

Are you prepared for an emergency?

Red Cross Rediplan is all about practical ways of preparing for an emergency. The Red Cross Emergency Services team are actively working with the City of Swan to prepare communities at risk of experiencing an emergency such as bushfire or storms. We know that many people feel that they already know what to do, however we know from good research that if people have prepared well, they cope much better after an emergency.

Emergencies can often have negative effects on health, they upset routines, and in many cases they can lead to significant financial burden. Preparedness is about “Protecting the life you value living”. Preparedness is building the knowledge and skills to reduce the disruption caused by an emergency and the need to rely heavily on external support services. Preparedness can help reduce the impacts of emergencies and help support the recovery process. People who prepare are more likely to cope.

Red Cross RediPlan works through an easy-to-follow set of actions to help plan for emergencies, grouped into four (4) simple steps:

- Get in the Know - know which agencies provide information during an emergency and assist with recovery;
- Get Connected - get to know your neighbours and the local community;
- Get Organised - plan where to keep your personal documents, photos and precious memorabilia; and
- Get Packing - pack an emergency kit with the essentials and your special items.

What we do:

- Present a 1.5 hour Rediplan Session free of charge for groups of around 5 to 30 people at a time that is convenient to your group (day or evening);
- Provide all materials, including a copy of the Rediplan booklet for each adult/family/couple;
- During the session, we help people to think about the importance of planning for emergencies – questions such as what do you take with you if you are leaving home in an emergency. What does everyone in your household need to take? It’s important to remember that people can be affected by emergencies in many ways without being directly impacted by a disaster such as fire. For example, we might have to evacuate and be unable to get back home for a few days;
- Follow up the session with a cup of tea so that people can socialise and discuss preparing with others.

Red Cross Emergency Services are wishing to engage Gidgegannup Community Groups to hold Rediplan sessions within the Gidgegannup area.

For further information please contact Lavinus Dyson on 0448 713 604 or email [wapreparedness@redcross.org.au](mailto:wapreparedness@redcross.org.au)

