



Mind Matters and the Preparing Together Workshop

An FAQ Guide About the Workshop

Why complete the Preparing Together tool now?

A recent market research study led by the PA Emergency Management agency revealed that 74% of Pennsylvanians 65 years and older do not have an emergency plan in place. This sobering statistic tells us that we all have friends, family, neighbors, and consumers who do not have a plan for how to act when a disaster is imminent, don't know how to respond after one has struck, and may not know how to communicate if they are safe or need assistance.

The most important time to develop a plan that fits your needs is before an emergency. That way you have the information you need when you need it. When an emergency occurs, it can be a very stressful time making the task of gathering what you need and important information very difficult.

The workbook has a magnet on the back of it. When you take it home with you, you can put it on your refrigerator or another location that is easy to remember and get to.

Why would I need an emergency plan?

You might find that you must leave for home for a time. Maybe there's a flood or fire on your street AND they've asked everybody to evacuate their homes. The hope is always that you're only out for a short, very temporary period of time, but in some disasters, it can be quite an extended period of time. Having that information in hand allows you to be better prepared for those, particularly in those longer duration disasters if you're evacuating in the middle of the night. For instance, you might not remember to grab your medication before you leave. It may not be possible to get back into your home as the situation progresses, and so having the information in hand will allow you to at least get those priority items in hand right away until a time when you can possibly get back in your home.

How does the Preparing Together tool, help someone be better prepared?

The first step in preparing for an emergency is creating a plan. The Preparing Together tool helps you to think through what you might need in an emergency and put that together in a safe place that you can find when you need it. It's important to develop a plan that will fit your needs.



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In a time of disaster, you might find that you must leave for home for a time or that you have to stay in your home for an extended period without emergency services being able to get to you.

Maybe there's a flood or fire on your street AND they've asked everybody to evacuate their homes. The hope is always that you're only out (or stuck at home) for a short, very temporary period of time. But in some disasters, it can be quite an extended period of time. Having that information in hand allows you to be better prepared for those, particularly in those longer duration disasters if you're evacuating in the middle of the night. For instance, you might not remember to grab your medication before you leave. It may not be possible to get back into your home as the situation progresses, and so having the information in hand of all that medication related stuff will allow you to at least get those priority items in hand right away until a time when you can possibly get back in your home.

So, I watch a movie? How is that a workshop?

The Mind Matters, Preparing Together Workshop will lead you through the workbook and why you might want to include the information. It is presented by folks from the Pennsylvania Emergency Management Agency who are skilled at helping us to plan and prepare for our safety. At the end of each section of the workbook, there is time for you to include your information in the workbook and share your experiences, if you like.

How long is the workshop?

The Mind Matters, Preparing Together workshop is designed to be about 30-40 minutes total. This includes time to pause the video and allow folks to work on their workbook.

How to respond if they are concerned about sharing information (security)

The information that you choose to include in the workbook is entirely up to you. It's 100% under your ownership.

The workshop is to help you connect the dots, so to speak, with the information that you have in your head, or have on numerous pieces of paper or in



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different places You may have contact booklets or documents laying around your house. We just help you corral all that into a packet of information that you can grab and go quickly.

If you feel uncomfortable at any point in time giving any information, that is totally fine. Some people decide they only want to include phone numbers. They don't necessarily want to share addresses. But we do understand that everybody is sensitive in different ways, so it is 100% your decision how much you want to include.

Can't I just have the book and do it on my own?

Workbooks are made available to those who participate in the workshop. The program is set up as a workshop to be able to learn about different emergencies and resources that are available locally here. The workshop will help you get started and provide a safe forum to ask questions.

The workshop will get you started. And you can take the book home with you to continue your preparing.

What information does the Preparing Together Workbook ask for?

The type of information that you will be gathering is:

- General contact information for yourself or significant others, for close friends and family. Kind of thinking in lines of who those emergency points of contact would be that you would call on a regular basis or someone that helps you out from time to time that you can rely on.
- Who your doctors and physicians are, not just necessarily your primary care, but if you have specialists that you see.
- If you have physical therapists or you know emotional support folks that you work with just basic contact information. If you have hours of operation that's always beneficial. If there's emergency numbers as well for after hours, that's important too.
- Medications that you take.



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- Then just some basic background as far as you know if there's any treatment programs that you're going through. For instance, if you use dialysis or something like that, a couple days a week.
- Contact numbers down for everything from police to fire.
- Also, what radio station you might tune into for additional information.