

FEBRUARY 2025

BENEN SES ?ELHTSISH 2025

EMERGENCY PREPAREDNESS GUIDE

FOR ELDERS AND CAREGIVERS

Tsilhqot'in
NATIONAL GOVERNMENT



Lha Yudit'ih - We Always Find a Way

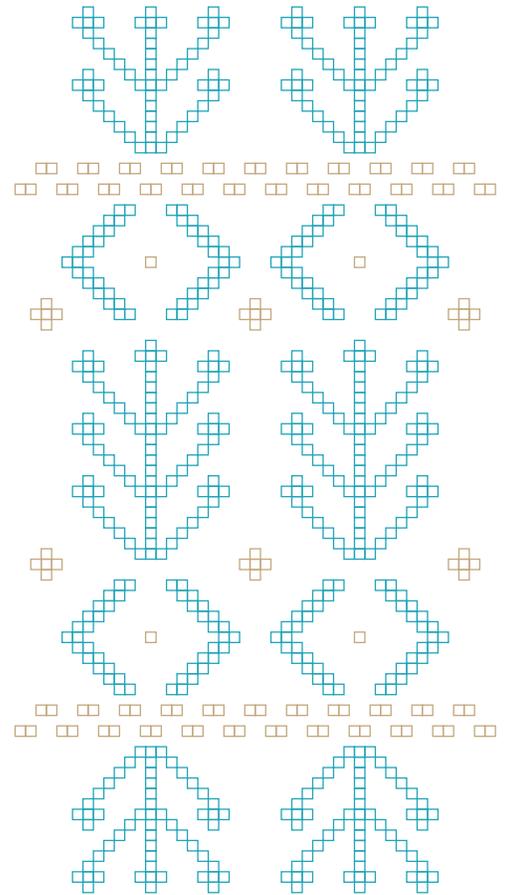
The T̓silhqot'in people are strong, resilient, and deeply connected to their land and culture. Throughout history, they have faced numerous challenges, from colonialism to environmental changes, yet their spirit has remained unbroken.

Being prepared for emergencies is an extension of this resilience, empowering their communities to respond effectively in times of crisis.

It builds upon their ancestral knowledge of survival and self-sufficiency, while also fostering unity, solidarity, and a collective sense of responsibility.

By being prepared, the T̓silhqot'in honor their past, protect their future, and ensure that their people can continue to thrive, no matter the challenges ahead.

To the ʔEsggidam who guide us, nexwechanalhyagh.



NAGWEDIŹK'AN GWANEŠ GANGU CH'INID GANGU CH'INDIŹED GANEXWIL ED GANEXWILAGH - The Fires Awakened Us

The wildfires swept through the Tšilhqot'in territory in the summer of 2017. Emergencies can occur suddenly and without warning. It is important individuals and families (especially those with support needs) are prepared to be self-reliant for a period of up to seven days immediately following a disaster.

In an emergency, phone lines, gas, electricity, and water services can be disrupted for an extended period. Roads may be blocked, stores and gas stations closed, automated teller machines (ATMs) out of service. Water, heat, electricity, or telephone service could be disrupted for up to one week. The best way to minimize the challenges of the event is to be emergency prepared.

It's important for everyone to be prepared by knowing the risks in their community, having a household plan and having an emergency kit.

Disasters can be overwhelming and stress may make some conditions worse for people. You may even have to ask for assistance in circumstances you usually do not. Be sure to talk to someone about how you are feeling and reach out for help if needed.



BE PREPARED

Common factors that contribute to increased vulnerability include mobility limitations, decreased physical strength and sensory awareness as well as a reduced ability to respond to sudden change. It is essential for seniors and caregivers to have an emergency plan to ensure they are ready to respond and supports in place to assist their recovery.

It's impossible to imagine every scenario you may encounter in an emergency. This Emergency Preparedness Guide is designed to ensure families are prepared for emergencies while respecting and incorporating the unique cultural, spiritual, and practical needs of the community.

This plan focuses on integrating cultural practices, items, and customs into personal home preparedness, empowering families to respond to emergencies in a way that is aligned with their traditions.

EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

BE INFORMED AND KNOW YOUR RISKS

An important first step in preparedness is understanding the risks you may encounter—big and small. While it may seem daunting, there are many ways to learn about common disasters in your community. Knowing what you may face will help you assess your needs and get you started on your preparedness journey.

→ Know your risks:

Learn the basic concepts and structure of Emergency Support Services (ESS) in B.C. Assess your readiness to be an ESS volunteer and explore the duties of an ESS responder.

- A small handful of potential hazards:
 - Wildfires
 - Extreme Heat
 - Power Outage
 - Extreme Cold
 - Landslides
 - Hazardous Materials Spills
 - Pandemic and Disease Outbreaks



→ **Get informed:**

Information helps us to better prepare for emergencies, disasters, and unexpected situations. When we know what is happening we can make more informed and timely decisions during times of stress.

Before an emergency occurs identify information sources that you can rely on for updates.

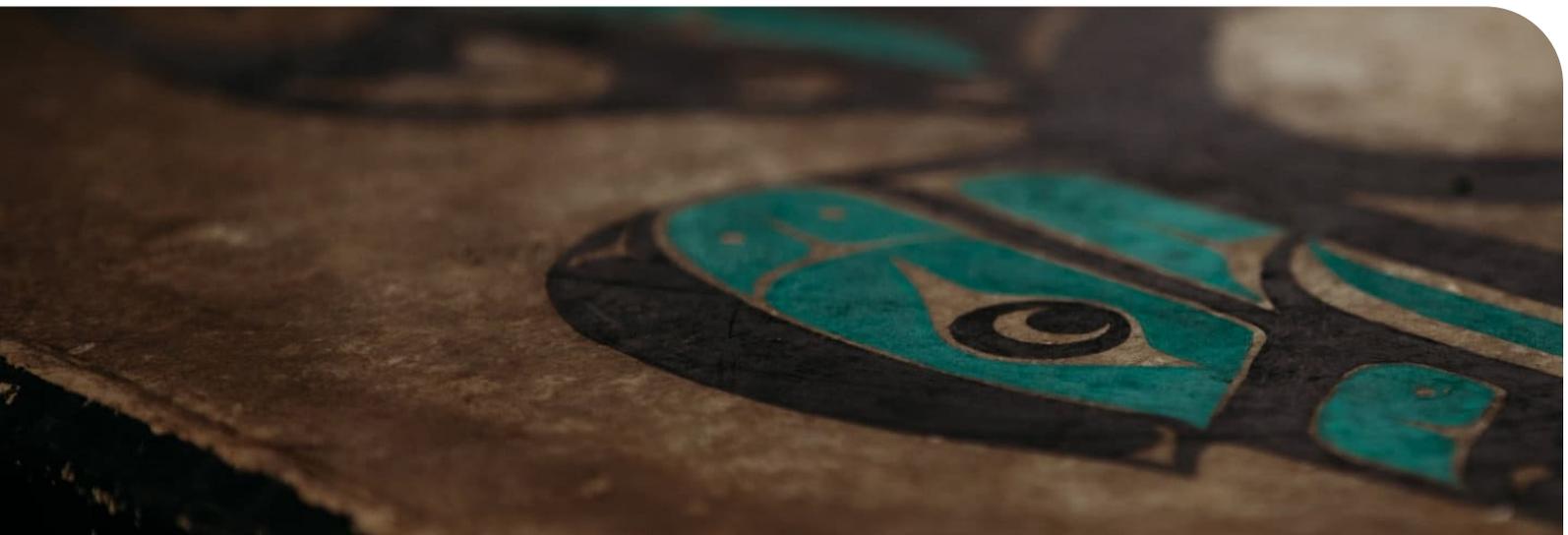
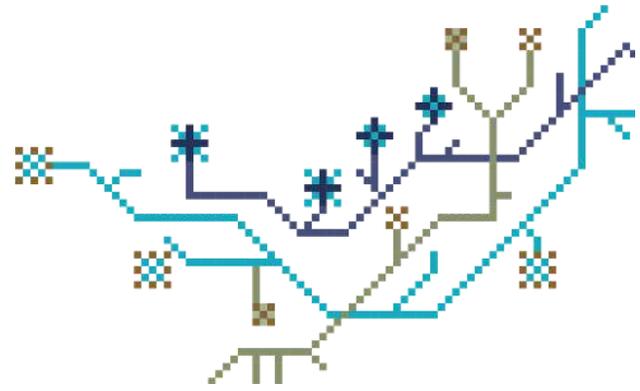
- Do you know where your trusted sources of information post emergency updates?
 - Social media, television, radio, website, community bulletins, email, automated phone message
- At the facilities you frequent, do you know how staff provide emergency notifications?
 - Door to door notification, email or phone notification
- Do you have dedicated emergency contacts who will provide updates?
 - Family, friends, caregivers, community groups, organizations, neighbours, facility staff
- Do you have a backup plan to ensure you receive emergency updates and can call for help?
 - Battery-powered or crank radio, landline or cellular phone, medical alert devices



