



# Building Sustainable Communities: A Guide to Disaster and the Civic Circle<sup>®</sup>

CREATED BY



**POINTS  
OF LIGHT**


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**Allstate**  
Foundation

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# Overview & Introduction

This toolkit has insights and strategies to empower you to take action before, during and after a disaster. You'll also learn how to be an advocate for those affected by disasters.

Allstate agents, employees and other disaster experts helped make this guide designed for anyone who wants to be part of the solution.

**“ You can watch this on television, but until you see the destruction up close, you can't appreciate the full magnitude of what people are going through. It's sobering.”** — Allstate employee in the aftermath of Hurricane Ian in 2022

## Welcome

We plan for many things in our lives: weddings, vacations, retirements and more. There is one thing we don't always plan for: natural disasters.

That's why I'm thrilled to introduce our Disaster Resiliency Toolkit, created by [The Allstate Foundation](#) in partnership with our nonprofit partner [Points of Light](#). Our goal is to equip individuals and communities with the tools and information they need to build disaster resilience.

According to the NOAA National Centers for Environmental Information, the United States had 18 separate weather and climate disasters affecting 185 million of us in 2022. That's a steep increase from an average of three per year in the 1980s. Hurricanes, floods, wildfires, tornadoes and severe storms. With climate change increasing the frequency of natural disasters, for many of us it's not a question of if but when.

Let's help each other prepare. In this guide, discover how we all can make a difference, before, during and after a disaster. Then commit to one action you'll take to support your community.

*Stacy Sharpe*

**Stacy Sharpe**  
Senior Vice President  
Corporate Brand  
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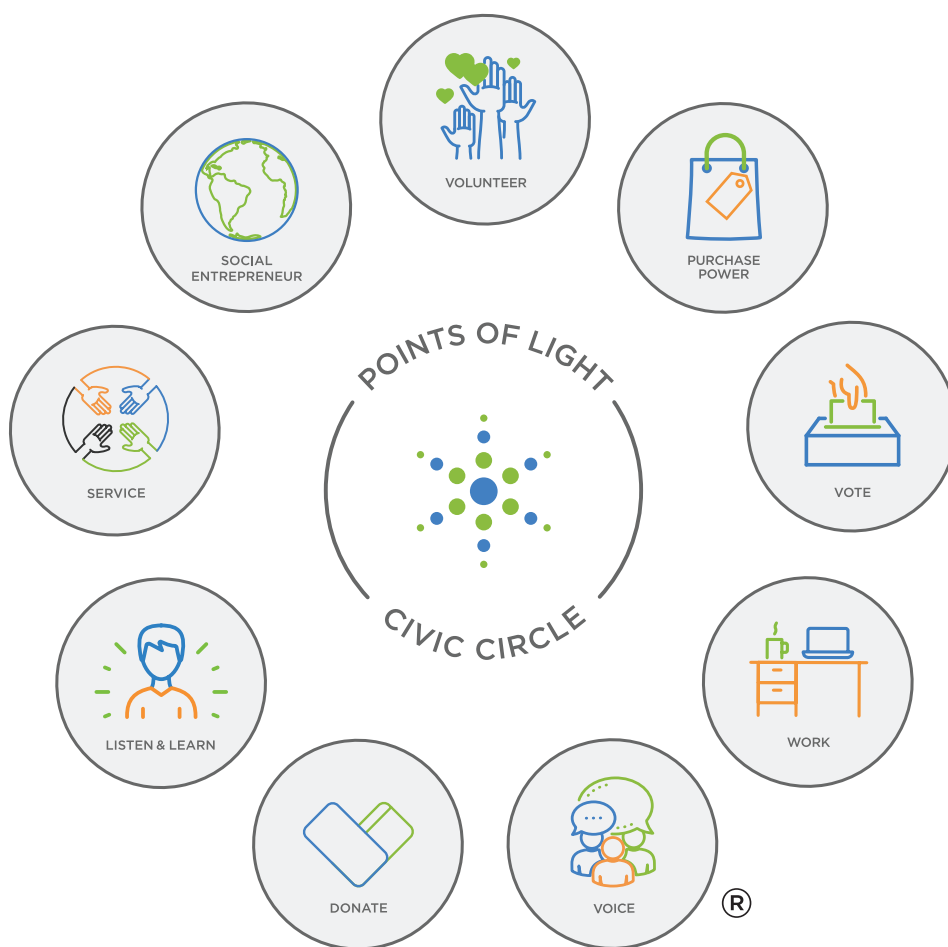
# Overview & Introduction

## The Points of Light Civic Circle

People who do good or want to create change don't necessarily assign themselves traditional labels like "volunteer." Today's engaged person recognizes that doing good comes in many forms. They may express their desire to impact their community through the purchases they make, in what they share on social media, in where they choose to work, and in which nonprofit organization to support as a volunteer or donor.

