

Games on inclusion of age, disability and gender
in preparedness and humanitarian response

Individual preparedness plans

Game title: Individual preparedness plans

Overview: Players stand in a circle and throw a ball; the person who catches the ball says one thing they would pack in a grab bag without repeating anything that has already been mentioned.

Learning objectives:

List items to include in a personal grab bag and additional considerations needed for older people and people with disabilities.

Who should play the game?

Anyone who would like to learn more about individual preparedness and grab bags

Number of players: 6 or more

Materials required:

1 soft ball (a 'koosh' ball is good)

Resource 1: Print one copy of the Grab bag worksheet per player

Resource 2: Print a few copies of page 12-15 of the *Emergencies Happen: Protect What Matters (optional)*

Other requirements:

Enough space to form a circle and throw a soft ball around (alternatively see game format adaptations)

Estimated time required: 30 minutes

Facilitator instructions:

Step 1: Ask all players to form a circle.

Step 2: Explain the purpose of the game is to create a list of items that you would like to add to a grab bag. Ask players what they think is the purpose of a grab bag (sometimes referred to as a 'go bag' or 'grab and go bag')?

A grab bag is a pre-prepared bag with items that will help you during and after an emergency. Having the things you need to cope with a situation will help you to reduce anxiety and stress and give you a sense of confidence and control.

In your bag there are two types of items to consider:

- **Survival items** – things that will help if you have to evacuate your home quickly or if you have to stay in your home when essential services have been cut off.
- **Recovery items** – things that will help limit the disruption to your life after the emergency has passed. These will be much more personal to your own needs and situation.

Step 3: Explain that in order to start thinking a bit more about the contents of a grab bag, especially for older men and women with and without disabilities, we are going to throw the ball to each other in a random fashion. If you catch the ball, list one item that you think would be useful in the bag. Avoid repeating items that have already been said. Remember, everyone's grab bag will be slightly different depending on their situation and essential needs, so there is no absolute right or wrong answer.

Step 4: Once everyone has had at least one turn and you have exhausted all ideas, stop the game and thank everyone for participating. Highlight any items that were particularly interesting or require explanation as to why they might be good to have in a grab bag.

Step 5: Handout the Grab bag worksheet (Resource 1) and compare the list you made when throwing the ball to that on the document. Then ask players to work in pairs and think about what they would include in their own personal grab bag (column 4 in the worksheet) and what items would need further considerations for people with different needs (column 5). For example, food items may vary. For some, a high energy bar with nuts might be suitable, but an older person who has difficulty chewing might need something soft. Or someone might be allergic to nuts or have a small child who also needs softer food. An older person may need additional items such as batteries for a hearing aid or they may want to consider the weight of the bag more carefully and if there is someone who will carry it for them.

Step 6: Debrief players with the following panel discussion points.

- What did you learn from the exercise?
- What further considerations are required in personal preparedness plans (i.e. buddy systems, keeping informed about evacuation plans, keeping informed about risks and changes to those risks)
- What could you personally do to be better prepared and to help others be better prepared?

Encourage players to complete the personal assessment worksheet on page 12-15 of the *Emergencies Happen: Protect What Matters* (Resource 2). This is an interactive PDF file so you can use a soft copy on your computer to complete the assessment if preferred.

Level of facilitation required: Low

Possible adaptations to game:

You can adapt the worksheet to suit your context slightly before playing. However, be sure to leave some items on the list that players may consider not suitable as this will help them to analyse their own context.

Instead of throwing a ball you can go around the circle and each player adds an item to the list of grab items. Each subsequent player must repeat what others have said and then add another item. If you forget an item that is in the bag you must step out of the game. No writing is allowed.

Suggested games to play before or after this game:

- Buddy system for pre-, during and post-disaster
- Identifying support needed for evacuation
- Inclusion in an evacuation plan

Additional resources:

- HelpAge international, *Age-inclusive disaster risk reduction: A toolkit*, 2019, p.72
- RediPlan, Australian Red Cross, *Emergencies Happen: Protect What Matters*

Resource 1: Grab bag worksheet

The items listed for this grab bag are general items. Contents should be tailored to the requirements of the individual and context. Remember you may also want to pack additional items for friends, family members, colleagues, etc.

Category	No.	Item	Suitable for my grab and additional considerations	Considerations for older people, people with disabilities and people with other needs (i.e. lactating mothers, children under 5, etc.)
Documents	1	Passport		
	2	Vaccination history		
	3	Medical history		
	4	Visa		
	5	Agency/NGO ID card		
	6	Letter of invitation		
	7	Travel insurance contact card		
	8	Travel itinerary		
	9	Contact information		
	10	Money / credit cards		
	11	Marriage and birth certificates		
	12	Wills		
	13	Land titles		
Communications	14	Smartphone / cell phone play spare batter and charger		
	15	Addition communications equipment can include satellite phones, dongles, laptop etc; therefore, it is necessary to know the context to know what is necessary and available		
Hydration	16	Water 1 gallon per person		
	17	Water purification or filter tablets		
	18	Oral rehydration salts		
Food	19	Non-perishable, easy-to-prepare items for 3 days		

Safety	20	LED torch + spare batteries		
	21	First-aid kit		
	22	Compass		
	23	Door wedge (used to secure room doors from the inside)		
	24	Whistle		
Health	25	Antimalarial medication		
	26	Personal medications and prescriptions		
	27	Mosquito net		
	28	Blanket		
	29	Rain gear		
	30	Insect repellent		
	31	Sun screen		
	32	Toothbrush / toothpaste		
	33	Sanitary products		
	34	Adult and/or baby diapers		
	35	Condoms		
	36	Alcohol hand sanitiser gel		
	37	Tissues / toilet roll		
Utility	38	Pen / pencil & pad		
	39	Penknife (or multitool)		
	40	Duct tape / gaffer tape		
	41	Matches or lighter		
Personal	42	Hat		
	43	Other clothing		
	44	Sun glasses / glasses / contact lenses		
Additional items	45	Any other specific equipment or items needed for you in an emergency		

Remember your grab bag should be easy to grab in an emergency and not too heavy for you to manage.
Only select the most important items.