ASSESS YOUR NEEDS

Understand how your medical, physical and cognitive needs may affect your ability to respond to a disaster or an emergency.

- Think about how you would respond: Consider needs you may have if the power went out, if you had to stay home for two weeks or more. Or rather if you had to quickly evacuate your home or community.
- Take an inventory of items you rely on like assistive devices that you would need to take with you if you evacuated include model information.
- List all items that require electricity—such as refrigerated medicines, a continuous positive airway pressure therapy (CPAP) device or power wheelchair.
- List all devices to take with you in an evacuation and consider lightweight or portable alternatives where possible.
- Plan for battery or generator backup for all items and where you will go if these power sources will not last for an extended power outage.



EMERGENCY SUPPORT SERVICES

Emergency Support Services (ESS) - Know where to find support if evacuated

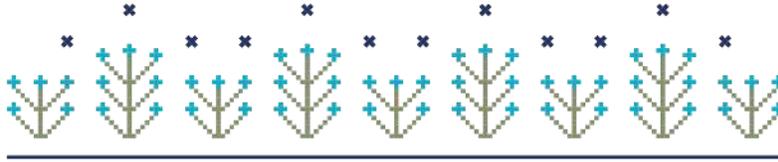
The T̓silhqot'in National Government ESS program manages culturally safe evacuee support services throughout all stages of an emergency, including planning, response, and recovery. By preparing and planning, the program aims to build a resilient community capable of managing the challenges of emergency situations.

ESS provides temporary support to displaced community members, addressing their immediate needs like food, shelter, clothing and family reunification. The goal is to ensure the physical, emotional, and mental well-being of evacuees for up to (72 hours).

Type of supports offered:

- Food
- Clothing
- Lodging
- Incidentals
- Cultural support
- Spiritual support
- Child activity areas
- Information Services
- Pet Services
- First Aid
- Family reunification
- Volunteer services
- Social-emotional support
- Transportation





PRE-REGISTER FOR EMERGENCY SUPPORT SERVICES

You do not need to register online before going to a reception centre, but it will save time and is recommended.

You can also register by telephone 1-800-585-9559 (8:30 am to 4:30 pm).

1

Set up BC Services Card

Download the BC Services Card app from the Apple App Store or Google Play Store.

Complete the five steps to register and verify your account:

1. Choose how to secure app
2. Scan or take photo of your ID
3. Add residential address
4. Provide email address
5. Verify your identity

Service BC staff are available on site to verify your account during select hours.

