

How to be a person-centred conversation partner at every step of P-CEP



Getting Ready for a P-CEP Conversation

Your Role

Person-Centred Strategies

Be a role model



Get yourself ready, before enabling preparedness in others.

- Self-assess your own level of preparedness, capabilities and support needs
- Learn about your local disaster risks
- Take steps to increase your own preparedness

Provide structure



Bring order to what can feel like an overwhelming and confronting task.

- Review the 4 action steps of the P-CEP to help you to break the conversation down
- Use the P-CEP Workbook as a guide to help you keep the conversation meaningful, clear, and focused
- Find the right pace and match it to the individual and their level of readiness

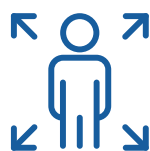
Be curious



Ask, listen, reflect.

- Ask open-ended questions
- Use what you learn to prompt further discussion
- Encourage questions and active problem solving

Focus on the journey



Enable ownership of the planning process.

- Appreciate that emergency preparedness is a process, not a one-time event
- Reflect on existing supports and resources they can call on in emergencies
- Just start the conversation

Get and give support for mental health



Be mindful.

- Thinking and talking about emergencies can make us feel worried or upset
- It is important for all of us to seek help to manage our mental health and emotions
- Tell people who they can call for support such as:
Lifeline: 13 11 14 or Beyond Blue: 1300 22 4636
Their Doctor who can help them get access to support

1 Step 1: Identify your strengths and support needs in everyday life

Your Role

Start with the everyday



Person-Centred Strategies

Learn about the person's roles, responsibilities, relationships & capabilities.

- Use the 8 elements of the Capability Wheel as a prompt for the person to tell how they manage their support needs from day-to-day
- Start from a foundation of strength, not fear – focus on what people do, where they do it and who they do it with – to uncover existing supports and resources that should be included in one's emergency planning
- Find out who is in the person's support network and discover, through conversation, the quality of the person's relationships and support

2 Step 2: Know your level of preparedness and learn about your disaster risk

Your Role

Connect people to emergency information, people and resources



Person-Centred Strategies

Find out if the person has experienced an emergency, big or small.

- Ask them what that was like, how they managed, and who supported them. Discuss what worked well and why, ask them what they learned or would do next time
- Discuss how different emergencies require different plans and actions such as sheltering or evacuating
- Connect them to trusted people and places in their community where they can learn more about disaster risks and preparedness actions

3 Step 3: Make a plan for how you will manage your support needs in an emergency

Your Role

Brainstorm together



Person-Centred Strategies

Support the person to make a plan for sheltering-in-place (stay) and a plan for evacuating to a place of safety (go).

- Ask what challenges they think they will experience in each scenario (stay/go)
- Revisit Step 1: help to prioritise support needs in emergencies and focus planning on the top priority areas
- Use reflective questions, found in the P-CEP Workbook, to talk about extra supports that the person might need in each scenario

Communicate the plan with the people in your support network and address gaps through collaboration

Your Role

Person-Centred Strategies

Be an advocate



Connect people to others in the community who have knowledge, resources and expertise.

- Invite dialogue with emergency services personnel, local council and community and disability service providers that you currently interact with so that mutual learning happens
- Link people to their natural supports in the community to build networks that increase resilience to disaster
- Speak up when there are gaps that put people at risk before, during or after an emergency

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.

Funded by

To view the workbook:

www.collaborating4inclusion.org/pcep/

Tailoring emergency preparedness to the needs of people with disability can be initiated and supported by others who have knowledge, skills, and training in Person-Centred Emergency Preparedness (P-CEP) planning conversations.

Those people may be:

- peer support facilitators
- disability advocates
- community, health care, allied health, and disability service providers
- community development and engagement officers
- case managers
- emergency personnel

P-CEP is most effective when:

- the conversation partner enables people with disability to lead and direct their own preparedness actions;
- stakeholders work together to identify and remove barriers that increase disaster risk for people with disability and their support networks.

You can learn more here: <https://collaborating4inclusion.org/disability-inclusive-disaster-risk-reduction/collaborating-4-didrr/>