

## Disaster Preparedness Tipsheet 8, November 2011

This tipsheet outlines ways you can prepared for a disaster and why preparation (or preparedness) is important.

Strategies to deal with disasters have four main components:

- Prevention
- Preparedness
- Response and
- Recovery Strategies

Preparedness strategies can be practical or psychosocial. Practical and psychosocial strategies work best together. This can increase your confidence and ability in dealing with a disaster and help minimize the psychological impact of a disaster.

Preparedness strategies are advance planning of your response if a disaster occurs: *where you will go, what you will do, how you will keep contact with family and friends.*

### The High Five Model of Psychosocial Preparedness



*This model presents a strategy to help prepare for, respond to and recover from disasters.*

1. Know the risks – knowing about the risks and what you can do helps you deal with disasters more effectively should they occur.
2. Connect with others – connecting with people can assist in dealing with the threat and also protect people from adverse mental health effects. This helps adults, children and families to get through disasters.
3. Identify your strengths – this raises awareness of your own “tools” or resources which you and your family can use. These can be coping, thinking, feeling and fear management strategies.
4. Learn about what to do in an emergency – practical actions and psychological survival skills work best together.
5. Look after your life – this means not letting the disaster experience, or preparations for a further disaster threat, take over your life. The regular ritual and patterns of everyday family life provide strong frameworks to see through.

**Seek help if problems are blocking you from living the life you want to live.**



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