The Points of Light's Civic Circle helps individuals connect to opportunities and understand that doing good comes in many forms. It is a framework that represents a power to lead, lend support and take action for causes driving real and sustained change.

**There are many steps people can take to equip themselves to navigate a disaster. This toolkit guides you through the stages of a disaster and offers ways to take action through the Civic Circle.**



# Listen & Learn: Understanding Disasters

Impact starts with listening and learning, one of the nine elements of the Civic Circle. Before you take action, use these questions as your guide:

- What do the experts advise?
- Who needs the greatest help and where?
- What do communities want or need from their members?
- What do communities want or need from those who wish to share support from afar?

But before diving into these opportunities, let's explore what a disaster is.



## What is a Disaster?

Disasters are events that severely disrupt a community's ability to function and are beyond its capacity to manage using its own resources. They can result from natural or human-made hazards, as well as other factors that affect a community's susceptibility and resilience.<sup>1</sup>

There are two main categories of disaster:

1. **NATURAL DISASTERS:** Occur when major events caused by natural or biological processes – such as tornadoes, hurricanes or wildfires – negatively affect people and communities.
2. **HUMAN-CAUSED DISASTERS:** Catastrophic events that are a result of human actions, whether intentional, negligent or due to error. Examples include industrial accidents, shootings and cyberattacks.<sup>2</sup>

This toolkit focuses on preparing for and responding to natural disasters through the nine elements of the Civic Circle, but it has lessons that apply to human-caused disasters, too.

# The Four Phases of Disaster

A disaster can be viewed in four phases – resiliency, preparedness, response and recovery. Every community is in one of these four phases right now.

The first and second, the “blue sky” phases, are critical. Actions taken during these times affect how severely a disaster impacts a community and its people.

The third and fourth, the “gray sky” phases, occur after a natural disaster. Depending on the severity of a disaster, a community can remain in recovery for a long time.



# The Four Phases of Disaster



## Equity and Access During Disasters

Disasters can magnify existing inequities and challenges for vulnerable populations. Low-income residents, older adults, people with disabilities, people experiencing homelessness and undocumented residents can all face impacts that are disproportionately severe as well as longer, more expensive hurdles during disaster recovery.

Some examples of these barriers include:

- Families with limited financial resources may not have the means to evacuate and may rely on public evacuation shelters.
- Under-resourced communities, which tend to be racially and economically segregated, are often located in areas more prone to disaster hazards.<sup>3</sup>
- Survivors of natural disasters, especially women, are more likely to experience physical and emotional violence after the event when abuser stress levels are higher.<sup>4</sup>
- Undocumented residents are hesitant to register or use public resources such as evacuation or storm shelters.
- Access to resources could be affected by language barriers, mobility limitations, mental/behavioral health issues, substance abuse problems, or dependency on medical equipment.
- Government aid programs have historically underfunded non-white communities, even when they have similar levels of damage as predominantly white communities.<sup>5</sup>
- Disasters typically have greater impacts on people with disabilities and on older adults because they're more likely to have a medical emergency or need transitional housing after a disaster.<sup>6</sup>

Equitable systems and widespread access to opportunities lead to more resilient communities that can respond faster, recover sooner, and ultimately, thrive.

# Phase One: Resiliency



## What is Resiliency?

Resiliency is the capacity of a community to adapt to, endure or quickly bounce back from a disaster or catastrophic event.<sup>7</sup>

Building more resilient communities takes time, but it begins with strengthening connections between institutions within a community such as the corporate sector, government agencies, nonprofit organizations, mutual aid groups and faith-based organizations. Examples of these activities include:

- Developing a community disaster plan that sets clear responsibilities and roles for community leaders, agencies and organizations.
- Educating residents about the plan in culturally and linguistically relevant language.
- Providing capacity building resources for nongovernmental organizations (NGOs) that allow them to expand programming and strengthen their ability to reach their stakeholders.
- Creating a centralized location and process for survivors to receive assistance.
- Identifying partners in other regions that have relevant experiences and knowledge as expert advisers.














# Phase One: Resiliency

## Taking Action to Build Community Resiliency

Institutions have a big role, but individuals can make their communities more resilient too. But remember, building community resiliency is not accomplished overnight. It takes time.

