

# November 2013 FAST Bulletin

## California Department of Social Services (CDSS)



### Feeling Safe, Being Safe

“Feeling Safe, Being Safe” is an emergency preparedness webcast training that is offered by the California Department of Developmental Services (DDS), Office of Human Rights and Advocacy Services. The training is accessible through the DDS home page and can also be directly accessed by utilizing the following link: <http://www.dds.ca.gov/ConsumerCorner/fsbs/>.

“Feeling Safe, Being Safe” was developed by the DDS Consumer Advisory Committee to be a tool that could help individuals with disabilities and others with access and functional needs and their families to become better prepared for emergencies. The training was developed with the premise that individuals with disabilities and access and functional needs could design their own preparedness materials that best meet their needs, and in doing so, also meet the needs of their neighbors, families and friends. For this reason, the training was developed by individuals with disabilities and others with access and functional needs. The primary goal of the training is to help individuals develop a personal plan of action and an emergency kit. Completing these two tasks and becoming prepared is also meant to instill the feelings of comfort and security.

Some of the key components of the training are that it shows individuals how to: connect to their community and neighbors, create their own emergency worksheet, complete an emergency magnet that contains information to aid first responders, make an emergency kit and to both develop and practice an evacuation plan. These actions are all aspects of the Think, Plan and Do process that is discussed in the “Being Prepared” portion of the training.

On the “Feeling Safe, Being Safe” website, all six segments of the training can be accessed. The videos are offered in English, Spanish and with closed captioning in English and Spanish. In addition to the multiple options in regards to watching and hearing the videos, a transcript for each video is also available and can be easily accessed by clicking on the blue *Read Transcript* text located directly below each video. The considerable number of options available to access the content of this training is a great example of communication being redundant, equitable and accessible.

Here are some additional details regarding the training:

- Both the training and the materials are offered free of charge.
- Takes approximately two hours.
- Includes interactive exercises and discussions.
- Is designed for individuals or groups.

For a quick overview of the training, you can watch the video preview that is available on the training website. If you have any questions regarding the training or would like additional information, you can contact the Office of Human Rights and Advocacy Services at 916-654-1888 or by email at [OHRSA@DDS.CA.GOV](mailto:OHRSA@DDS.CA.GOV).