2

Create User Profile

Visit ess.gov.bc.ca or scan the QR Code below:



Complete the User Profile by following the steps:

1. Choose the restriction setting
2. Enter personal details
3. Enter primary address
4. Enter contact details
5. Create security questions

3

Create ESS File

Once you've created your User Profile, select "Create ESS File"

Complete the ESS File by following the steps:

1. Choose the restriction setting
2. Enter location details
3. Enter household information
4. Enter household needs
(such as: shelter, food, clothing and other incidentals)
5. Create a security phrase
6. Review and submit information

visit ess.gov.bc.ca

Questions? Contact the
T̓silhqot̓in National Government's
Emergency Support Services Director:

Shyanne Walker

swalker@tsilhqotin.ca

250-305-1889



T̂ilhqot'in Nidlin - We are T̂ilhqot'in

Evacuation Reception Centres

Emergency support services and reception centers must be culturally safe for T̂ilhqot'in peoples, respecting their unique cultural, spiritual, and social needs during crises. Key aspects of culturally safe services include:

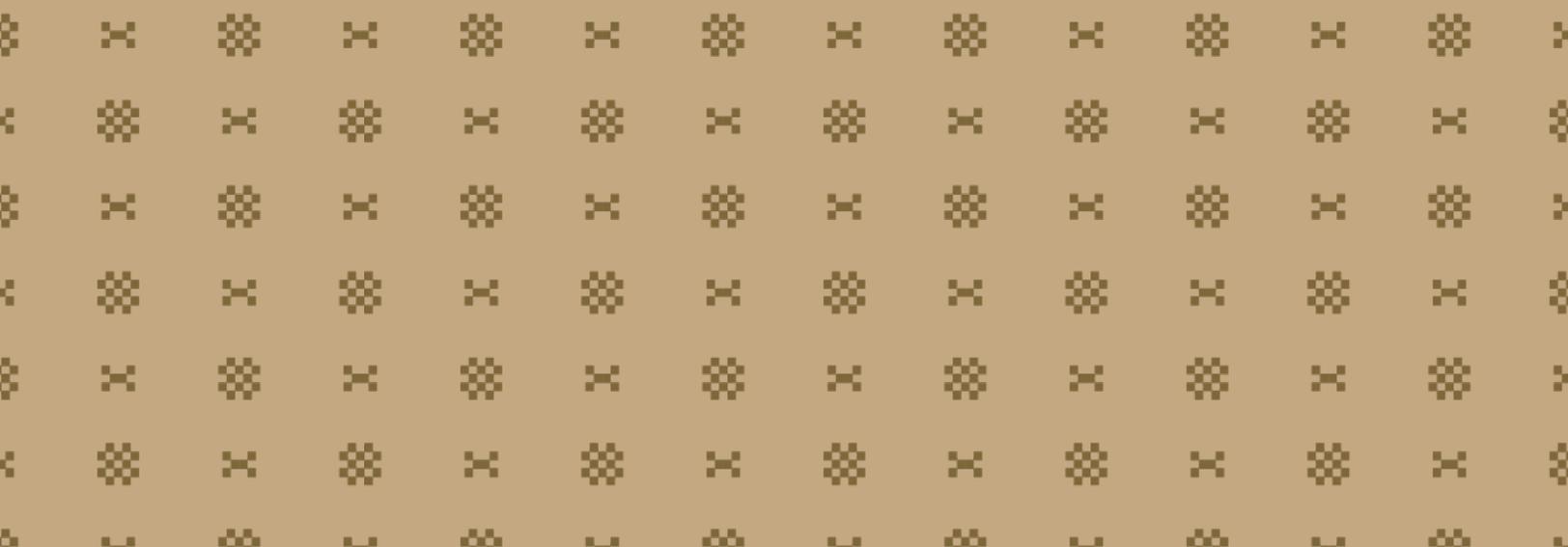
- **Cultural Awareness:** Emergency personnel should be trained on T̂ilhqot'in history, language, and traditions to better understand community responses to crises.
- **Incorporating Language and Traditions:** Offering services in T̂ilhqot'in language and integrating traditional healing practices, such as consulting Elders, supports a holistic approach.
- **Building Trust:** Establishing strong relationships with T̂ilhqot'in communities through consistent engagement helps overcome past mistrust of institutions.
- **Inclusive Physical Spaces:** Reception centers should reflect T̂ilhqot'in culture, with culturally significant designs and practices, such as appropriate meal options.
- **Respecting Healing Methods:** Services must recognize traditional coping mechanisms, such as storytelling and ceremony, alongside mainstream approaches.
- **Inclusive Decision-Making:** Involve T̂ilhqot'in leaders in decisions regarding support and care, ensuring services align with community values.
- **Collaboration with T̂ilhqot'in Organizations:** Work with local organizations to ensure services meet the community's needs and preferences.
- **Psychosocial Support:** Offer culturally sensitive emotional and psychological support, including Indigenous healing practices.
- **Continuous Feedback:** Regularly engage with T̂ilhqot'in communities to ensure services remain relevant and effective.