CIVIC CIRCLE ELEMENT	ACTIONS
 <p>LISTEN &amp; LEARN</p>	<ul style="list-style-type: none"> <li>• Learn how your community's needs would be affected by a disaster.</li> <li>• Learn about your community's disaster plan, the local institutions responsible for disaster preparedness and response, and how individuals can get involved.</li> <li>• Learn about active organizations in your community that are focused on building resiliency and invite them to present at your school, work or place of worship.</li> <li>• Attend community meetings about resiliency projects.</li> </ul>
 <p>VOLUNTEER</p>	<ul style="list-style-type: none"> <li>• Volunteer to educate your neighborhood on the community's disaster plan.</li> <li>• Join a local committee or group, such as a neighborhood association, that is focused on building the sustainability and vibrancy of the neighborhood.</li> <li>• Train to be a <a href="#">disaster relief volunteer</a>.</li> <li>• Serve as a board member on a local nonprofit.</li> </ul>
 <p>PURCHASE POWER</p>	<ul style="list-style-type: none"> <li>• Support locally owned businesses. The more economic resources local businesses have, the more likely they can recover from a disaster.</li> <li>• Support companies that consistently take action in times of disaster.</li> <li>• Support companies that consistently take action on environmental issues, education, housing, labor and other issues that increase a community's resilience.</li> </ul>
 <p>SERVICE</p>	<ul style="list-style-type: none"> <li>• Join a national service program such as:             <ul style="list-style-type: none"> <li>• <a href="#">FEMA Corps</a></li> <li>• <a href="#">AmeriCorps Seniors RSVP</a></li> <li>• <a href="#">AmeriCorps State and National</a></li> <li>• <a href="#">AmeriCorps VISTA</a></li> <li>• <a href="#">AmeriCorps NCCC</a></li> </ul> </li> <li>• Serve as a member of your local chamber of commerce to connect corporate resources to local needs.</li> </ul>

# Phase One: Resiliency

CIVIC CIRCLE ELEMENT	ACTIONS
 <p>VOICE</p>	<ul style="list-style-type: none"> <li>• Tell others about your community's disaster plan, including those who may not have access to social media.</li> <li>• Contact your elected officials to support risk reduction projects that address things like affordable housing, improved public transportation and rural internet access.</li> <li>• Share this toolkit with your community or others experiencing a disaster.</li> </ul>
 <p>DONATE</p>	<ul style="list-style-type: none"> <li>• Donate water, tarps, batteries and other helpful items to your local neighborhood point of distribution.</li> <li>• Donate prepaid \$25-\$50 gift cards to BIPOC neighborhood associations for distribution after a disaster.</li> <li>• Donate to organizations working to meet the needs of all residents. When residents have their basic needs met before a disaster, it's easier for them to fully recover.</li> </ul>
 <p>SOCIAL ENTREPRENEUR</p>	<ul style="list-style-type: none"> <li>• Contact your local chamber of commerce to find your community's social entrepreneurs who are addressing initiatives that build resiliency such as affordable solar power access, ocean cleaning technologies and organic farming cooperatives.</li> </ul>
 <p>VOTE</p>	<ul style="list-style-type: none"> <li>• Advocate and vote for local candidates and policies that will better equip your community to respond to a disaster, including equity issues and policies that support infrastructure improvements that mitigate disaster risk.</li> </ul>
 <p>WORK</p>	<ul style="list-style-type: none"> <li>• Consider a career in <a href="#">emergency and disaster management</a> or another related field.</li> <li>• Collaborate with your colleagues, local businesses or corporations to build your community's capacity and resiliency before, during and after a disaster.</li> </ul>

# Phase One: Resiliency

## Passion Into Action

As a member of a Red Cross Disaster Action Team (DAT) and an Allstate employee, Carla Signoret is volunteering to build resilience in her community of Forth Worth.

Carla and her husband respond after house and multi-family fires. They are often called to do case work for the families and serve as Spanish language translators.

“I can only imagine how it must feel on the worst day of your life,” Carla says. “Your house is burning. You may be an English speaker, but if you’re going through such a traumatic event, being able to speak in your own language can make you feel a little bit better.”

Carla’s volunteer work is paying off. Through The Allstate Foundation’s Helping Hands Grants, Carla earned \$1,000 for the North Texas Region of the American Red Cross to continue their work building community resiliency.



# Phase Two: Preparedness



## What is Disaster Preparedness?

Disaster preparedness refers to all of the measures taken before a disaster to reduce the negative impact on a community. Even simple tasks can make the aftermath of a disaster easier.

**85%**  
of households don't  
have a disaster  
preparedness kit.

**72%**  
of those with a  
disaster preparedness  
kit have outdated or  
missing supplies.<sup>8</sup>

Every **\$1** invested  
in risk reduction and  
preparedness  
can save up to **\$15** in  
post-disaster recovery.<sup>9</sup>



## Prepare Yourself and Your Loved Ones for a Disaster

1. **Build or update your disaster supply kit.** It's important to have essential supplies on hand that can last for a minimum of 72 hours. Include food, water, medications and other necessities like flashlights and whistles. Review guidance on creating a [disaster supply kit](#) that will help you get started and you can build up your kit over time. Take into account your family's specific needs, like pet food or items to entertain and soothe children.
2. **Know the extreme weather risks in your community.** Look them up in the [FEMA National Risk Index Map](#).
3. **Make a disaster plan.** Talk to your family about evacuation routes and sheltering plans. The [Make a Plan Form](#) can help.
4. **Pay attention to evacuation warnings from local authorities.** Trying to ride out a severe storm can put you and others in danger.
5. **Have an evacuation plan.** Practice driving the route and have more than one way out of town in case highways are congested or a route is no longer accessible.
6. **Organize and protect important documents.** Insurance policies, financial documents, passports and more should be easily accessible so you can grab them quickly. You could also upload copies to the cloud.



