

Dover Shores CERT Team Meeting Agenda 9/7/17

- Neighborhood Watch
 - Protecting yourself from assault
 - 1518 Galaxy What did they do wrong?
- Lessons from Harvey
- Zello Demo
- · Dealing with disabled during disaster
- · Upcoming events:
 - 9/8 Disaster Preparedness Expo Civic Center Green 9-4
 - 9/19 American Heart CPR Class Station 7 6-8:30
 - 9/28 Fall CERT Classes Start Station 7 6:30
 - 9/28 Radio Training TBD
 - 10/8 NBFD Open House Station 7 11-2
 - 11/14 CERT All Hands Central Library 6:30
- Next meeting: Thursday 11/9 7:00 PM Jim's House



To:



http://www.latimes.com/socal/daily-pilot/news/tn-dpt-me-newport-attack-20170831-story.html

Inland Empire prosecutor attacked while jogging in Newport Beach; police probe possible links to her job

Hannah Fry

Police are looking for a man who attacked a San Bernardino County deputy district attorney while she was jogging in Newport Beach early Thursday.

Newport Beach police received a call at 5:50 a.m. from an employee at Newport Workout, at 747 Dover Drive, who reported that a female jogger came into the business saying she had been attacked.

The woman had a cut on her head and was taken to a trauma center for treatment, according to Newport Beach police spokeswoman Jennifer Manzella.

Police do not suspect the man was trying to sexually assault or rob the woman, Manzella said. It is not clear what his motivation might have been.

The woman told police her attacker was a man, but couldn't provide a more detailed description.

Manzella said detectives are looking into the possibility that the crime may have been linked to the woman's profession.

"We're looking at all opportunities to determine the motive and utilize as many leads as we can to determine who the suspect might be," Manzella said.

A trainer at Newport Workout told KCBS Thursday that the woman is a deputy district attorney involved in a murder trial in the Inland Empire.

Christopher Lee, a spokesman for the San Bernardino County district attorney's office, wrote in an email that "a member of our office was involved in an incident that is currently under investigation." He declined to provide other details, citing the ongoing investigation and the employee's privacy.

Anyone with information is asked to call the Newport Beach Police Department main line at (949) 644-3717 or the detective's bureau at (949) 644-3750.

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UPDATES:

4:50 p.m.: This article was updated with information from the San Bernardino County District Attorney's Office.

This article was originally published at 2:10 p.m.

Self Defense: What to Carry If You Don't Want to Carry a Gun

Posted by: Kyle Lemmon

Are you prepared to counter an attack?

Attackers aren't always the creeper in the parking lot or the weird guy hanging out in a dark alley. In fact, more than 80% of all rape victims know their assailant beforehand. Most attacks happen when you're the least prepared to counter them.

Self-defense courses, like <u>Women's Self Defense SEPS</u>, a free online self-defense resource, will teach you that trusting yourself to respond appropriately is not an effective form of self-defense and that you need to have a <u>strategic plan</u> in place well before an attacker targets you. This plan should include knowing when to run, when to give the attacker what they want, or even when to hold your ground.

If you find yourself in a situation where you need to fight back, a good self-defense weapon can come in handy. However, carrying a self-defense weapon, whether it be a gun, knife, taser, or any other option, is only one aspect of defending yourself from an attacker, and the truth is, your self-defense weapon is completely useless if you aren't prepared to use it, especially against someone you don't expect.

