- Candles, lighter and waterproof matches
- Pocket knife
- First aid kit
- Medications – additional supplies
- Toiletry and sanitary supplies
- Special needs items for infants, the aged and people with disabilities
- Spare batteries for hearing aids, wheel chairs etc.,
- Copies of prescriptions
- Spare reading glasses
- Phone charger
- Money – cash, including coins for emergency phone calls, check location closest public phone, phone card?
- Pet food, water and other animal needs
- Spare blankets
- Portable stove with fuel
- Change of clothes and strong shoes
- Water in sealed containers (10 litres per person)
- Non-perishable food – enough for 3-4 days (can opener and utensils)
- Spare plastic bags
- Check and fill vehicles with fuel and store under cover if possible
- If intending to evacuate, identify closest and most appropriate Emergency Shelter location
- Fill bathtub with water



Plan for Pets

Include your pets in your household emergency plan. If moving animals to a safer place, do so **early** to avoid unnecessary risk:

- Ensure your pets have their identification tags and collars on
- Get your dog and cats micro chipped.
- Make sure you have a safe place ready for your animals
- Move animals to safe place before the cyclone
- Provide food and water
- Secure animals
- Leave note on the inside of the front door stating where pets are and how many pets are in the house