# Phase Two: Preparedness

Preparing for a disaster can minimize risks and even save lives. But not everyone has the same access to resources to help them prepare. Some barriers include:






- The financial resources to create a disaster kit.
- Access to the internet, cellphone or radio to stay informed on alerts.
- A vehicle to use during an evacuation.
- Resources and materials in other languages.
- The physical ability to make necessary preparations.
- The resources to secure housing when shelters are full.

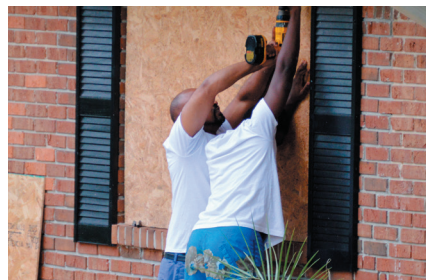
## Taking Action to Prepare Your Community for a Disaster

There are many meaningful actions you can take, including those that address issues of equity and access.

CIVIC CIRCLE ELEMENT	ACTIONS
 LISTEN & LEARN	<ul style="list-style-type: none"><li>• Attend your community's disaster preparedness meetings.</li><li>• Read disaster alerts and updates from local, state and federal officials.</li><li>• Learn how to create a disaster plan.</li></ul>
 DONATE	<ul style="list-style-type: none"><li>• Donate disaster supply kits to under-resourced communities.</li><li>• Donate money to a trusted nonprofit, such as <a href="#">Feeding America</a>, the <a href="#">American Red Cross</a> or a local organization that focuses on community preparedness and response.</li><li>• Start a mutual aid fund for local businesses to prepare for a disaster.</li></ul>

# Phase Two: Preparedness

CIVIC CIRCLE ELEMENT	ACTIONS
 <p>PURCHASE POWER</p>	<ul style="list-style-type: none"> <li>Buy a disaster supply kit and other preparedness items from locally owned and/or BIPOC businesses.</li> </ul>
 <p>VOLUNTEER</p>	<ul style="list-style-type: none"> <li>Help a friend or neighbor complete their disaster plan and/or determine their evacuation routes.</li> <li>Volunteer with a local organization to help the community prepare for a disaster.</li> <li>If a natural hazard is forecast, help a friend or neighbor prepare.</li> </ul>
 <p>VOICE</p>	<ul style="list-style-type: none"> <li>Talk with your family, friends and neighbors about preparing for a disaster.</li> <li>Share resources on disaster preparedness on social media.</li> </ul>
 <p>WORK</p>	<ul style="list-style-type: none"> <li>Organize a donation drive for disaster supply kit items.</li> <li>Educate colleagues on the disaster plan for your workplace. If it doesn't exist, help to develop one.</li> <li>Build a relationship with an organization that responds in times of disaster and collaborate with your colleagues to support that organization's needs.</li> <li>Organize trainings to prepare your workplace for a disaster.</li> </ul>
 <p>SERVICE</p>	<ul style="list-style-type: none"> <li>Join <a href="#">FEMA's Youth Preparedness Council</a> and help with disaster preparedness projects.</li> </ul>



# Phase Two: Preparedness

## Passion Into Action

Living in a place like New Orleans, that's vulnerable to natural hazards, makes it even more critical that community members know how to prepare for and act in times of emergency.

**Son of a Saint**, is a nonprofit that connects teenagers living without father figures to mentors as part of a personalized mentorship program. It's on a mission to prepare the young people of New Orleans for disaster. Allstate volunteers have joined the efforts by teaching the mentees what to do in an emergency and how to safely evacuate. They also organize disaster preparedness kits for the community.

But the work doesn't stop there. Even after a disaster strikes, the mentees help their city recover by planting trees, volunteering at food banks and more.

"It makes me feel good to help people," says Ace, a 16-year-old mentee who joined the program six years ago.



# Phase Three: Response



## What is Disaster Response?

Disaster response is the immediate actions taken after a catastrophic event. That includes search and rescue, urgent medical care, providing food and water, and arranging shelter for those who've been displaced.