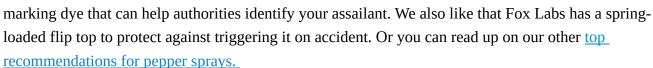
With a proper plan in place, you can avoid becoming a victim. Here's a quick list of things you can do to prepare yourself to counter an attack:

- **Know your weapon**. You need to get to know your carry item as if it were an extension of yourself. Different safety mechanisms can be tricky to operate and will slow you down if you don't know how to operate them. Things like switching off a safeguard, pressing the right button, or uncapping pepper spray are all things you should practice beforehand.
- Have quick access. You want your weapon in hand when you need it. Fumbling through your purse or
 pockets during an attack will only help the attacker. Keep your self-defense weapon easily accessible.
 If it's in your purse, put it in a place where it won't get buried or hold it in your hand as you walk to
 your car at night.
- **Pay attention**. The best plans include avoiding dangerous people and locations. Being aware of your surroundings and keeping your distance from potential threats will reduce your chances of being attacked. Knowing the nearest exit or place to run can help you escape as well.

Pepper Spray

Pepper spray has long been a popular self-defense item to carry because it's quick, easy to use, and extremely effective, causing severe irritation of the eyes, skin, and respiratory system. But it's also important to know that the chemicals will not stop attackers, only slow them down. Pepper spray is simply a diversionary self-defense weapon that can buy you time to get away.

We recommend using a pepper spray like Fox Labs, available on Amazon, because it's lightweight and has a UV





The Defender Tactical Flashlight

This is probably my favorite self-defense weapon, and the one I bought for my wife to carry. The Defender is a tactical flashlight with serious defensive power and practical use that usually be found on Amazon for pretty impressive deals.



What I like most about the Defender is its two different light output levels. A high-powered beam at **500 lumens is bright enough to temporarily blind your assailant**, allowing you time to get away. I especially like that you can use it at a distance. The Defender has a Total Internal Reflection (TIR) lens that allows for maximum visibility, but it also has a 5 lumens low-beam so that you can use it as a normal flashlight. If you can see what's coming, you have a better chance to react and prepare yourself.

I bought this for my wife because even if she is unable to blind her attacker and get away, the Defender has a **last line of defense**. Surrounding the lens is an **aluminum strike-bezel with jagged edges** that she can use as a fist weapon if needed. Although it's a pricier carry option, it is my choice out of all our recommended self-defense carry items.

Self-Defense Keychain / Keys

Personal defense comes in many different forms, and sometimes we need to rely on the help of others. But in order for someone to come to the rescue, they first need to know that you are in trouble. Many self-defense classes will recommend carrying a whistle or personal alarm, like this Vigilant Personal Alarm on Amazon, that you can trigger when you need help.



What we like about the Vigilant personal alarm is that it's small and can be attached to your keys for easy access. **And it's loud**. At 130 decibels, this alarm will grab the attention of anyone close by. Vigilant also equipped this device with a backup whistle in case the alarm batteries fail.

My only hesitation with this kind of self-defense device is that you are relying on others for help, but perhaps an alarm will scare your attacker enough to think twice. This alarm could also be a good option as a secondary self-defense carry item. Trigger the alarm and then arm yourself with another carry item, just in case.

Self-defense carry items

It's important to choose a self-defense tool that makes you feel comfortable. The last thing you want to do is constantly worry about it in your pocket, purse, or wherever else you keep it. Fortunately, there are a variety of self-defense items to choose from, each with its own unique protecting power. We've listed our recommendations from most aggressive to least aggressive. Keep scrolling to find a carry item that meets your comfort level.

