



## WA Cares Conversations

### Emergency Preparedness for Seniors

April 8, 2025



Webinar slides and recording will be available at [wacaresfund.wa.gov/webinars](https://wacaresfund.wa.gov/webinars)

# What we'll cover

## Host

**Sam Klewicki**, Communications and Marketing Manager, WA Cares Fund

## WA Cares Presenter

**Sebastian Cahe**, Outreach and Language Access Lead, WA Cares Fund

## Agenda

- Introductions & opening poll
- Panelist remarks
- WA Cares Fund overview
- Audience Q&A

## Panel

**Hollie Stark**, Disaster Preparedness Outreach Manager, Washington Emergency Management Division

**Serena Segura**, Emergency Management & Risk Officer, Washington State Department of Social and Health Services - AL TSA

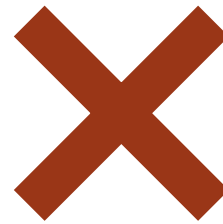
**Richard Freed**, Emergency Preparedness Coordinator, Washington State Department of Social and Health Services – RCS

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# Defining long-term care and caregiving



help with activities  
of daily living  
like bathing, eating & dressing



**not medical care**

like doctor visits & treatment for  
medical conditions



paid care from a  
**professional**



help from a  
**family member**  
or friend, often unpaid



services & supports provided  
**in your own home**



care provided  
**in a residential setting**  
like a nursing home or assisted living



An aerial photograph of a waterfront facility, likely a marina or harbor. In the foreground, there is a large, modern building with a dark roof and a parking lot. To the right, a marina is filled with numerous white boats docked at piers. The water is calm, and the background shows a distant city skyline under a blue sky with some clouds. A yellow banner is overlaid at the top of the image, and another yellow banner is at the bottom.

# Washington Hazards and How to Prepare

Washington State Emergency Management Division





# Are You Two Weeks Ready?



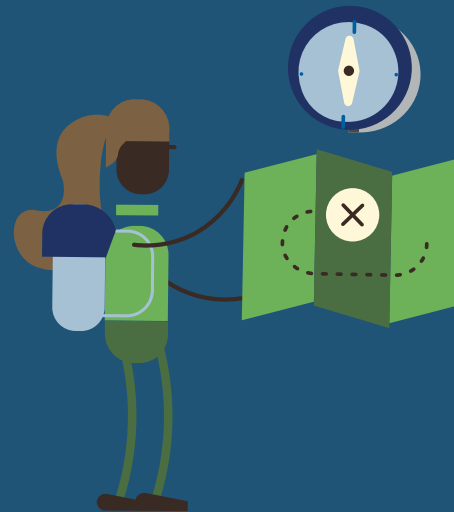


# Three Steps to Preparedness

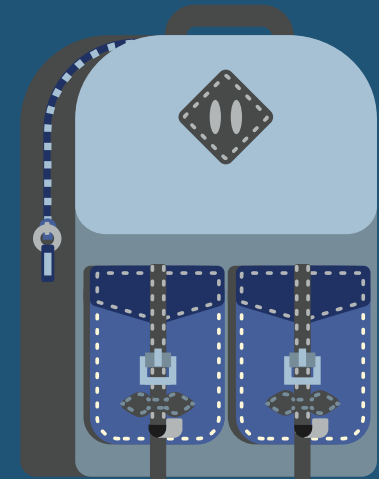
1. Know your hazards and reduce your risk



2. Make Plans



3. Gather Supplies





# Know Your Hazards

## Hazards Map

Natural hazards exist all over the United States. Use this map to find out which kinds of hazards are most likely to occur where you and your relatives live.\*



**Where you live, work, and play!**





# What are some of Washington's Hazards?

- Earthquake
- Tsunami
- Volcano (five active)
- Wildfire
- Flood
- Extreme Heat
- Severe Storms



Nisqually, 2001





# Reduce Risk



→ Sign up for  
**EMERGENCY ALERTS**

**MIL.WA.GOV/ALERTS**

to receive alerts for:

- ! local hazards
- ! tsunami alerts
- ! Earthquake Early Warning
- ! volcano notifications