## What to Do Immediately After a Disaster

1. Assess the safety and wellbeing of your loved ones and property. Take photos of damage.
2. If there is damage in your area, report it to local emergency officials. For home or property damage, contact your insurance company to file a claim.
3. Listen to official emergency communications about how to access local nonprofit resources for shelter, food, water and medical attention.
4. Only travel if it's absolutely necessary – roads and bridges may be structurally hazardous. There could be standing water or downed live electric lines.
5. Be aware of new potential dangers such as gas leaks, broken glass, contaminated water sources or dead animals.
6. Don't overexert yourself with cleanup efforts or do anything dangerous. Consider the risk of heat exhaustion or injury that could require medical attention. Disaster response is stressful, so take care of yourself. Remember that children could experience mental health challenges.





# Phase Three: Response

## Taking Action During Disaster Response

Immediately after a disaster, our instinct is to help. But this is when first responders and response organizations need to take the lead. During this phase, be patient and wait for advice on the best way to help.



## Donating During the Response Phase

### Making a Monetary Donation

During a disaster response, conditions and needs are rapidly changing. The best way to help is to donate money to the organizations on the ground. People displaced by disasters prefer cash because it gives them the dignity and autonomy to make the right decisions for themselves and their families.






### Donating Relief Items

Relief organizations know the community's most urgent needs, so it's important to only donate the goods they request.

Immediate needs may include water, diapers, baby formula, hygiene products or tarps. Later it could be cleaning supplies, storage containers or linens.

Many organizations say that unrequested donations of supplies can cause more harm than good.<sup>10</sup> Don't donate items like clothing unless specifically requested. Managing these donations can be costly and take away resources from response efforts.

# Phase Three: Response

CIVIC CIRCLE ELEMENT	ACTIONS
 <p>LISTEN &amp; LEARN</p>	<ul style="list-style-type: none"> <li>• Stay informed of the response by local emergency professionals.</li> <li>• Research local nonprofit response efforts and follow their guidance.</li> </ul>
 <p>VOICE</p>	<ul style="list-style-type: none"> <li>• Encourage others to donate money to a trusted response organization.</li> <li>• Word of mouth can travel faster in communities affected by a disaster. Only share accurate information from local emergency officials and response organizations.</li> <li>• Share resources on social media.</li> <li>• Share this toolkit with your community or others.</li> </ul>
 <p>DONATE</p>	<ul style="list-style-type: none"> <li>• Donate money.</li> <li>• Donate items requested by a response organization.</li> <li>• Only participate in local donation center drives from a verified response organization. Donations organized by unaffiliated groups may not end up with disaster survivors.</li> </ul>
 <p>VOLUNTEER</p>	<ul style="list-style-type: none"> <li>• Volunteer with organizations involved in response efforts such as the <a href="#">American Red Cross</a>, <a href="#">United Way</a>, your local <a href="#">Points of Light Affiliate</a> or place of worship.</li> <li>• Help a neighbor or friend secure their property or remove debris. Offer to watch their children so the adults can rest. Buy and deliver groceries to older adults who can't easily go to the store. Small acts of kindness go a very long way.</li> </ul>
 <p>WORK</p>	<ul style="list-style-type: none"> <li>• Work with your employer to:             <ul style="list-style-type: none"> <li>• Organize a monetary donation for a response organization.</li> <li>• Coordinate with a verified response organization and launch an employee drive for requested relief items, and deliver the items to their location.</li> </ul> </li> </ul>

# Phase Three: Response

## Passion Into Action

When Hurricane Ian made landfall in Florida in September 2022, Rebecca Parrish's home still had power. Parrish, a specialty sales team agent with Esurance, offered her three-bedroom, two-bath home as a safe place for three families in Tampa who had tree damage and power outages. In total, she gave shelter to 11 people and eight dogs.

"We were throwing blow-up mattresses all over the place and emptying out my deep freezer. Everyone was hungry," she said.

Even with more people around, she didn't need all the supplies she usually keeps on hand for storm season. So, her family also donated canned food, flashlights, blankets and towels to the Red Cross.

"When these kinds of things come, it's all over the news for everyone across the country. Once the storm is over and the water goes down, they stop talking about it," she said. "Really, people are still struggling for quite a while."



# Phase Four: Recovery



## What is Disaster Recovery?

Disaster recovery involves restoring, redeveloping and revitalizing communities affected by a disaster.<sup>11</sup> It begins once the immediate threat to human life has passed. In the recovery phase, building back connections, social capital and community values is just as important as rebuilding structures.



## Building Back Community

After a disaster, people may feel disconnected from their communities, especially when many residents have temporarily or permanently relocated. Building back social connections is fundamental to recovery so survivors receive emotional support. Through these friendships, they can help cope with trauma and restore their sense of belonging to their community.

Communities can build back social connections by:<sup>12</sup>

1. **Facilitating community gatherings** that bring community members together to reflect and process the experience. It could be arts-based activities, mindfulness classes, dinners and memorial events. Events that offer disaster aid could include opportunities for social interaction.
2. **Creating spaces for youth to share their voice.** Youths may have a hard time articulating the trauma they experienced. Create events – like art, music or sports activities – that provide relief but also give them a space to have their voices heard by adults.
3. **Involving the community as volunteers.** Helping rebuild can reduce stress among survivors and help them regain a sense of control.
4. **Prioritizing rebuilding and creating new community gathering places.** Make sure community gathering spaces are included in the recovery plan, and make room for new ideas.



