

# Preparedness for people who have just moved



**May 2017**

Emergencies can strike at any time. They can damage and destroy homes and valuables, affect health, upset routines, and in many cases cause significant financial burden. The impacts are complex, long term, and often hidden.

Depending on your circumstances, you might be more at risk to the impacts of an emergency due to a lack of awareness of the risks around you, services on offer and/or limited community connections. The stress from the emergency and aftermath can also disrupt your life. The long term impacts might also be significant, as you may find yourself with reduced financial or physical capacity to recover.

To reduce the impacts on your life, use this guide to work through Red Cross' emergency preparedness guide, RediPlan, with a partner, carer or family member.

You don't have to do it all at once. Every little bit counts. Most of it is easy, and won't take long.

## Prepare your mind

It's important to think about how to prepare both practically and psychologically for an emergency. Disruption to routines can increase anxiety and impact how you might respond. RediPlan (p. 6) has some great tips on how to anticipate what might be stressful, identify your reactions, and put in place some strategies to manage the situation. There is also a worksheet on p. 24 to help you plan how to manage your stress.

## Step 1: Get in the know (p.8)

Work through the personal assessment sheet on p. 12 to assess your strengths and where you might need help in dealing with the impacts of an emergency. Be honest with yourself. You can do this with a friend or a family member. You need to be comfortable in talking about your circumstances with them.

Being new to an area, you might not know what hazards could affect you. Some may be well hidden. In urban areas, many watercourses have been put underground. Think about how hazards in your local areas (both home, schools, and workplace) might affect you and your circumstances.

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If you have moved from the city to the country (a sea or tree change) be mindful that response rate of emergency services may be different to that you have expected.

Find out about what happens in your area from your real estate agent, local businesses, the post office, newsagent, café or pub. They are a good source of knowledge.

### Step 2: Get connected (p. 16)

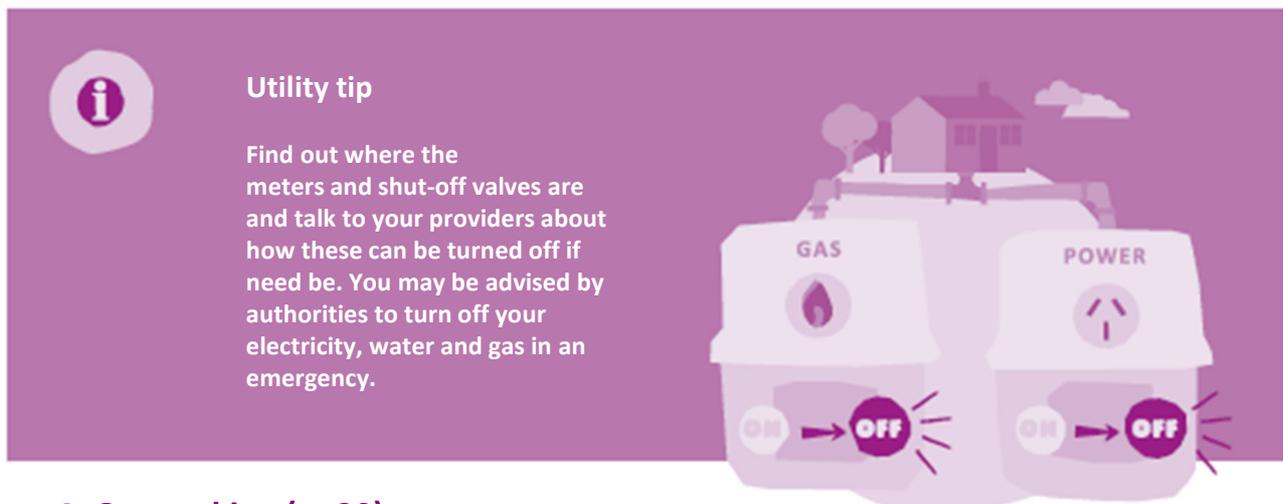
RediPlan (p. 17) will help you to make connections in your community, or use the Hey Neighbour Card at the back of RediPlan to drop off your details to neighbours. Use schools, sports clubs, or child care centres to connect with people. Social networking sites, such as Nabo or Facebook might also have pages for your local area.

### Step 3: Get organised (p. 18)

After moving, things can be a bit chaotic for some time, and it's easy to put things off. It's also a time when things slip through the crack, insurance renewal, change of address.

If you use a smart phone, use the Medical ID function to record details on your iPhone or download an ICE app for Android phones. If you are a social media user, 'like' the Facebook and Twitter feeds of Police, Fire Services, SES, Bureau of Meteorology, ABC Emergency and Red Cross.

As you are connecting all your services, be sure to write down the service provider and their emergency numbers in the contact card in the back of RediPlan. Also, you might need to find a new doctor, dentist, vet or solicitor. This is a good topic of conversation to start with neighbours or shopkeepers.



### Step 4: Get packing (p. 20)

Work through the activities on p. 21. The plan section at the back of the booklet will help with preparing a kit to survive, and a kit to recover. If you have boxes left over from moving, you could use one of these for your kit.

### Congratulations!

You are now part of the millions of people who have taken steps to become more disaster resilient. Encourage family and friends, and particularly those in your personal support network to also download RediPlan and become prepared.