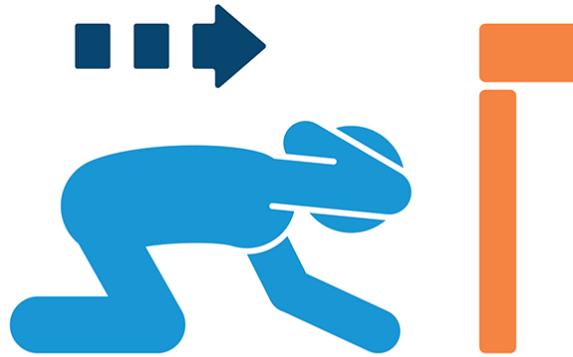
Free to all people in Washington



Join us! On the **third Thursday of October**  
each year for the Great ShakeOut  
earthquake/tsunami drill



**DROP!**



**COVER!**



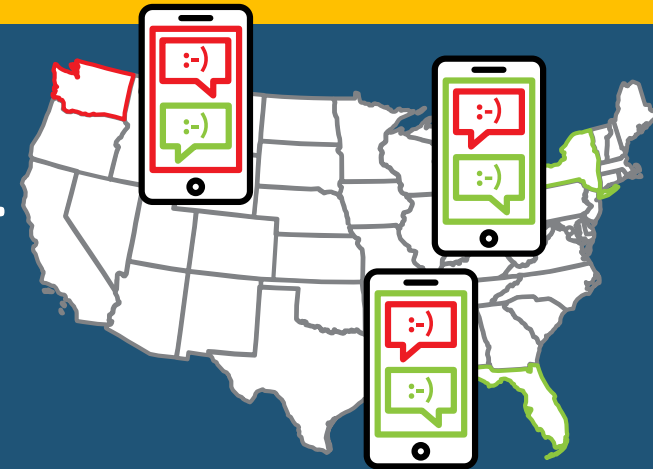
**HOLD ON!**

[www.ShakeOut.org/Washington](http://www.ShakeOut.org/Washington)  
for registration, information, and resources!



# Make Plans

- Pre-arrange care and transportation.
- Learn alert levels and when to evacuate.
- Learn care facility and home care plans.
- Choose a meeting location.
- Know alternate routes to access important places (medical facilities).
- Know important phone numbers including an out-of-area contact.
- Practice, practice, practice. Practice makes permanent.







# Gather Supplies

**Prepare in a Year**

**Grab & Go Kits**

Have a mobile kit with 2-3 days of supplies for every person and pet in your household.

[DisasterReadyWashington.com](http://DisasterReadyWashington.com)

**Be 2 Weeks Ready**

Keep 2 weeks of supplies at home. Remember your pets!

**Prepare in a Year**

[DisasterReadyWashington.com](http://DisasterReadyWashington.com)

- Food (non-perishable)
- Can opener
- Water and/or water purification
- First-aid
- Medications/medical equipment
- Personal hygiene
- Toilet paper
- Comfort item

- Warm clothes/sturdy shoes
- Flashlight/light source
- Tools
- Battery-operated or hand crank radio
- Batteries
- Chargers for electronic devices
- Important documents/photos
- Cash

# Where are you on your preparedness journey?



- How will I get alerted to a hazard?
- Do I have a family emergency plan?
- Do I have a go-bag with me (home, vehicle, vessel)?
- Do I know my evacuation routes?
- How will I communicate/reunite with my family?
- Am I involved in community preparedness?

**Prepare in a Year**  
**Grab & Go Kits**

Have a mobile kit with 2-3 days of supplies for every person and pet in your household.

[DisasterReadyWashington.com](http://DisasterReadyWashington.com)

# You can survive, if you get prepared!



[shakeout.org/washington](https://shakeout.org/washington)



[mil.wa.gov/preparedness](https://mil.wa.gov/preparedness)



[mil.wa.gov/alerts](https://mil.wa.gov/alerts)

Questions?