# Phase Four: Recovery

## Taking Action During Disaster Recovery

The final phase of a disaster can be the longest. Some communities take years to find their new normal. As people begin to get disaster fatigued and the news coverage lessens, there are still ways to show support and help a community build back stronger.

CIVIC CIRCLE ELEMENT	ACTIONS
	<ul style="list-style-type: none"> <li>Stay informed on the recovery efforts and the opportunities to help.</li> </ul>
	<ul style="list-style-type: none"> <li>Donate money to your community's long-term recovery groups.</li> <li>Donate to local organizations providing immediate relief and support.</li> </ul>
	<ul style="list-style-type: none"> <li>Collaborate with colleagues to volunteer as a group with a local nonprofit or place of worship that is supporting recovery efforts.</li> <li>Amplify messages about donation drives, services and other information from local authorities on your social media.</li> </ul>
	<ul style="list-style-type: none"> <li>Volunteer with disaster recovery organizations that include home building, legal aid, fair housing advocacy, functional access (blindness and language translation) or environmental groups.</li> <li>Join the <a href="#">National Voluntary Organizations Active in Disaster (NVOAD)</a>.</li> </ul>
	<ul style="list-style-type: none"> <li>Share FEMA's <a href="#">Help After a Disaster</a> guide. It's downloadable in 27 languages and helps people understand the FEMA support that may be available.</li> <li>Continue to raise awareness of the needs associated with the recovery.</li> <li>Contact your elected leaders to express your support of future hazard mitigation programs.</li> </ul>
	<ul style="list-style-type: none"> <li>Support <a href="#">B Corp</a> businesses that follow sustainable practices.</li> </ul>

# Phase Four: Recovery

## Centering the Survivor

Disaster response and recovery should prioritize the empowerment, rights, and immediate and long-term wellbeing of affected individuals and communities. The affected residents should be the focus of rebuilding. Their local knowledge, capacity and voice are vital to decisionmaking.

Centering the survivor can take many forms:<sup>13</sup>

- Partnering with local government and community groups from the beginning of response efforts.
- Shifting decisionmaking from a top-down approach to community led.
- Providing information and facilitating meetings in a culturally and linguistically appropriate language for the community.
- Asking the community what they want and need when organizing donations and services.
- Providing livelihood support past immediate disaster relief. For example, providing microgrants to support income-generating activities and allowing the survivor to choose how to best use the funds.
- Responding to survivors and families by considering their unique needs. For example, an older adult may need specialized mobility or medical support.



## Passion Into Action

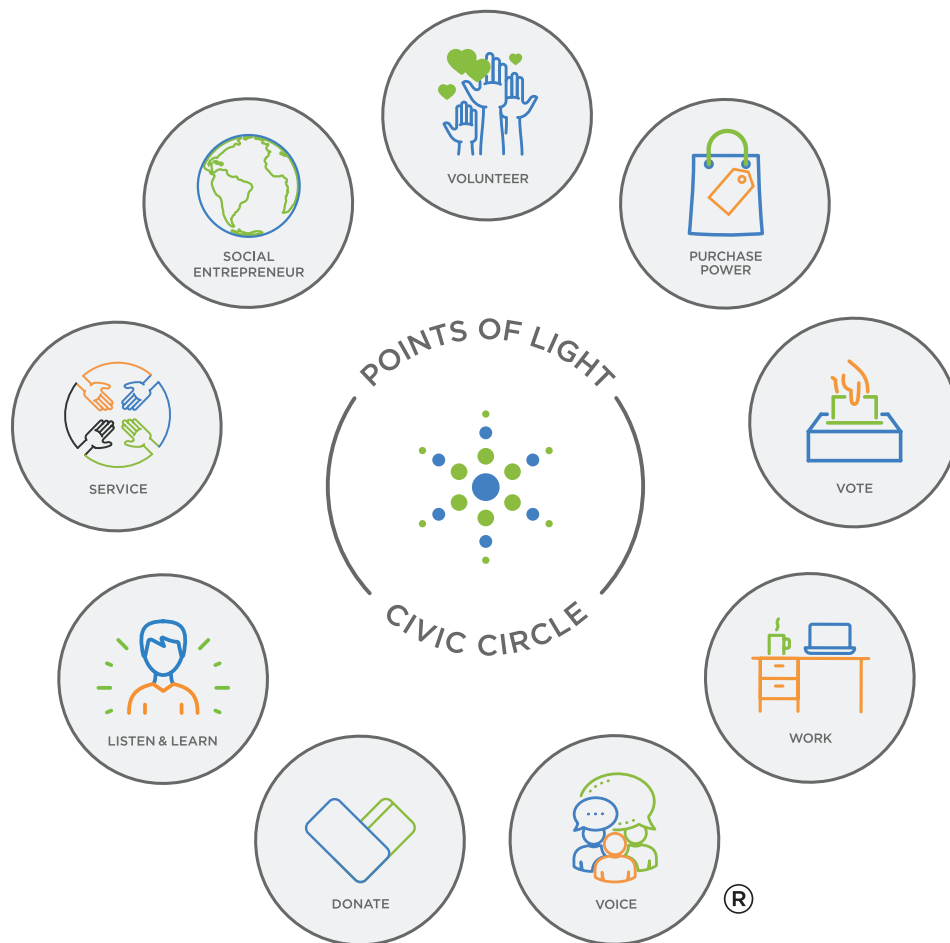
For people experiencing domestic violence, finding access to supportive resources, including shelters, can be lifesaving. After Hurricane Ida in 2021, some domestic violence shelters in Louisiana were damaged. However, access to funding to repair and rebuild can be limited. Through a partnership between The Allstate Foundation and the Louisiana Coalition Against Domestic Violence, three shelters with significant structural damage were repaired and welcomed new residents.