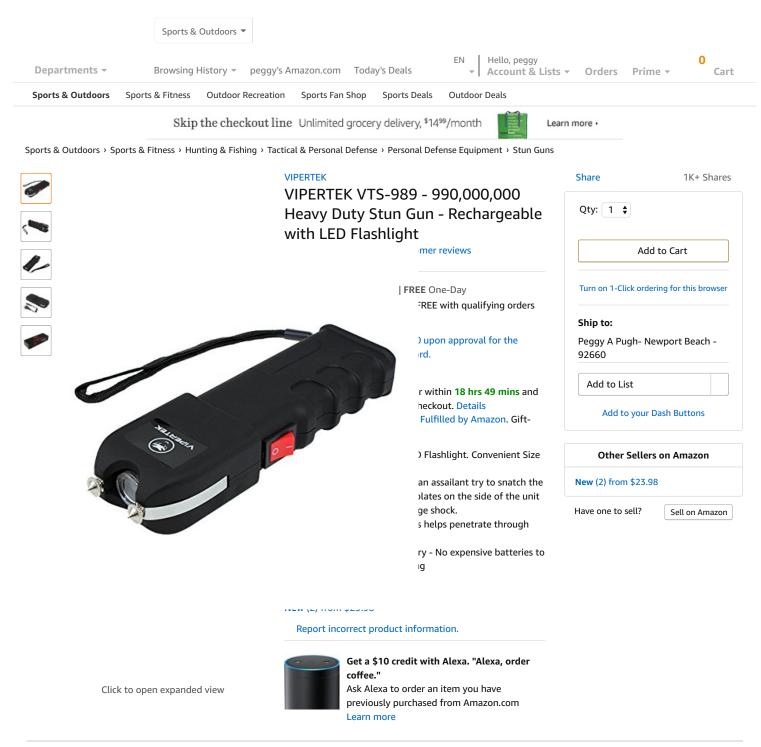
Taser or Stun Gun

Another popular personal defense item is a Taser. Many people choose to carry Tasers or stun guns over guns, knives, or other items because they are non lethal and immobilize the target for a minimum of five seconds. Five seconds is plenty of time for you to remove yourself from the situation and find safety.

We recommend checking
Amazon prices on a VIPERTEK
VTS-989, because of its Snatch
Prevention, which is two shock
plates along the side of the
Taser that produce a high-



voltage shock if your attacker tries to snatch your taser from you. We like VIPERTEK because it also has an LED flashlight, so if you use it as a flashlight, you already have your taser in hand should you need it. Or you can read our other recommendations for the <u>best Tasers</u> and <u>stun guns</u>.



Frequently bought together



These items are shipped from and sold by different sellers. Show details

- 🔽 This item: VIPERTEK VTS-989 990,000,000 Heavy Duty Stun Gun Rechargeable with LED Flashlight \$23.98
- SABRE 3-IN-1 Pepper Spray Police Strength Compact Size with Clip (Max Protection 35 shots, up... \$11.06





Receive alerts from your local agencies

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...or text your ZIP CODE to 888777 for mobile alerts

Full Notification



Gentified Newport Beach Police Department

Thursday September 7th, 2017 :: 04:11 p.m. PDT

⊠Forward





CRIME ALERT – Residential Burglary in RD29

■ 1500 BLOCK OF GALAXY DRIVE (17-7260)

Occurred between: 8/19/2017 and 9/1/2017

An unknown suspect entered the victim's home while they were away on vacation. When the victims returned home, they discovered the listed items missing, but no forced entry into their home. After speaking with their cleaning lady, she mentioned that on one of the days she came to clean, she found the rear patio door ajar.

Loss: Watch, jewelry and a wooden jewelry box.

Suspect Information: None seen or heard.

If you see suspicious activity within your neighborhood at a home where you know your neighbors are on vacation, have gone out for the evening, or their home is for sale, please call the Newport Beach Police Department immediately at 949-644-3717

Please review the Home Security Tips below. We have also posted a new Home Security Checklist on our website, print it out and conduct a security assessment on your home to see what security measures you can take to "harden the target".

HOME SECURITY CHECKLIST

Home Security Tips

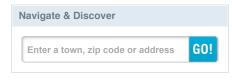
- Always lock your windows and doors when you go out, even if for only a few minutes.
- If you return home and find your pedestrian door that leads into your home locked, and you are certain that you left it unlocked, DO NOT GO INSIDE!
- Call 9-1-1 ~ Burglars often lock this door to slow down a victim, allowing the burglar extra time to get out of the home before the resident enters.
- If your home is equipped with an alarm, always activate it even if you're only going out for a short walk.
 - Consider adding a motion sensor in your master bedroom/bathroom,





Mariners Dr & Galaxy Dr Newport Beach, CA 92660

More Messages See more messages from Newport Beach, California »



which will activate the alarm if someone comes in through a glass window or door without opening it.