[Hollie.Stark@mil.wa.gov](mailto:Hollie.Stark@mil.wa.gov)







# WA Cares Conversation

Emergency Preparedness for Seniors

air quality  
disease outbreak  
winter weather  
volcanic eruption flood  
lahar biohazard exposure  
**Emergency Preparedness**  
public safety power shutoff  
electrical storm drought  
heat dome inclement weather  
wind storm cybersecurity landslide  
tsunami extreme heat avalanche  
covid-19 earthquake  
power outage  
severe weather  
wildfires

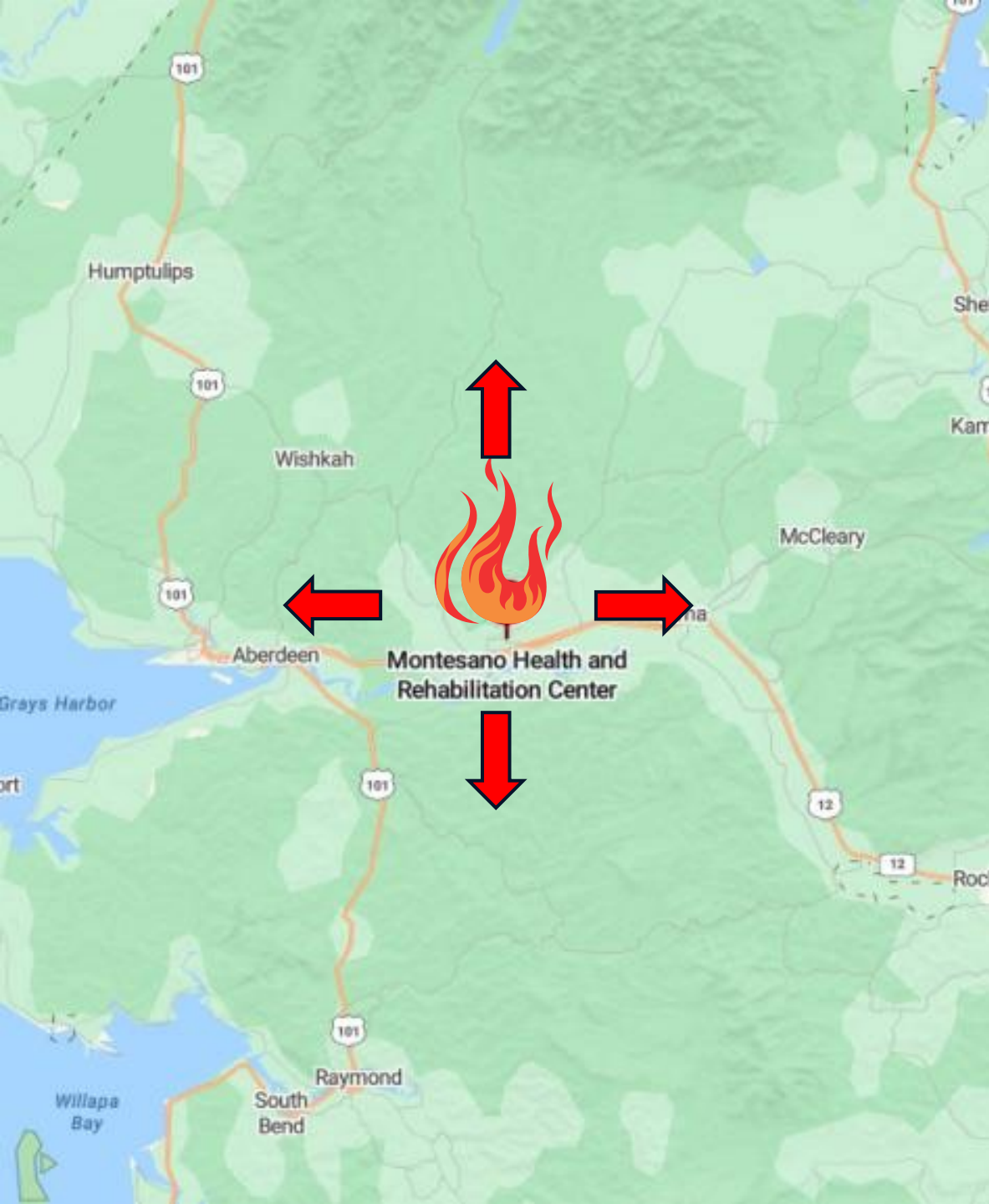
A microscopic view of several COVID-19 virus particles. The particles are spherical with a yellowish core and a red, spiky outer layer. They are set against a blurred, reddish-pink background.

# COVID-19

Jan. 2020 – May 2023

- Guidance Communications and Rapid Response Team Staffing to long-term care facilities.
- Robust Infection Protection Program begun.
- PPE sent to 45,000 individual providers monthly.