# Phase Four: Recovery

## What Next?

By reading this guide, you've already exercised your civic power of listening and learning about the nine elements of the Points of Light [Civic Circle](#) and how they can help build resilience, respond to and aid in the recovery from disasters.

When applying multiple elements of the Civic Circle, communities and individuals can accelerate change and create a more sustainable impact. Where do you see yourself in the Civic Circle? As you think about how you can best prepare for a potential disaster, also consider how you can support others and help build greater community resiliency.



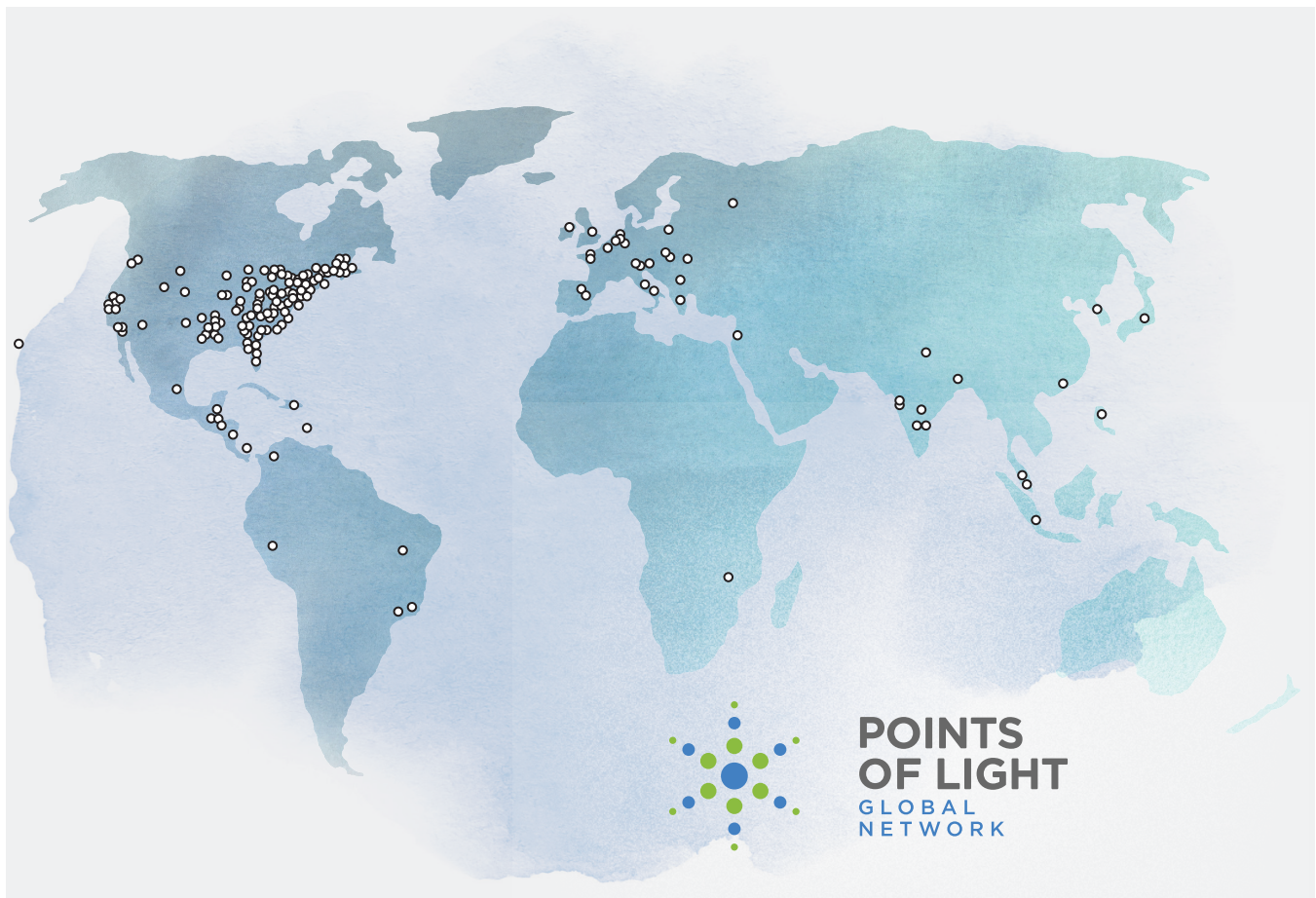
# About The Allstate Foundation & Points of Light