- Always keep your front and rear porch lights on from dusk to dawn and use motion detector lighting along the sides of your home or areas with little foot traffic.
- Use timers on indoor lamps to give the appearance that you are home.
- Adjust window coverings for optimal privacy while maintaining good visibility outside.
- If your garage door has a remote shutoff button on the wall-mounted control, located in the garage, consider locking the door nightly. This will prevent your garage door from being opened remotely.
- If you have a safe, make sure that it is properly bolted to concrete so that it cannot be easily removed.
- Always close and lock your safe and never leave a key or combination out or in an easy to find location (i.e. office, nightstand, etc).
- When you leave on vacation, remember to call the Police Department for a "Vacation Check" 949-644-3681 or sign-up online at www.nbpd.org. Also, ask a trusted friend or neighbor to pick up your newspaper and mail while you are away.

Report all suspicious activity by calling the Newport Beach Police Department at 949-644-3717.

Address/Location
Newport Beach Police Department
870 Santa Barbara Dr
Newport Beach, CA 92660

Contact Emergency: 9-1-1

For help, reply **HELP** to 888777. To cancel, reply **STOP** to 888777. No charge but Message & Data rates may apply. Message frequency varies. More info at nixle.com. AT&T, T-Mobile®, Sprint, Verizon Wireless and most other carriers are supported. Contact customer support at support.

Company Overview Contact Careers Terms of Service Privacy Policy FAQs

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From: James Gula jlgula@papugh.com

Subject: 4 Unconventional Ways To Secure Your Sliding Doors

Date: September 7, 2017 at 5:31 PM

To:



http://united-locksmith.net/blog/4-unconventional-ways-to-secure-your-sliding-doors

4 Unconventional Ways To Secure Your Sliding Doors

Hugo Reed January 28, 2016



Posted On by

Sliding doors are a thing of beauty in almost every home. If you have sliding doors that are near a living room or dining room, the effect they have on the room when the sun hits the doors is breathtaking. That description doesn't even begin to do it justice. It comes as no surprise that a majority of homeowners employ the use of sliding doors, and more specifically, sliding glass doors. Many of these doors are used as backdoors and access ways to patios and backyards. Sliding doors are also a good addition to any home and help increase property value by essentially bringing the outside in. It gives homeowners the comfort of enjoying the view of everything outside while still being indoors (nature voyeurism).

On the flip side of a rather illustrious coin, some homeowners understand just how vulnerable sliding doors make your home. Doors are an integral part of security, and sliding glass doors might be even more so. It gives people who are positioned in the right angle, unfettered visual access to what goes on in your home. This seemingly harmless action actually increases the chances of a burglary. Either way, you want to make sure that your home is constantly secure from prying eyes, and even worse, from those who wish to break in. Do not be tempted by the illusion that the sliding doors you use in your home come pre-installed with security additions that cannot be bypassed. When most homeowners are assessing their security and making additions they focus on changing out the locks on the main doors and adding alarm systems. They tend to get so caught up in the intricacies of their upgrades that they forget the simple things, like fortifying windows and sliding doors.

A good number of burglars make their ways into homes through these mediums because compared to everything else, they are less fortified and offer up less resistance. We are not saying you should transform your home into Camp David or board up all your windows and render your sliding doors ineffective. Au contraire, we are merely here to help you make your home as secure as possible. Taking measures to keep your home safe from criminals is always to your benefit. It is best to keep in mind that for something to be made secure you do not necessarily have to dish out a lot of money, sometimes all you need is a little creativity and some basic supplies that are easy to come across. We are going to show you how to make your sliding doors more secure with the top 3 unconventional ways to secure your sliding doors.

