

Prepare for extreme weather in Bayside

A checklist for older people living in Bayside



Are you prepared for extreme weather?

Self-assessment checklist

Climate change has the potential to impact all lives in Bayside, especially older residents. Evidence shows we are experiencing more intense extreme weather events, so planning ahead will help ensure you're prepared.

This self-assessment checklist was co-designed by older Bayside residents to assist older people in preparing for extreme weather events. This checklist provides a list of considerations and a map that identifies places to stay cool in the heat if you can't stay home.

Consider different scenarios when completing the checklist, such as what to do with pets, if you have no phone, electricity or internet.

It is recommended to review this checklist every 6 months and refer to it in the lead up to an extreme weather event.

Check the boxes you are prepared for:

What to do in the lead-up to an extreme weather event

- Have you prepared/updated your Red Cross *RediPlan*, which can store your emergency information, important phone numbers, medical plan, plan for pets, and insurance information? See the 'Useful tips and resources' section to access a copy of the *RediPlan*.
- Do you know how to access extreme weather warnings, information and updates? If you have a smart phone download the Bureau of Meteorology and Vic Emergency app or listen to the radio for updates.

- Are you in a flood zone? If you have internet access, visit the Bayside City Council flood information page on the SES website for more information on how to check and prepare (see the 'Useful tips and resources' section).
- Is your home prepared for an extreme weather event? Are the roof and gutters maintained, cracks in foundations or exterior walls sealed, branches trimmed and loose items removed around your home?
- Does your air conditioner work? If it is a split system, have the air filters been cleaned recently?
- Have you considered the extreme weather circumstances that would cause you to leave home? List them here:
 - 1
 - 2
 - 3
- If it's not your home, have you considered where you would go in extreme weather? Have you checked the opening hours and accessibility? List these places here and mark them on the map overleaf:
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- Do you have a primary and alternative transport option to leave home if required? List them here:
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- Do you live alone and require someone to check in on you? If you are registered with *My Aged Care* you may be eligible to access the free Red Cross 'Telecross' service, where volunteers call vulnerable people daily. Call 1300 885 698 for more information.
- If you have an identified support person (e.g. friend, family, neighbour or carer), do they live close enough to help you?
- Is your identified support person familiar with your plans for extreme weather events?
- Can your support person gain entry to your house to help you (e.g. with a spare key)?
- If you have any medical conditions or disabilities, have you considered how to manage them in extreme weather events?
- Do you have an emergency kit prepared? See the 'Useful tips and resources' section for information on what to pack.
- In the event of a power failure, can you easily exit your home? If you have an electric garage, can you access and use the manual override?
- Do you have a way to charge your smart phone (e.g. a car charger or portable battery pack)?

Useful tips and resources

If your home is damaged contact the SES on 132 500. If you have insurance, contact your insurance company. For life-threatening emergencies, call Triple Zero (000).

Items to pack in an emergency kit:

- Prescription medicines • Toiletries
- First aid kit • Battery powered radio • Torch
- Spare batteries • Cash • Pet essentials
- Drinking water and non-perishable food
- Phone charger • Important documents
- Your *RediPlan* • Hand sanitiser • Face mask.

Guidelines for food safety in power outages:

- Food can remain safe in your fridge for up to 2 hours
- After 2 hours, move food to the freezer or an esky with ice
- Avoid opening fridge/freezer doors
- Food stored above 5°C for over 4 hours should be thrown out
- If in doubt, throw it out.

Tips to stay cool at home:

- Stay hydrated
- Place a wet towel around your neck, put your feet in cold water or take a cold shower
- Close curtains and blinds
- Use air-conditioners or fans
- Avoid cooking with heat
- Wear loose-fitting clothing made of cotton or linen
- Stay out of the sun, postpone outings and activities
- Keep pets inside with access to water.

Printed copies of this checklist are available at the Council Office and Bayside Libraries. Limited copies of the *RediPlan* are available upon request. If you don't have internet access, ask a friend, family member, neighbour, care worker or local librarian to help you access the information below.

Australian Red Cross *RediPlan*:
bit.ly/AusRedCrossRediPlan



Food Safety Information Council
What to do with cold food when the power goes off:
bit.ly/FoodSafetyPowerOut



SES Bayside City Council
Flood Information:
bit.ly/BaysideFloodSES



Victorian Government's *Extreme heat community resources:*
bit.ly/ExtremeHeatResources



Do you have questions or feedback about this checklist? Please contact Bayside City Council (contact details below).

Disclaimer: this checklist is intended to assist older residents to prepare for extreme weather events; it is not intended for emergency purposes.



Acknowledgements: We acknowledge guidance from the City of Darebin. This self-assessment checklist and heat map were co-designed by volunteer older residents who live in Bayside (some of whom appear on the cover). Text by Scientell. This work was part of the Enhancing Community Resilience project between Bayside City Council, South East Councils Climate Change Alliance (SECCCA) and The Minderero Foundation.

