



RETROSUBURBIA

THE DOWNSHIFTER'S GUIDE TO A RESILIENT FUTURE

CHAPTER 33: HOUSEHOLD DISASTER PLANNING

QUESTIONS:

- What disruptions and disasters is your household vulnerable to? Think natural disasters, and interruptions to supply chains or services such as electricity or internet. Are these threats increasing? This maybe due to external factors such as climate change or internal factors such as ageing and illness.
- How aware and informed is your household on potential threats? Include both immediate threats such as seasonal and daily fire danger as well as less obvious geopolitical threats.
- Do you have a household disaster plan? What events does it cover? How often do you practice it? If you don't, what's stopping you?
- Discuss the group's responses to the most likely threat to the area (eg bushfire). Would you stay and defend or leave early? Why? What are your neighbour's attitudes/plans, and how do they affect yours?
- Have any members of the group experienced large-scale disasters such as bushfire or cyclone first hand? Share you experiences: How did you and your family react? How did the community react? What happened in the aftermath? How was the rebuilding process? What have you learned from the experience?
- How psychologically resilient do you think you are to disruptions, shortages and other potential after effects of disasters? How about the rest of your household?
- Which of the following things do you consider essentials? Toilet paper, showers, tampons, toast, condoms, disposable nappies, pet food, coffee, clean clothes.

ACTIVITIES:

- Work out what reserves you have in your house right now eg How many days or weeks of food have you got? Do you have any water on hand other than the mains supply? Cash? Fuel for cooking or transport? If you are not comfortable with your answers, make a plan for improvement. You might link this in with buying in bulk from Chapter 29. Remember to plan for cycling stored food stocks to prevent degradation.
- If you don't already have a disaster plan, develop one. You may have a specific fire/cyclone/flood plan (depending on your most likely natural disaster), as well as a more general one for interruptions to supplies etc.