1. You Shall Not Pass: Blocking The Tracks



Sliding doors operate in a very simple manner. They move along a set of tracks that are made of vinyl, metal or wood. Visualize the tracks as guidelines that show the door where to move. In order to ease their movement, they are normally fitted with rollers on the side, the top or the bottom. The latch locks on the door can easily be compromised, so you want to make sure that the doors have a secondary level of security to deter burglars and offer up a good fight.

A good way of doing this is to insert a bar into the tracks of the door to impede movement and prevent them from being opened. This works best for doors that open horizontally along their tracks. The bar can be made of metal, wood or high tensile/dense plastic, to name a few materials. This is a simple and cost-effective way to increase the secondary security of your sliding door, do keep in mind that not all of these home-made security improvements are worthwhile. Homeowners will most likely be able to find these materials at local hardware stores, and the stores employees will be more than happy to help you cut the materials down to the proper size. One thing to be wary of is the length you cut the bar down to. Ensure that it is not too short because if you give a burglar even just a little bit of wiggle room they will exploit it and you will reap the consequences. A good way to measure the amount of space you allow between the bar and the door is to see how far the door itself fits into its adjoining frame. That should give you a margin of error to work with. In addition to this, consider painting the material you use to match the frame of the door. This will help keep burglars confused when they become aware that something is blocking the door, and it will also keep them from identifying the bar and attempting to remove it.

2. Put Them in Chains!





Did anyone else read that in a really authoritative renaissance era voice? Just me? Well, don't mistake the subheading to mean we want you to chain your doors up and send them to prison, no. That would be ludicrous. Although I literally do mean to put them in chains. This other unconventional method works best on doors that slide along tracks as well. It works better with those that part at the middle to open and slide horizontally away from each other (double sliding doors) but it can also be retrofitted to work with single sliding doors that move from one side of the door to the other.

Now, let me explain what "put them in chains" means. It refers to the act of chain linking the handles of your door. If it is for a door that parts at the middle it would be best to run a taut and rather short chain link through each handle and then lock them together. This prevents anyone from the outside that is attempting to get in from parting the doors completely and in effect gives you an added layer of security. For doors that open to only one side and thus have only one handle, it would be best to do a <u>DIY project or call a professional</u> and drill an additional handle to the side of the wall closest to the door just so you can employ the same method described above. Keep in mind that you do not necessarily need to use a chain link, you could use a smaller version of the really popular bike locks which are easy to come by. Just be mindful of the material and pick the one that is least resistant to being cut.

3. Through the Looking Glass



Picture Source

This final option is considered unconventional simply because a good number of homeowners overlook it, even though it is one of the most effective (in conjunction with the methods listed above). The final way is to simply reinforce the glass of your sliding doors. The above methods that were listed work perfectly well to deter criminals, but some burglars are more determined than others, and there is nothing that will stop them from simply breaking the glass of your doors and walking right in. This is where the reinforcement comes in. The use of a layer of glass film over the doors should do the trick. Several companies offer varying options for these protective films. Some of them come equipped with tints to prevent anyone from seeing into your home, however, it still affords you the luxury of peering

out and enjoying the view. These protective films are manufactured to withstand immense pressure and are used both to prevent break-ins and to also shield damage from hurricanes and strong winds. They are a really good addition to any home and they work well in tandem with the other methods described above. For instance, if a burglar becomes aware that you have chained the doors together or that you have blocked the tracks, they could simply break a portion of the glass and remove the obstruction. The more impatient ones will probably attempt to break the entire door, but with the protective film both of these scenarios are negated.

4. Would You Like An Extra Plate?



Picture Source

As stated earlier, the security of your sliding doors can also be compromised when the doors are lifted off their tracks and moved above whatever may be in the way. This solution may not come in handy when you chain the handles, but it's still good to know how to counter burglars who have the energy to do all that work.