Proudly supported by



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Staying cool in the heat

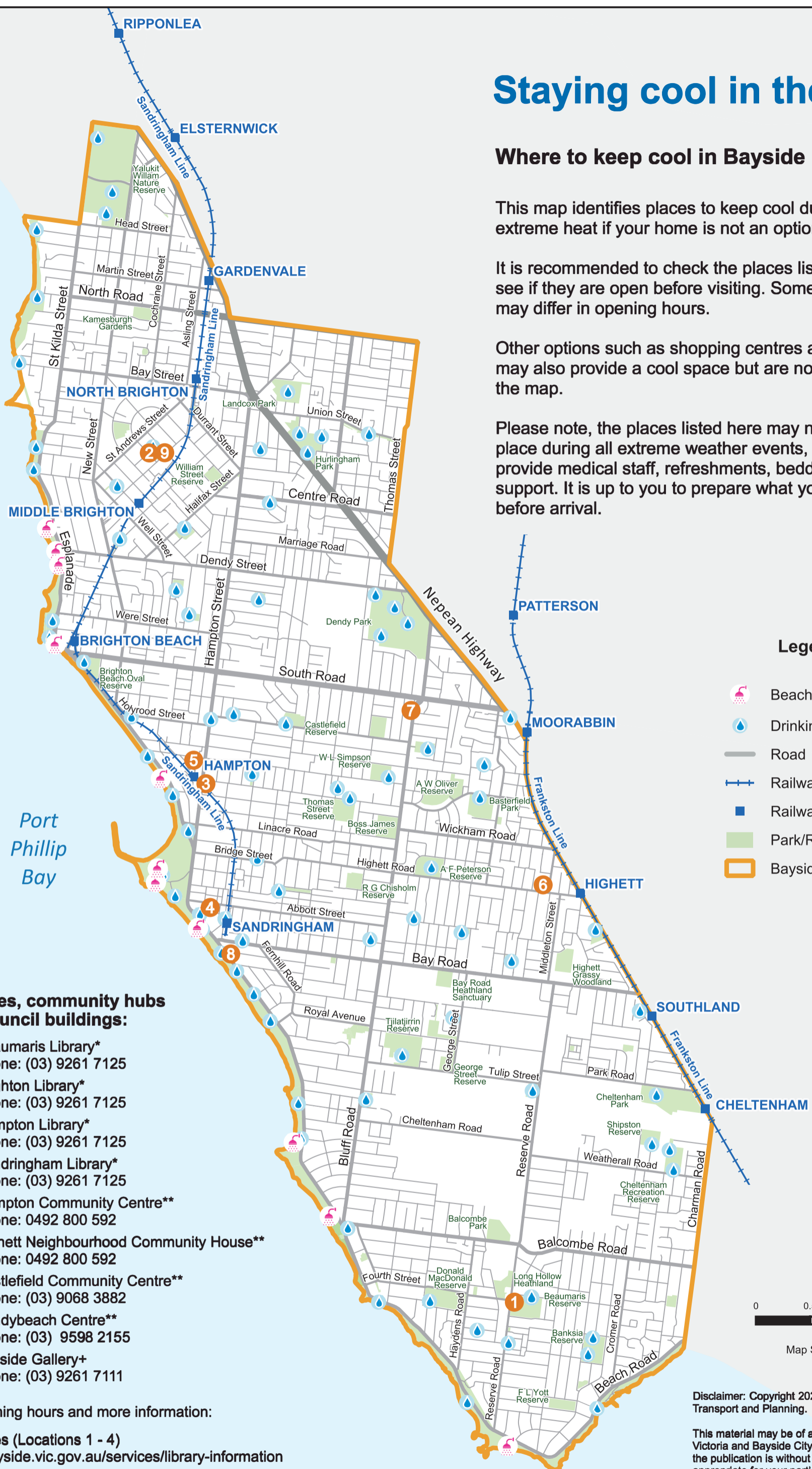
Where to keep cool in Bayside

This map identifies places to keep cool during extreme heat if your home is not an option.

It is recommended to check the places listed below to see if they are open before visiting. Some locations may differ in opening hours.

Other options such as shopping centres and cinemas may also provide a cool space but are not listed on the map.

Please note, the places listed here may not be a safe place during all extreme weather events, nor do they provide medical staff, refreshments, bedding or other support. It is up to you to prepare what you need before arrival.



Legend

- Beach Shower
- Drinking Fountain
- Road
- Railway Line
- Railway Station
- Park/Reserve
- Bayside Boundary

Libraries, community hubs and council buildings:

- 1** Beaumaris Library*
Phone: (03) 9261 7125
- 2** Brighton Library*
Phone: (03) 9261 7125
- 3** Hampton Library*
Phone: (03) 9261 7125
- 4** Sandringham Library*
Phone: (03) 9261 7125
- 5** Hampton Community Centre**
Phone: 0492 800 592
- 6** Highett Neighbourhood Community House**
Phone: 0492 800 592
- 7** Castlefield Community Centre**
Phone: (03) 9068 3882
- 8** Sandybeach Centre**
Phone: (03) 9598 2155
- 9** Bayside Gallery+
Phone: (03) 9261 7111

For opening hours and more information:

* Libraries (Locations 1 - 4)
www.bayside.vic.gov.au/services/library-information

** Community Centres (Locations 5 - 8)
www.bayside.vic.gov.au/bayside-community-centres

+ Bayside Gallery (Location 9)
www.bayside.vic.gov.au/gallery

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Created by GIS Team, Bayside City Council, August 2024.
Map Print ID: 8.010