# Montesano Health & Rehab Center

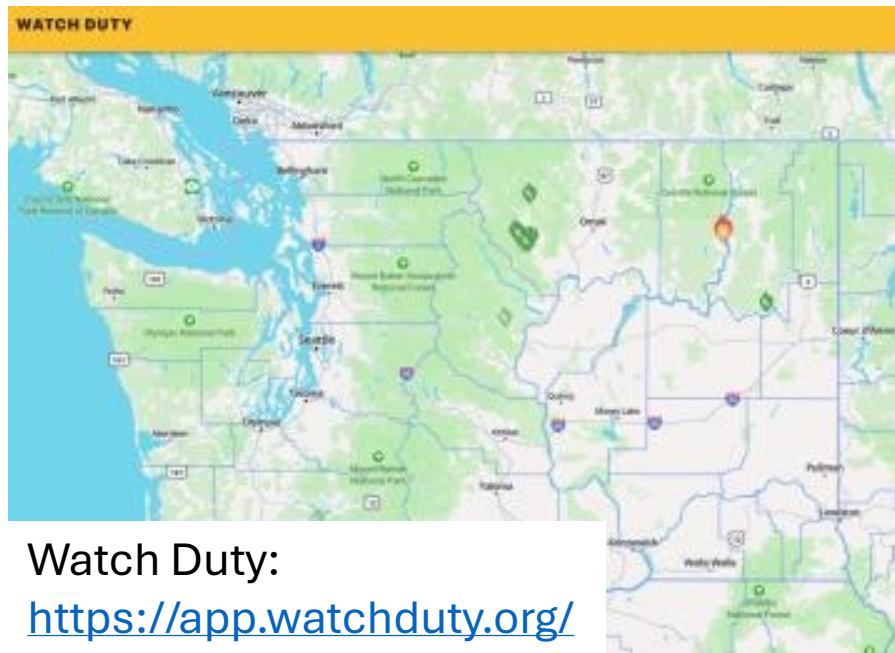
Fire and Evacuation: Sept. 2022

- Multi-agency response.
- 77 residents evacuated.
- Residents evacuated to 11 facilities across the region.

# Wildfires: Whole Community Collaboration

Response tools include **Watch Duty**, **WA Smoke Blog** and **Internal GIS Map Tool**.

These are used to support collaboration during wildfires, flooding, extreme heat and inclement weather.



Watch Duty:

<https://app.watchduty.org/>



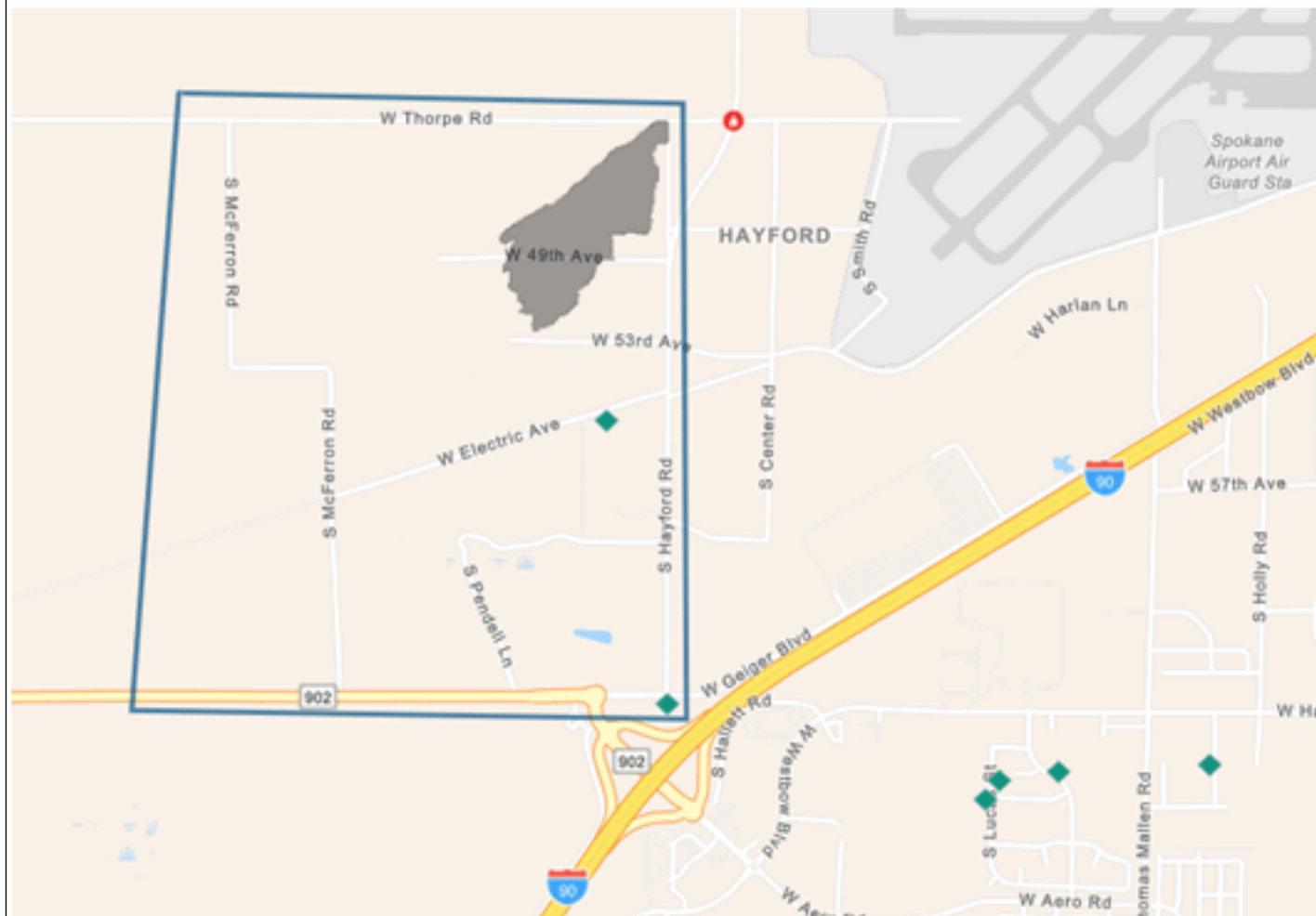
Washington Smoke Blog:

<https://wasmoke.blogspot.com/>

# Emergency Response Communications with Area Agency on Aging

## Thorp Fire in Spokane County west of Spokane International Airport

There are level 1 and 2 evacuation orders in place. There are 2 in-home clients in the level 2 evacuation zone. There are no additional in-home clients in the level 1 evacuation zone. There are no LTCFs impacted by the evacuation orders. HCS staff and the AAA for Spokane have been notified.



Evacuation Zones listed in the Watch Duty App:

### Thorpe Fire

W Thorpe Rd & S Hayford Rd, Spokane, WA 99224, USA  
Spokane County, WA

ACRES  
53

CONTAINMENT  
-

STATUS  
Active

Updated 24 minutes ago

Created by Watch Duty · Aug 31, 2024 at 3:52 PM

Share Incident

#### Evacuation Warning - Level 2 - Set

Residents living between Thorpe Rd on the North and Medical Lake Highway on the South; Hayford Road on the East and Lawson Street on the West.

#### Evacuation Advisory - Level 1 - Ready

Residents living between Thorpe Road on the North and Medical Lake Highway on the South; Lawson Street on the East and Craig Road on the West.