To counter this it is best to employ the use of an anti-jimmy door plate. These are normally used on standard doors, but can easily be adapted to sliding glass doors. You can obtain these at your local hardware store, but if you're feeling a little crafty you can easily make one yourself. All you need is to screw a decent sized strip of wood or metal into the cavity within the upper door tracks. Similar to using a bar to block the lower tracks, you should make sure that the length of the plate you are installing is big enough to bar the door from being raised out of its tracks, but small enough to allow the door to move easily when you need to go in or out.

Key'p In Mind

- None of these additional security methods are 100% burglar proof. Make sure that your home security is one of
 your greatest priorities. It helps to constantly be on the lookout for security issues that need to be rectified and
 updated.
- You can employ the same methods above on many windows within your home. Just be careful to scale them down to size because the same bar you use for your sliding doors will probably not fit in your window.
- Some of the more conventional ways of securing your doors are to improve the locks on the door and to also integrate the door into your <u>monitored home alarm system</u> if you have one.
- In attempting to make your sliding doors more secure make sure that you still have ease of access to and from your home in case of an emergency. It will help to work on a home safety plan that incorporates these new additions (if you use them) just to make sure everyone is on the same page. The goal is to keep them out, not you, and we also don't want to have you trapped in your home. That would be horrible.

Category: How To's, Residential, Safety & Security

Lessons from Harvey

- 1. 911 overload people used social media as alternative only 15? lines for all of OC
- 2. Essential supplies for 1 week
 - Water at least 1 Gallon/Person/Day
 - Food how would you cook? what about your pets?
 - Medicines
 - Gasoline stations empty, pumps inoperable
 - Cash in small bills banks closed, ATM's not working
 - Cell phone charging solution car plug-in? batteries?
- 3. Go bag be prepared to evacuate
 - Clothing, medicines, cash
 - Important papers what would you take?
- 4. Identify contact person out of state to coordinate family
- 5. Shelter Management
 - What would you need to live in a shelter?
 - Become part of solution take Red Cross Shelter Management Class
- 6. Social Media
 - In Houston SnapChat map showed where emergencies were
 - Zello push to talk app
 - Cell towers have backup power for about 8 hours
 - Consider your own UPS to keep home network running

From: James Gula jlgula@papugh.com

Subject: The 'Cajun Navy's' secret weapon for saving lives: The human voice - The Washington Post

Date: September 7, 2017 at 6:10 PM

To:



https://www.washingtonpost.com/news/innovations/wp/2017/08/31/the-cajun-navys-secret-weapon-for-saving-lives-the-human-voice/?utm_term=.b77727243a7a

The 'Cajun Navy's' secret weapon for saving lives: The human voice

Play Video 1:29

The app that saved Harvey victims is now #1 online thanks to Irma

Embed

The Cajun Navy used Zello, a free walkie-talkie app, in its efforts to rescue victims of Tropical Storm Harvey. The app is now the #1 app online in preparation for Irma. (Jhaan Elker/The Washington Post)

For so much of our moment-to-moment communication, texting fits the bill. Quick and convenient, tapping out a few words with your thumbs cuts through the pleasantries that can bog down voice communication.

But there are times when a single word — especially one uttered with emotion — can deliver far more information than a text.

For example: An elderly victim screaming "help" as the waters rise in the aftermath of Hurricane Harvey.

"With voice, someone can communicate a ton of information in a way that text does not," said Bill Moore, the chief executive of Zello, a free Internet "walkie-talkie" app. "In a few seconds of hearing your voice, I can guess what part of the country you're from, if you've been drinking, what mood you're in, whether you're afraid or in distress."

"For that reason, voice becomes great for solving problems, and it demands attention from both sides in a way that texting does not," he added. "Your brain is wired for voice."