Culturally safe services empower T̂ilhqot'in peoples during crises, promoting respect, dignity, and healing.

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HOME EMERGENCY PLAN



QUESTIONS TO ASK YOURSELF WHEN ASSESSING YOUR NEEDS

- Do I have any medical conditions or dietary requirements that require specific care or medication?
- What mobility challenges or disabilities do I need to plan for?
- How will I ensure the safety and well-being of my pet or service animal?
- Have I established communication strategies with neighbors and local emergency services?
- Do I have any medical conditions or dietary requirements that require specific care or medication?
- Will I need help to transport my emergency supplies?
- Will I require translation services?
- How could my day-to-day routine be disrupted during an emergency —what is the worst that could happen and do I have a plan to cope or adjust?

ADDITIONAL CONSIDERATIONS

- What community resources are available to me that I can leverage before an emergency?
- What is my communications plan if I lose access to cell phone or internet reception?
- Do I have a reliable means of transportation if evacuation becomes necessary?
- Do I have enough supplies at home in case I cannot access services for a while?
- Where do I go now for support or assistance and are they able to support me during an emergency?
- How do I currently address my basic needs (food, water, shelter, etc.) and how will this change during an emergency?
- What specific accommodations or assistive devices do I need during an emergency?
- Are my caregivers aware of my emergency plans and needs?

BUILD YOUR SUPPORT NETWORK

→ **Identify helpers:** Include family, friends, neighbours, caregivers and health professionals to help build your network and help you develop and support your plan.

→ **Plan together:** Talk about what kind of help you will need and how your helpers can assist you.

→ **Create a contact information list:** plan how you will communicate regularly and during a disaster when some communications may be disrupted.

I have created a support network of family, friends, caregivers, and others who can assist me during an emergency.

I have shared and practiced my emergency plan with my support network.

My support network is aware of any specific needs I have.

Someone in my support network has an extra key to my home, knows where I keep my emergency supplies, and knows how to use lifesaving equipment and administer medicine.

I know my clinic/hospital's emergency plans and have identified backup service providers.

My support network and I are informed about local emergency alerts and updates.

I have or will try to participate in a community preparedness event or initiative.



IMPORTANT DOCUMENTS

→ **Important documents:** Copy or scan all important documents including household identification (such as provincial identification, social insurance card, passports, permanent resident card, status cards, birth and marriage certificates), financial and legal (deeds, loans, credit cards, banking, wills, property insurance) and medical information.

→ **Medical information:** Keep an up-to-date list of your conditions, allergies, medications and dosages, health professionals, caregivers and health insurance cards. In addition, make copies of your written prescriptions before having them filled, or ask your doctor or pharmacist for a printed copy of all your prescribed medications.

IMPORTANT DOCUMENTS	
Item	Packed
Bank account numbers	
Birth certificate(s)	
Credit card contacts/numbers	
Doctor/veterinarian contact numbers	
Driver license(s)	
Health care numbers/medical records	
Household inventory list	
Immunization record(s)	
Income tax return(s)	
Insurance policies (with phone number for provider)	
Lease/mortgage papers	
Marriage certificate	
Passports	
Pet registration	
Safety deposit box key	
Social insurance number	
Usb (with photo files)	
Warranties	
Wills/power of attorney	
Status Cards	
Other identified important documents	

Take photocopies of the originals and store in a resealable plastic bag or take photos of the originals and store on your phone and a backup drive (USB)

HOUSEHOLD EMERGENCY PLAN

MY HOME ADDRESS IS

THE PEOPLE LIVING AT MY HOME ARE

Full Name:

