



July 2018

## Disaster preparedness and response in older adults: a review and discussion.

Alan M. Batt

Fanshawe College, ON, Canada, alan@batt.me

Shannon Delpport

CQUniversity, Australia, s.delpport@cqu.edu.au

Fergal H. Cummins

University of Limerick, Ireland, fergalcummins@me.com

Follow this and additional works at: <https://digitalcommons.kent.edu/ijfae>

 Part of the [Community Health and Preventive Medicine Commons](#), and the [Emergency and Disaster Management Commons](#)

### Recommended Citation

Batt, Alan M.; Delpport, Shannon; and Cummins, Fergal H. (2018) "Disaster preparedness and response in older adults: a review and discussion.," *International Journal of First Aid Education*: Vol. 1 : Iss. 2 , Article 8.

Available at: <https://digitalcommons.kent.edu/ijfae/vol1/iss2/8>

This Conference Abstract is brought to you for free and open access by Digital Commons @ Kent State University Libraries. It has been accepted for inclusion in International Journal of First Aid Education by an authorized editor of Digital Commons @ Kent State University Libraries. For more information, please contact [digitalcommons@kent.edu](mailto:digitalcommons@kent.edu).

---

# Disaster preparedness and response in older adults: a review and discussion.

## **Cover Page Footnote**

Further resources linked to this paper will be available soon.



# Disaster preparedness and response in older adults: a review and discussion

---

Alan M. Batt

Shannon Delpont

Fergal H. Cummins

## Background

Older adults are disproportionately affected by disasters when they occur, from health, psychosocial and social perspectives. The needs of older adults are different, complex, and are often overlooked during disaster planning and response. The aim of this study was to review the current literature surrounding the needs of older adults from disaster preparedness and response perspectives.

## Methods

A systematic search of five electronic databases: Medline, EMBASE, PsycINFO, CINAHL and Google Scholar was conducted, from 2001-2017 included for review. Articles discussing disaster preparedness, or disaster response, pertaining to older adults (>65 years old) were included in this review. Thematic analysis was performed as described by Nowell et al. (2017).

## Results

A total of 1209 articles were identified in the initial search, with a total of 59 articles included that met the inclusion criteria. Several themes emerged during thematic analysis. These included disaster supplies and preparation, knowledge of preparedness, concerns regarding evacuation, shelter and accommodation, and mental health issues. Impact on chronic medical conditions and increased emergency department attendance also emerged, as did the loss of facilities and prolonged impact of disaster events.

## Discussion

Older adults are in general poorly prepared for disaster events due to many reasons, including access to resources, social isolation, physical mobility issues and chronic health conditions (e.g. Al-Rousan et al., 2015; Aldrich and Benson, 2008; Duggan et al., 2010; Kang, 2014). Disasters can impact physical health, mental health and subsequent post-disaster recovery. The provision of emergency shelter to older adults is not without risk, and may worsen the quality of life of those with chronic health needs. Evacuation planning is in general poorly executed for vulnerable older persons (Castle, 2008).

Conference Abstract  
International First Aid Education Conference, 22-25 April 2018

## **Conclusion**

A review of the literature revealed that the largest group facing an increased risk from disasters is older adults. Standard disaster preparedness advice appears to do older adults a disservice, and relevant authorities should consider changes specifically for older adults. Disaster planning organizations should seek to include the voice of older persons at all stages of planning.

## **Conference reflection**

The topic generated animated discussion among the group. Several attendees in the room were over the age of 65 themselves, and agreed that they were generally unprepared for disasters. Another attendee clarified that the latest Canadian Red Cross preparedness guidance has taken steps towards better advice for older adults (for example, stocking a 7-day supply of medications). Another attendee described her community's preparedness plan, which incorporates several older adults as members of the planning committee, and has assigned individuals to check in on vulnerable persons in the event of emergencies. These lessons could be useful to other communities and organizations.

## **References**

- Al-Rousan, T. M., Rubenstein, L. M., & Wallace, R. B. (2015). Preparedness for Natural Disasters Among Older US Adults: A Nationwide Survey. *American Journal of Public Health, 105*(3), S614–S626. <http://doi.org/10.2105/AJPH.2013.301559>
- Aldrich, N., & Benson, W. F. (2008). Disaster preparedness and the chronic disease needs of vulnerable older adults. *Preventing Chronic Disease, 5*(1), A27.
- Castle, N. G. (2008). Nursing home evacuation plans. *American Journal of Public Health, 98*(7), 1235–1240. <http://doi.org/10.2105/AJPH.2006.107532>
- Duggan, S., Deeny, P., Spelman, R., & Vitale, C. T. (2010). Perceptions of older people on disaster response and preparedness. *International Journal of Older People Nursing, 5*(1), 71–76. <http://doi.org/10.1111/j.1748-3743.2009.00203.x>
- Kang, K. (2014). Disaster preparedness among vulnerable older adults with chronic diseases: results from a cross-sectional study in Incheon, Korea. *Nurs Health Sci, 16*(1), 46–51. <http://doi.org/10.1111/nhs.12133>
- Nowell, L. S., Norris, J. M., White, D. E., & Moules, N. J. (2017). Thematic Analysis: Striving to Meet the Trustworthiness Criteria. *International Journal of Qualitative Methods, 16*(1). <http://doi.org/10.1177/1609406917733847>