



STRENGTH & HOPE

No one who sees a natural disaster is untouched by it. When a storm hits your community, lives change forever.

As a generation of survivors, older adults can often provide solace to others with the wisdom of a “this too shall pass” perspective. Don’t hesitate to share your experiences, strength and hope.

But you also may have been hit harder than others by the consequences of the storm. You may have unique concerns that younger people don’t quickly identify or understand.

As you begin to deal with recovery efforts—relocation, cleanup, repairs, paperwork, financial costs—it is common to feel stressed or overwhelmed for short periods.

Recognizing your own emotional reactions to a disaster will help get life moving forward again.

Tell someone in your own words if you are worried about:

- Becoming dependent on others and losing self-sufficiency.
- Being forced out of your own home, or being institutionalized.
- Facing limited finances and fixed incomes.
- Vulnerability due to physical illness or frailty.

Tell someone if you are feeling:

- Sad, depressed or “low.”
- Irritable, short-tempered, easily upset, angry or resentful.
- Anxious, hopeless or despairing about the future.
- Apathetic or little interest in day-to-day concerns.
- Out of balance, or “just not myself.”

TIPS FOR COPING

- Stay physically close to others and do not isolate yourself.
- Try to re-establish a routine.
- Take time to do special things that you enjoy.
- Remember that physical and emotional reactions to a disaster are typical.
- Ask for what you need.
- Focus on your strengths and abilities.
- Accept help if it is offered.
- Re-establish medication routines as quickly as possible.
- Heal at your own pace.

HALT TO SEE IF YOU ARE:

Hungry ■ **A**ngry ■ **L**onely ■ **T**ired

Eat right, get enough sleep, share your thoughts and feelings, listen and learn how others are coping, as you are not alone during this time of recovery.

ASK FOR HELP

For free assistance in dealing with the pressures and aftermath of wind- and flood related storms, please call:

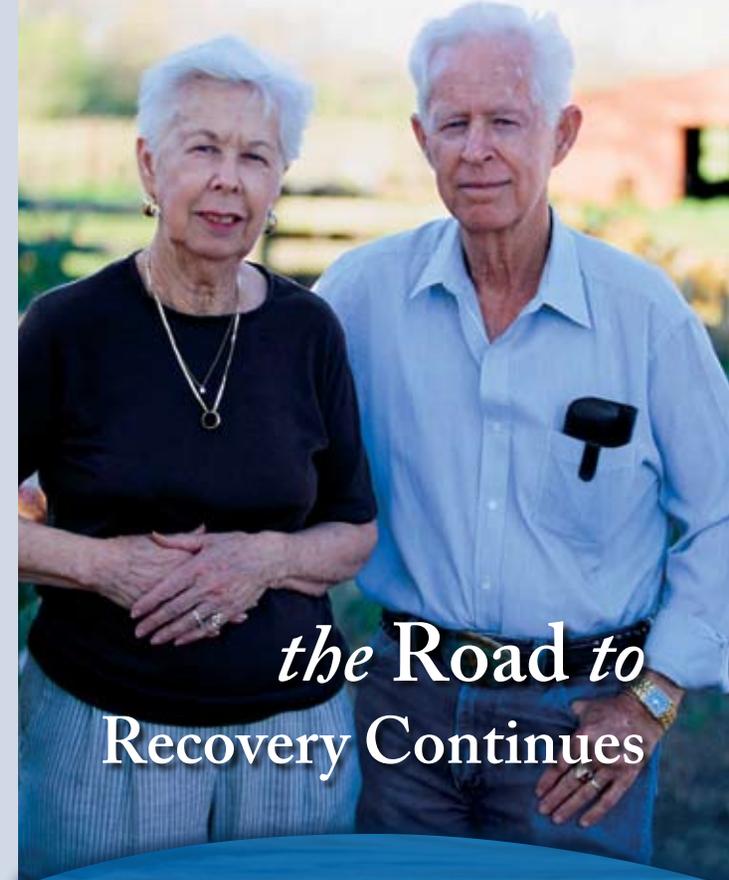
1-800-850-8775

Trained staff will listen to your concerns, provide information and refer you to other resources if necessary. It's free and confidential.

- If there is a life-threatening emergency, please call 911.
- For Suicide Prevention, call 1-800-273-8255. TTY users, call 1-800-799-4TTY (4889)
- For all other mental health crisis needs, please call the Washington State Mental Health Crisis Line in your county at:

FOR MORE INFORMATION, VISIT
www.dshs.wa.gov/DisasterOutreachServices

THE STORM HAS PASSED...



the Road to Recovery Continues

A GUIDE FOR OLDER ADULTS
COPING WITH THE AFTERMATH
OF A NATURAL DISASTER

