



Life Skills, Experiences and Challenges Inventory

A. Skills and Experience

1. Think of some of the crises and emergencies have you lived through during your lifetime. Take a moment to list a few of them below:

a) Personal

b) Family

c) Community

d) Provincial emergencies

e) Other

2. What personal coping skills have you found helpful during times of crisis or emergency?

3. Think of some ways you helped others (family, neighbours, friends, etc.) in past crises or emergencies. What did you do?

4. Every one of us has unique gifts, talents, knowledge, and skills that can be used to help others prepare for emergencies or recover from them. What skills, experiences, talents do you have? Check off as many of the following categories of skills that you could use to help others prepare for, or recover from an emergency or disaster. Provide details of your specific experiences and skills.

Health care (e.g., are you a retired doctor/nurse/health care practitioner?)

Building (e.g., construction, trades, etc.)

Food services (e.g., cooking, catering, preparing/serving meals for large numbers of people, etc.)

Transportation (e.g., driving a car/van/bus)

Child care (e.g., day care experience, caring for children)

Managing (e.g., writing reports, planning work for others, supervisory skills, interviewing skills, etc.)

Teaching (e.g., do you have experience tutoring, presenting to groups? Are you a retired elementary/high school teacher? etc.)

Office skills (e.g., filling out forms, bookkeeping, filing, reception, correspondence, data entry, word processing, etc.)

Other skills and life experience

B. Personal Challenges

1. As mentioned in the emergency preparedness presentation, some seniors encounter specific challenges in emergencies. Which of the following challenges might you personally encounter in an emergency?

a) Do you have any mobility issues (e.g., lack of transportation, require assistive devices, etc.)

b) Do you have any chronic illnesses?

c) Do you require prescription medications?

d) Do you have any other potential challenges?

2. The best way to reduce the impact of challenges in emergencies is to plan ahead for your specific needs and create a strategy that will work for you.

Think about challenges you have listed above. What steps could you take to prepare for them? What plans could you put in place that may reduce potential negative impacts?