UPDATES

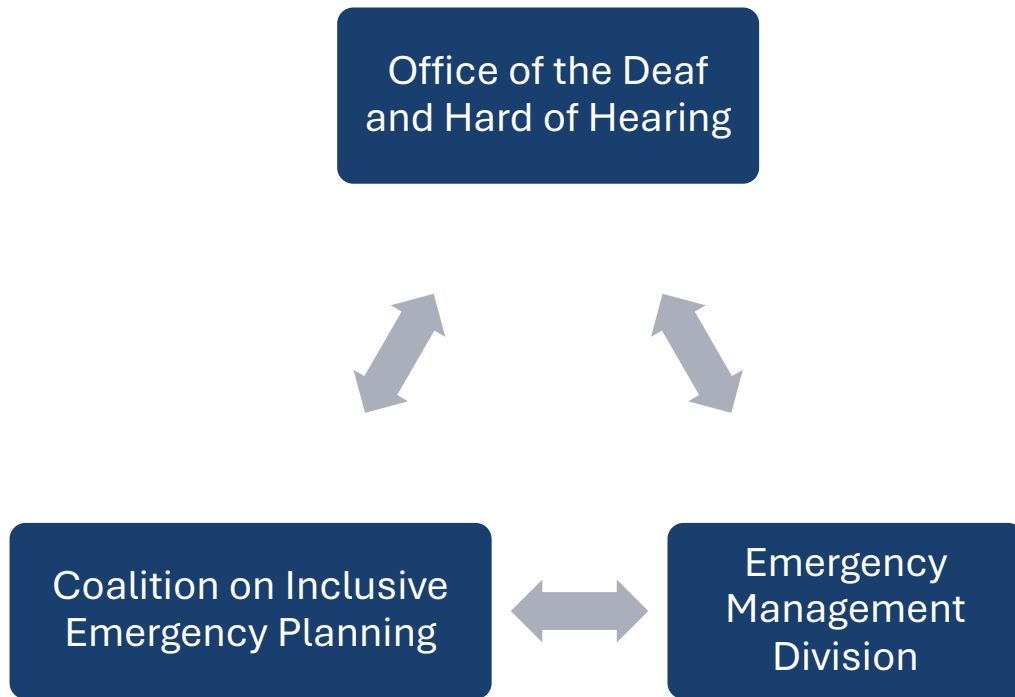
INFO

Brendan Magee · Reporter  
24 minutes ago · Aug 31 at 5:39 PM

The fire is 53 acres per Incident Command.



# State Level Emergency Messages Translated to American Sign Language





# Presenters

## ALTSA

**Serena Segura**, Emergency Manager and Risk Officer  
[serena.segura@dshs.wa.gov](mailto:serena.segura@dshs.wa.gov) 360-515-6417

**Richard Freed**, Emergency Preparedness Coordinator  
Residential Care Services Division  
[richard.freed@dshs.wa.gov](mailto:richard.freed@dshs.wa.gov)



## Military Department – Emergency Management Division

**Hollie Stark**, EMD Outreach Program Manager  
[hollie.stark@mil.wa.gov](mailto:hollie.stark@mil.wa.gov) 253-512-7415



# Long Term Care Facility Emergency Preparedness Standards

Richard Freed

Emergency Preparedness Coordinator-Residential Care Services

# Introduction

- Emergency Preparedness requirements depend on the facility type.
- Requirements exist along a continuum. Skilled Nursing will have more robust requirements than semi-independent or community-based settings.
- This portion of the presentation is just a cursory introduction to Emergency Preparedness Standards. Not every detail of the requirements will be covered.
- Nursing Home, Assisted Living Facilities, and Adult Family Homes will be covered.



# Nursing Home Requirements

- Most robust of setting types for Emergency Preparedness.
- Most facilities in Washington will follow CMS rules on Emergency Preparedness, a 108-pg. set of standards.
  - Required to conduct hazard analysis, population-based planning, twice-annual exercises, continuity planning, back-up systems, among other standards.
- WAC 388-97-1740 is state-based set of standards. All facilities required to follow this code.
- Only facility type required to have back-up power and air conditioning

# Assisted Living Facility

- **WAC 388-78A-2700** covers Emergency and Disaster Preparedness Standards for Assisted Living Facility.
- Assortment of basic requirements include first aid kits, flashlights, staff requirements, coordination with first responders, planning, and emergency communication.
  - No requirements for emergency drills/exercises.
  - No hazard assessment required.
- Require residents to be ambulatory unless certain requirements are met w/ fire marshal's office.
- No backup power required.

# Adult Family Home

- **Least robust Disaster Planning requirements:**
  - Required-Food and Water for 72 hours.
  - Disaster Plan in place for events that may reasonably occur.
  - No Hazard Assessment Required
- **Specific requirements for Fire Evacuation**
  - Cannot be admitted to home if resident cannot be safely evacuated.
  - Resident has to be able to be evacuated in five minutes or less.
  - Regular fire drills with residents.
  - No sprinkler system required unless home has capacity for 7 or 8 residents.
- **No back-up power requirements.**
- **No air conditioning requirements.**

# When Choosing a Facility

- Familiarize yourself with the regional hazards.
- Ask the facility about their emergency preparedness program.
- Understand that many facilities may exceed existing requirements (i.e. Adult Family Homes w/ heat pumps).
- Understand you/your family member's role in an emergency (i.e. are they able to evacuate independently, do they meet the ambulatory requirements of the facility type, can you assist with sheltering in case of a disaster?)