['Water is swallowing us up': In Houston, desperate flood victims turn to social media for survival]

Therein lies the secret behind the proliferation of Zello, which has become the preferred mode of communication for organizations such as the "Cajun Navy," an informal group of Louisiana boat owners who participated in this week's search-and-rescue missions in Southeastern Texas.

The app allows flood victims and rescuers to communicate instantly. It also allows both groups to post voice messages to specific channels that have been set up to aid people seeking assistance, such as "Texas Volunteer Rescue/Support" and "Harvey Animal Rescue" and the "CajunNavy," which has nearly 25,000 users.

Over the past week, Moore said, Zello usage has increased twentyfold. The number of user sessions increased 600 percent over the past week, with the amount of time users in the Houston area were on the app increasing to 22 minutes, Moore said.

The app is another powerful example of how social media is filling the humanitarian holes that local government is unable to plug, turning ordinary people into heroes and empowering desperate flood victims to reclaim their fate from the rising floodwaters. Flood victims have also turned to Facebook, Instagram and Twitter to reach private rescuers when public officials have been overwhelmed. But as messages on those platforms proliferated and became unwieldy to manage, the Cajun Navy began asking people to connect with rescuers using Zello exclusively.

The app relies on cellphone data plans or WiFi, Moore said, but was designed to operate in areas where signals can be weak, such as those served by the outdated telecom technology known as 2G.

"That's why it's so popular in disaster areas," Moore said.

Rescuers consider the app a hybrid between talking and texting. Unlike a Twitter conversation, which can be difficult to follow, Zello allows groups of people to communicate simultaneously, which is advantageous for grass-roots rescue efforts and has led some to label the app "social radio."

The app has 100 million users around the globe, Moore said, often in countries were government services struggle to meet demand, such as Egypt, South Africa, Venezuela, parts of the Middle East and now parts of the U.S. Gulf Coast.

"It's really common in times of trouble for a rescue structure to emerge organically," Moore said. "The Cajun Navy is using Zello to augment the emergency services and build a culture that is quick and effective."

There are limitations. The app doesn't work if it can't connect to a network, and users must be aware of its existence, an issue for any new product. That can be a problem for those who don't own mobile phones or are unfamiliar with apps. Overwhelmingly, those are the same people who are most vulnerable during disasters — the poor and the elderly.

#MidweekSurvivalTips

For Help <u>#PortArthur</u> USE ZELLO APP: Rescue channels (CajunNavy password help/Texas Search and Rescue/Boaterstexas

- Mr. Swifty (@BigEnuff) 1:36 PM - Aug 30, 2017

<u>#CajunNavy</u> Contact: Download Zello App, sign up, search for Cajun Navy Dispatch Channel, radio in your location. #Harvey #Fortbend

- Commissioner Meyers (@FortBendCoPct3) 9:20 AM - Aug 28, 2017

It IS awful... you can hear request after request by desperate people asking for help from <u>#CajunNavy</u> on the <u>#Zello</u> app. <u>https://twitter.com/deanofcomedy/status/902616505988382720 ...</u>

- Katherine Robinson (@KMR31871) 12:42 PM - Aug 29, 2017

Still, the app offers a window into the role technology can play in a crisis.

As the tragedy in southeast Texas unfolded this week, rescuers could be heard discussing all manner of chaos, from an elderly couple trapped on their roof to a fire at a chemical plant that threatened to contaminate the surrounding floodwaters.

"I have a diabetes patient and a sick baby," a woman could be heard saying Wednesday, before offering her address. "I need a boat rescue."

"I have a 102-year-old male in Port Arthur taking on quite a bit of water, and he cannot swim," another woman said urgently moments later. "He is in a panic."

"There's an elderly lady, 61, rising water," another user reported. "She needs help."

The app was also being used to help rescuers coordinate among one another. Between desperate calls for help from all over the region Wednesday afternoon, boaters checked in to confirm particular victims had been rescued, trade information about inaccessible areas and offer details about a staging area where boaters could grab a bite to eat and talk to the media. Moments later, a request arrived for boaters to patrol that night with sheriff's deputies attempting to keep looters at bay. People seeking to volunteer their experience, such as individuals with boats and fast-water rescuing experience, also left messages offering their service.

