

# 29. NEIGHBOR TO NEIGHBOR

## Helping out neighbors in need

### WHY ACT?

In recent years, much of the support we used to get from one another has been replaced by services offered by businesses, not-for-profit and government agencies. In an emergency, seniors and people with disabilities may not have access to these services. To help them prepare and cope in these situations requires the help of someone in close proximity. This action provides you an opportunity to offer a helping hand to a neighbor.

### PREPAREDNESS ACTION

- Step 1: Volunteer to mentor seniors or people with disabilities in this program.
- Step 2: Speak with your building or block emergency preparedness leader for more details on how to participate in the mentoring program.
- Step 3: Spend time supporting those with special needs in their emergency preparedness.

### MATERIALS

*Neighbor to Neighbor* program materials and a little time.

### TIME

Several hours for mentoring your neighbor.

### RESILIENCY GAIN

Enriched relationships all around you, plus the shared capacity to endure.