## About The Allstate Foundation

[The Allstate Foundation](#) empowers people and communities so they can thrive. Since 1952, the Foundation has led national programs, partnered with leading organizations and offered grants to local nonprofits to create innovative, long-term solutions for those in need. Today, the Foundation is a broader grantmaking institution that works with nonprofits to empower youth, disrupt the cycle of relationship abuse, and help advance racial equity through workforce development.

## About Points of Light

[Points of Light](#) is a nonpartisan, global nonprofit organization that inspires, equips and mobilizes millions of people to take action that changes the world. We envision a world in which every individual discovers the power to make a difference, creating healthy communities in vibrant, participatory societies. Through 145 affiliates across 39 countries, and in partnership with thousands of nonprofits and corporations, Points of Light engages 3.7 million people in 16.7 million hours of service each year. We bring the power of people to bear where it's needed most.





RESOURCES FROM POINTS OF LIGHT	WHAT IS IT?
<a href="#"><u>How to Support Natural Disaster Relief Efforts</u></a>	Tips for how you can maximize your disaster response donations.
<a href="#"><u>Ways to Make Disaster Relief Donations Personal and Impactful</u></a>	Four ideas that can make your disaster response monetary donations more personal.
<a href="#"><u>Points of Light Civic Circle</u></a>	A deeper dive into each of the nine elements of the Civic Circle, including videos, resource guides and the Civic Life Today digital magazine.

GOVERNMENT RESOURCES AND GENERAL DISASTER INFO	WHAT IS IT?
<a href="#"><u>Ready.gov</u></a>	A national public service campaign designed to educate and empower the American people to prepare for, respond to and mitigate emergencies, including natural and human-made disasters.
<a href="#"><u>FEMA: Community Recovery Management Toolkit</u></a>	A toolkit that is geared toward helping community leaders through the long-term disaster recovery process and is intended to be useful at any phase of recovery.
<a href="#"><u>FEMA Disaster Information</u></a>	Information about the formal disaster declaration process, disaster types, how FEMA gets involved and other resources.
<a href="#"><u>Small Business Recovery Resources: U.S. Chamber of Commerce Foundation</u></a>	Resources to help reopen your business and make progress through long-term recovery.
<a href="#"><u>U.S. Chamber of Commerce Foundation: Small Business Readiness for Resiliency Program</u></a>	A program that focuses on building resilience to emergencies for small businesses. Register your business in the database to be contacted about potential grant applications available in the aftermath of a disaster.
<a href="#"><u>Insurance Information Institute: Facts + Statistics: U.S. Catastrophes</u></a>	Historical and current data and statistics on catastrophes in the United States.
<a href="#"><u>Our World in Data: Natural Disasters</u></a>	Global data on natural disasters.

RESOURCES TO PROMOTE EQUITY ACCESS AND RESILIENCE	WHAT IS IT?
<a href="#">Gender and Disaster Network</a>	An educational and advocacy project initiated by people interested in gender relations in disaster contexts.
<a href="#">Helping Children and Families Cope With Disaster</a>	Resources that can assist families and children in coping with disasters and other traumatic events.
<a href="#">CDC: Coping With a Disaster or Traumatic Event</a>	Resources for taking care of the mental health needs for an individual, emergency responders, teens and children, and planning resources for state and local governments.
<a href="#">CDC: Information for Specific Groups</a>	Emergency preparedness and response information for specific groups like older adults, people with disabilities, expectant and new parents, people experiencing homelessness and more.
<a href="#">Three Step Social Sector Activation Guide for Host Communities</a>	A guide with recommendations on how a host community's social sector can work alongside Emergency Support Services to better support evacuees.

## Sources

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- 4 [Intimate partner violence and natural disasters](#), American Psychological Association, October 13, 2020
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- 6 [People with Disabilities](#), Center for Disaster Philanthropy, April 2023
- 7 [Recovery & Resiliency](#), Columbia Climate School National Center for Disaster Preparedness, April 2023
- 8 Allstate Morning Consult Survey, June 2020
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