Definition of Disability

- A physical or mental impairment that substantially limits one or more major life activities of such individual;
- A record of such an impairment; or
- Being regarded as having such an impairment
- This does not apply to impairments that are transitory and minor. A transitory impairment is an impairment with an actual or expected duration of 6 months or less.



Definition of Disability

Major life activities:

 Include but are not limited to, caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working.

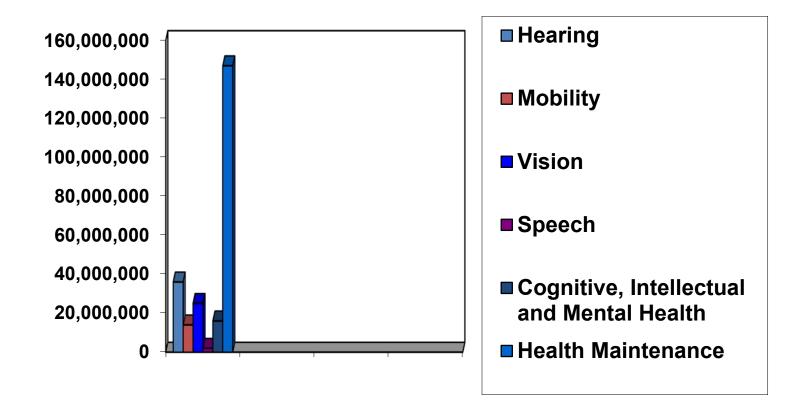
Major bodily functions:

 Include but not limited to, functions of the immune system, normal cell growth, digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions.





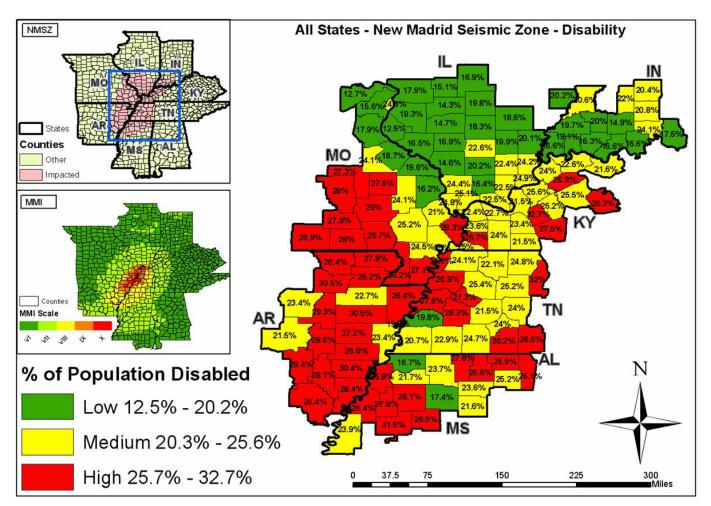
Types of Disabilities and Health Maintenance Needs







NMSZ Percentage of People With Disabilities







Access and Functional Needs

- Children and adults with physical, mobility, sensory, intellectual, developmental, cognitive or mental health disabilities
- Older Adults
- People with chronic or temporary health conditions
- Women in late stages of pregnancy
- People needing bariatric equipment
- People with Limited English Proficiency, low literacy or additional communication needs
- People with very low incomes
- People without access to transportation
- People experiencing homelessness
- Others



Access and Functional Needs vs. Acute Medical Needs

- Most people with disabilities do not have acute medical care needs, and maintain their health, safety and independence in their home and community on a daily basis.
- Planning to meet the access and functional needs of disaster survivors with and without disabilities in general population settings can significantly reduce the use of very limited acute care resources and optimize outcomes for people to return to their pre-disaster level of independence.