Phone:

Email:

<hr/>	<hr/>	<hr/>



INSURANCE POLICIES

House Insurance:

Policy Type:

Other Insurance:

Policy Type:

VEHICLE REGISTRATION NUMBERS

Vehicle Make:

License Number:

Registration Number:

Vehicle Make:

License Number:

Registration Number:

FAMILY INFORMATION

Name:

Home:

Employment Address:

Cell:

Spouse:

Home:

Employment Address:

Cell:

MEDICAL CONTACTS

Doctor:

Phone:

Clinic Address:

Doctor:

Phone:

Clinic Address:

MEDICAL INFORMATION

Name:

Allergies:

Eye Glass Prescription:

Special Needs/Limitations:

Name:

Allergies:

Eye Glass Prescription:

OTHER IMPORTANT NUMBERS

Ambulance:

Emergency Management BC:

Fire Department:

Health Emergency Management BC:

Police Department:

Poison Control:

Canadian Red Cross:

Gas:

BC Hydro Emergencies:

Property Owner:

Lawyer:

Building Manager:

MEDICATIONS					
Medication	Quantity (per day)	How many days per week		Total	Packed
			=		
			=		
			=		
			=		
			=		
			=		
			=		
			=		
			=		

OVER THE COUNTER MEDICATIONS						
	Medication	Quantity (per day)	How many days per week		Total	Packed
				=		
				=		
				=		
				=		



PREPARE A KIT

Prepare a basic disaster emergency kit. Store the kit near an outside exit such as in a coat closet or next to the garage or basement door.

Pack all your essentials in an easily accessible container that is waterproof and moveable. A small suitcase with wheels is perfect for this!

Make sure you pack essential items you and your family members will need to for seven days or longer, especially if you have needs that are not easily accommodated.

Essential items may include:

- medical supplies
- assistive devices
- food for your specific dietary needs
- prescription medicines
- diabetic supplies
- hearing aid batteries
- a phone charger and back up battery
- smudging kit
- cultural medicine kit
- manual wheelchair
- other medical equipment and mobility devices you may need to maintain your health,

Elders with sensory challenges, pack visually stimulating toys, comfort snacks, and headphones to decrease auditory distractions in a busy room in case you have to move to a reception centre.



HOME EMERGENCY SUPPLIES KIT

- Water: 4 litres per person per day; minimum of 3 days
- Food: non-perishable; minimum of 3 days
- First-aid kit
- Flashlight and extra batteries
- Transistor radio and extra batteries
- Sanitation: garbage bags, toilet paper and wipes
- Copies of important documents (e.g., insurance papers, identification, health card numbers)
- Tools: crowbar, shovel, safety goggles, face mask
- Emergency plastic sheeting / duct tape
- Phone charger and battery bank
- Seasonal clothing and footwear
- Medications and personal toiletries
- Cash in small bills
- Whistle
- Customized items tailored to your needs

EMERGENCY PET KIT

- Pet food and water for a minimum of 3 days
- Leash, pet restraint, muzzle, or harness
- Pet carrier
- Treats, a favourite toy or comfort item
- Copy of vet & vaccination records
- Medications
- Photo of your pet
- Plastic bags for waste disposal
- Blankets or a way to provide warmth

Consider the needs of your pet and ensure you can care for them in the event of an emergency, whether you are at home, or need to evacuate.

GRAB-AND-GO BAG

IN CASE YOU NEED TO EVACUATE

- Bottled water
- Food for 1 day, non-perishable
- Small first-aid kit
- Emergency blanket
- One change of seasonal clothing and footwear
- Copies of important legal documents (e.g., insurance papers, identification)
- Copy of your emergency plan
- Flashlight with extra batteries
- Transistor radio
- Phone charger / battery bank
- Toiletries (travel size)
- Medications
- Cash in small bills
- Glasses
- Whistle
- A comfort item (e.g., family photo, book, etc.)

If you needed to evacuate immediately, what items would you need to get through the next few days? Each family member should have a Grab-and-Go kit, stored in an easily accessible location.

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