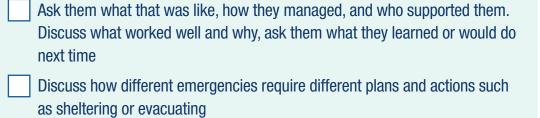
How to be a person-centred conversation partner at every step of P-CEP

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: Id	lentify your strengths and support needs in everyday life		
Your Rol	e	Person-Centred Strategies		
Start with the everyday		 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 		
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2 Step 2: Know your level of preparedness and learn about your disaster risk				
Your Rol	e	Person-Centred Strategies		
Connect	people	Find out if the person has experienced an emergency, big or small.		

to emergency information, people and resources



Connect them to trusted people and places in their community where they can learn more about disaster risks and preparedness actions

	Step 3: Make a plan for how you will manage your support needs in an emergency		
Your Role	Person-Centred Strategies		
Brainstorm together	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)		
(F)	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		

4 Communicate the plan with the people in your support network and address gaps through collaboration			
Your Ro	le	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 Em Person-Centred Em Person-Centred Em Conversation guide used by people with	EP) Workbook	



To view the workbook: www.collaborating4inclusion.org/pcep/ • community development and engagement officers

- case managers
- emergency personnel

service providers

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: <u>https://collaborating4inclusion.org/</u> <u>disability-inclusive-disaster-risk-reduction/collaborating-4-</u> <u>didrr/</u>







