

Person-Centred Emergency Preparedness (P-CEP)

Presented by Nadia Brady & Helen Styles





Getting support for your mental health

Thinking and talking about emergencies can make us feel worried or upset.
It is important to talk to people to manage our mental health.

You can call:

Lifeline: 13 11 14

Beyond Blue: 1300 22 4636

You can visit your GP to get a mental health care plan to access a psychologist.



About: Queenslanders with Disability Network

“nothing about us, without us”

- Organisation of, by, and for people with disability
- State-wide network of over 2,000 members
- 20-year anniversary in 2022

QDN’s Mission – To empower people with disability to be fully included as citizens in the social and economic life of their community





Nadia

Peer Leader,
Queenslanders with Disability
Network

"I've learned that there's so much I can do,
as a person with a disability,
to help myself prepare for emergencies.
There's so much strength within myself
and within my community."



The P-CEP has three components:

1

A Capability Wheel



The capability wheel guides self-assessment and tailored emergency preparedness planning in eight areas.

2 Three Principles

PRINCIPLES

- 1 Emergency preparedness is a process, not a one-time event.
- 2 People are experts in their lives, planning starts with them.
- 3 Person-centred planning conversations build capability of multiple stakeholders toward disability inclusive disaster risk reduction.

Three principles guide person-centred emergency preparedness conversations.

3

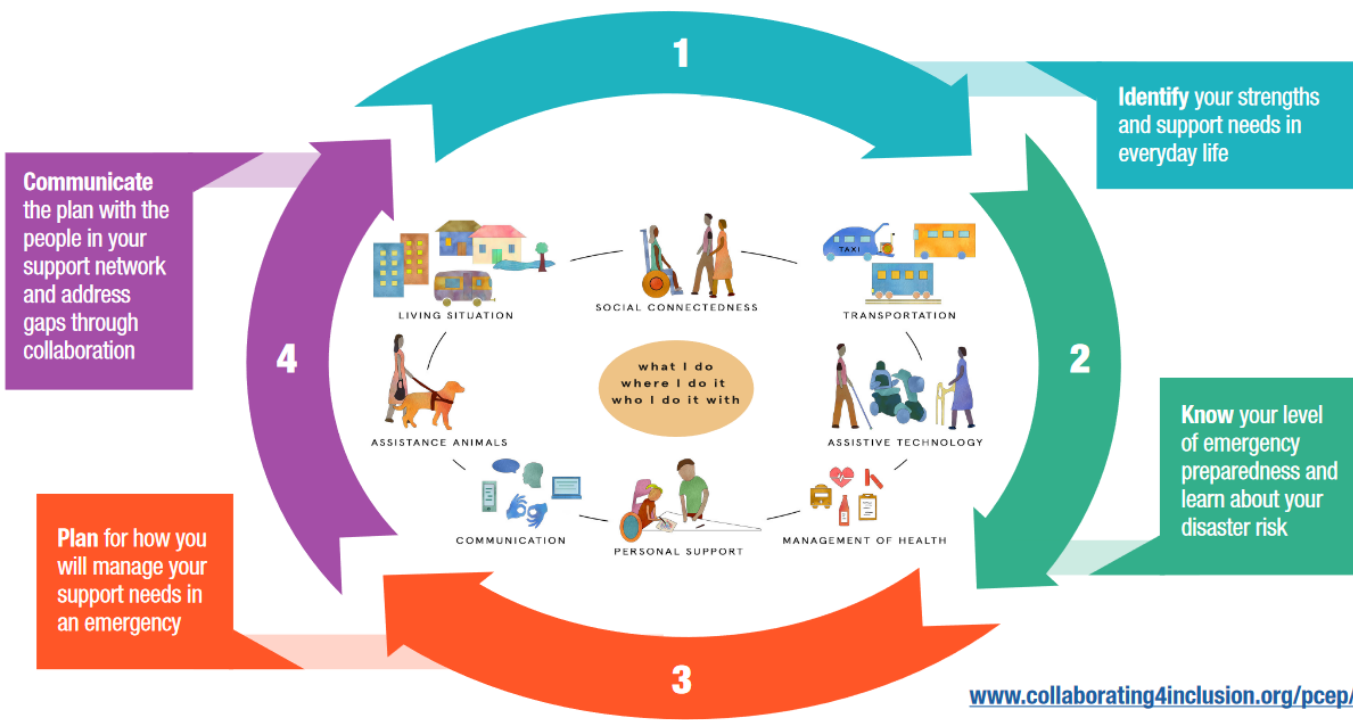
Four Steps

1	Identify your strengths and support needs in everyday life
2	Know your level of emergency preparedness and learn about your disaster risk
3	Plan for how you will manage your support needs in an emergency
4	Communicate the plan with the people in your support network and address gaps through collaboration

Four steps bring emergency personnel together with people with disability and the services that support them to enable effective risk communication and preparedness actions.

Person-Centred Emergency Preparedness (P-CEP) Workbook

A conversation guide used by people with disability to tailor emergency preparedness planning to their individual support needs.



www.collaborating4inclusion.org/pcep/

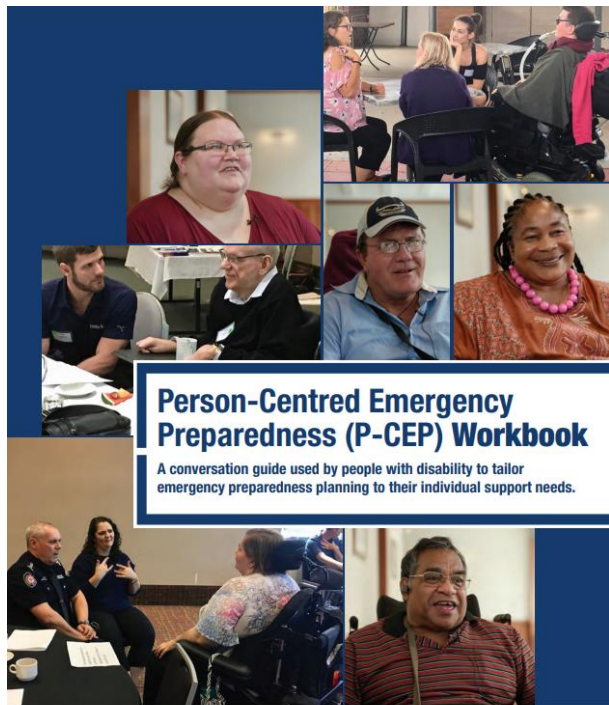


What role can Community Legal Centres take?

- Put your oxygen mask on first
- Be a conversation starter
- Point people in the right direction to the P-CEP
- Be a connector – to people, information, tools

Check out the full suite of P-CEP tools on collaborating4inclusion.org





Person-Centred Emergency Preparedness (P-CEP) Workbook

A conversation guide used by people with disability to tailor emergency preparedness planning to their individual support needs.

Access the P-CEP workbook, videos, and other resources at <https://qdn.org.au/our-work/disability-inclusive-disaster-risk-reduction/>





Contact us

1300 363 783

didrr@qdn.org.au