# Further Reading

- [RCS-Emergency Preparedness Resources for Providers](#)
- [CMS-Emergency Preparedness for All Provider Types](#)
- [Nursing Home WAC 388-97](#)
- [Assisted Living Facility WAC 388-78A](#)
- [Adult Family Home WAC 388-76](#)

## Questions?

[Richard.Freed@dshs.wa.gov](mailto:Richard.Freed@dshs.wa.gov)

# How the WA Cares Fund works

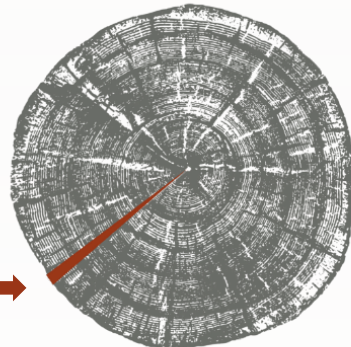
- Earned benefit
- Self-funded by worker contributions
- Works like an insurance program
- Only contribute while you're working
- Everyone covered at same rate regardless of pre-existing conditions
- No copays, no deductibles, and you never have to file a claim

**Typical Income:**

\$50,091

**Typical Contribution:**

\$291/year



0.58%

## Contributions

0.58%

Amount workers  
contribute from wages



Contributions began

## Benefits

\$36,500

Lifetime maximum benefit  
(adjusted annually up to  
inflation)



Benefits available

# Affordable contributions across your career

\$35,000 annual salary	
Each year	\$203
Over 10 years	\$2,030
Over 20 years	\$4,060
Over 30 years	\$6,090

\$50,000 annual salary	
Each year	\$290
Over 10 years	\$2,900
Over 20 years	\$5,800
Over 30 years	\$8,700

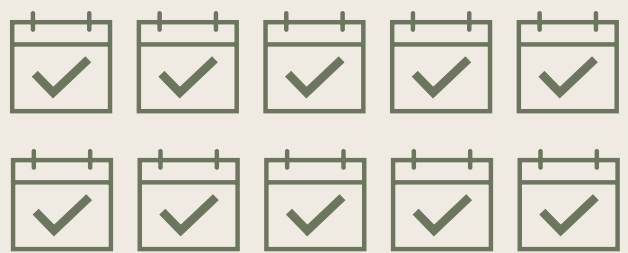
\$75,000 annual salary	
Each year	\$435
Over 10 years	\$4,350
Over 20 years	\$8,700
Over 30 years	\$13,050

**\$36,500** benefit amount will be adjusted annually up to inflation.

# Qualifying for benefits

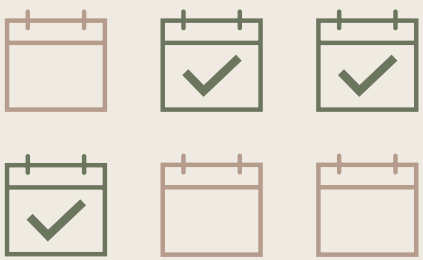
## Lifetime access to full benefit

Contributed for a **total of 10 years** without a break of 5+ consecutive years



## Early access to full benefit

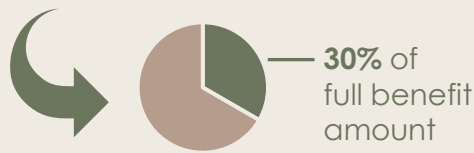
Contributed at least **3 of the last 6 years** at the time you apply for benefits



### FOR NEAR-RETIRES

## Lifetime access to partial benefit

People born before 1968 earn **10% of benefit amount** for each year worked



To earn benefits, must work at least 500 hours per year (about 10 hours per week)



# The benefit is flexible

Up to **\$36,500** for any combination of services and supports, including:



Professional care at home or in a facility



Adaptive equipment & technology like hearing or medication reminder devices



Training & paying family member or friend to be your caregiver



Home-delivered meals



Home safety evaluations & environmental modifications like wheelchair ramps



Support & respite for family caregivers



Transportation

Must need help with **3 activities of daily living** like bathing, dressing, eating, medication management

# How far will the benefit go?



## Family caregiver

<b>Paying a family caregiver</b>	\$31,300
10 hours/week for 2 years	
<b>Care supplies</b>	\$2,200
2 years of incontinence supplies	

**Total** **\$33,500**



## Home accessibility

<b>Home safety renovations</b>	\$15,000
<b>Electric wheelchair or scooter</b>	\$2,600
<b>Weekly meal delivery</b>	\$9,200
7 meals/week for 3 years	

**Total** **\$26,800**



## Temporary support & services

<b>Part-time caregiver</b>	\$31,300
20 hours/week for 1 year	
<b>Transportation to appointments</b>	\$3,200
for 1 year	
<b>Crutches</b>	\$50

**Total** **\$34,600**

*Note: These are estimates and do not guarantee the cost of any services, which may vary based on your area and other factors.*

# Taking WA Cares benefits out of state

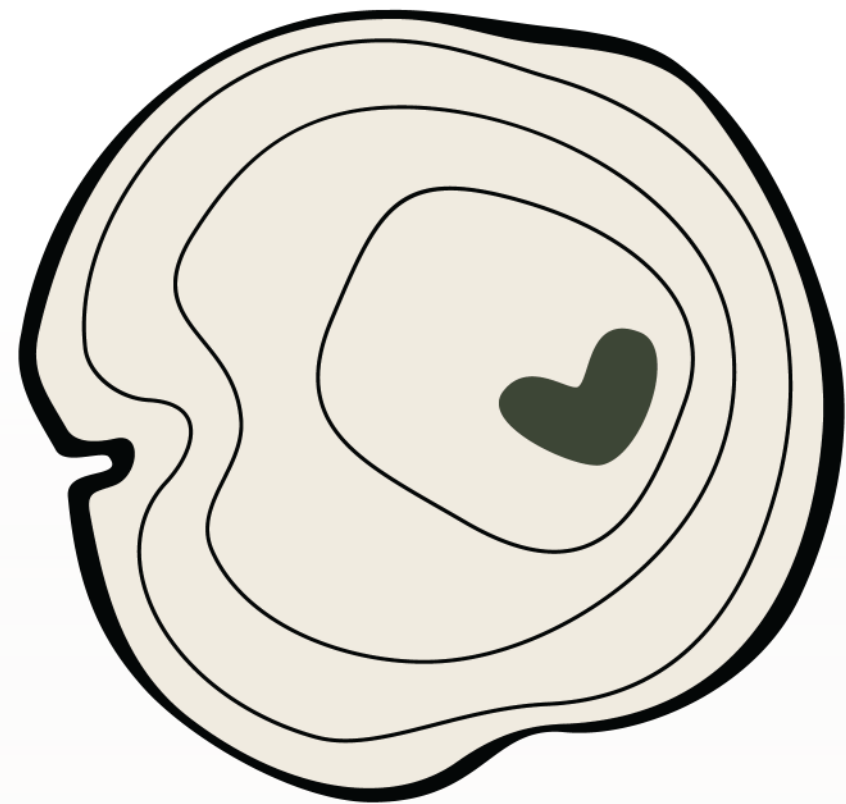
- New law passed this year to allow workers to use their benefit outside Washington
- Starting in July 2026, **workers can choose to continue participating in WA Cares** if they move out of state
- Must have contributed to WA Cares for **at least 3 years** (working 500+ hours per year) and must opt in **within a year of leaving WA**
- Like other workers, out-of-state participants keep contributing during working years
- Benefits available **starting July 2030**



“ If my family had WA Cares, I would've had a different reality. WA Cares and your ability to take it to another state is huge.

– Kendall, family caregiver (Seattle, WA)

# Audience Q&A







# Thank you

Find webinar materials at [wacaresfund.wa.gov/webinars](https://wacaresfund.wa.gov/webinars)

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contact-us](https://wacaresfund.wa.gov/contact-us)

## Contact us by phone (employers & exemptions)

833-717- 2273

## Contact us by phone (other questions)

844-CARE4WA