

# Introduction to Disaster Management

## (DISASTER RECOVERY)



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# OUTLINE

- Medium term and long term recovery aspects
- Identifying and ascertaining the impact of disaster
- Community participation
- Concept of participative rehabilitation
- Importance of capacity building for reconstruction and rehabilitation
- Process of getting compensation
- Various coping strategies and role of counseling and psychological support

# **Disaster Recovery**

Recovery is defined as an activity that is aimed at helping a society distressed by disaster in restoration of the physical infrastructure and reinstallation of emotional, social, economic and physical well-being

## The objectives of recovery are as follows:

- Making the affected area fit for human habitation and ensuring restoration of livelihood
- Preparing national, regional and local agencies in disaster recovery so that they are well equipped to carry out a post disaster recovery process in a timely and effective manner.
- Educating people and generating awareness in the community so that they can help in post-disaster recovery.

- Co-ordinating and controlling stakeholders in recovery process
- Making policies and plan that form the basis of recovery processes and facilitate decision-making and implementation of plans post disaster
- Planning a quick recovery of routines and facilities for instituting normalcy as quickly as possible
- Chalking out policies and plans for linking medium and long term recovery aspects by minimizing the uncertainties that can lead to inappropriate decisions.

- Establishing the foundation for effective medium and long term recovery
- Restoring sustainable livelihood, governance and security within the affected community
- Helping in social, emotional, economic and physical rehabilitation of the affected people and communities
- Minimizing the consequences of the disaster and reducing the exposure to future risk

**Disaster recovery** involves a set of stages which may occur sequentially or simultaneously. These can be divided into **3 phases**:

### **Phase I- Triggering of immediate recovery mechanism**

Providing with relief supplies and housing facilities. The efforts of recovery teams are aimed at caring for the wounded and restoration of basic utilities such as power, water, and sewerage.

### **Phase II – Damage assessment and response**

- i) ensuring the livability of the damaged buildings, ii) removing debris, and
- iii) Restoring livelihoods.

## Phase III – Reconstruction and rehabilitation

- i) Avoid building in the hazard-prone area or congested areas.
- ii) Similarly, if a community has suffered considerable losses because of economic or social factors such as a lack of insurance, future assistance can include incentives to address their vulnerabilities.

The recovery aspects revolve around four Rs. They are reduction, readiness, response, and restoration

**Reduction:** It deals with reducing the impact of disasters. The response mechanism works with an aim to reduce further losses by trying to bring the situation under control.

- **Readiness:** Readiness is a critical aspect of response activities and includes three elements that address recovery issues.
- **The first aspect:** training and learning.
- **The second aspect:** includes educating the public and generating awareness.
- **The third aspect:** is enhancing community capacity so that they are in a state of readiness
- **Response:** The response in recovery plays a significant role in minimizing the losses due to disasters. It covers response planning which are made to facilitate coordination between individuals and agencies and ensure a provable recovery capability.
- **Restoration:** It involves restoration of current facilities to fulfill the current needs and to address the future challenges.
- It is a time-taking process because it involves planning, developing, and implementing best practices in disaster recovery.

**Disaster recovery can be planned on the basis of time frame and need.**

**Short time recovery** addresses immediate disaster response mechanism.

**Medium and long term** aspects need to be addressed by

- Evaluation of the needs of the affected population.
- Establishment of long- and medium-term recovery objectives.
- Formulation of the plans.
- Prioritisation of action on the basis of availability of resources and institutional capacity

## **Medium-term recovery entails the following:**

- 1. Facilitate reinstatement of essential services.**
- 2. Guarantee suitable transitional shelter.**
- 3. Distribute tools and other goods and services that help to revive socio-economic activities.**
- 4. Provide temporary employment to members of the affected community and strengthen the self-help efforts and capacity of the affected population.**

5. Restore the environment to facilitate the rebuilding of livelihoods and social security.
6. Prevent risks from being recreated.
7. Identify goods and services that aid in the restoration of sustainable livelihoods.
8. Foster equality and local capacity building to prevent any kind of discrimination.

**Long-term recovery aspects address the following issues :**

- 1. Community participation in overall development of the region.**
- 2. Provision for sustainable development of the region by overall social well-being and economic diversification.**

# Community Participation in Defining Objectives and Their Priorities

- Community priorities would involve the restoration of a community's functions, social structures, and systems after a disaster.
- A community cannot achieve this single-handed, thus requires the help of all agencies in setting up the social, economic, natural, and built environments of the community.

The recovery priorities of an affected community are as follows:

**1. Shelter and safety:** The foremost priority in any recovery activity is to guarantee the safety of the individuals and the community in the affected area.

**2. Health:** It includes services to affected/injured individuals/groups who may have been exposed to hazards (e.g., chemicals, dust, etc.) or traumatised by their experiences

### **3. Physical and mental well-being:**

After disaster strikes, the community and individuals face a setback, both in terms of loss of livelihood and death of loved ones.

It affects them mentally, physically, and emotionally. Thus, psychological support is required to ensure an individual's emotional, spiritual, cultural, psychological, and social needs.

# **Identifying and Ascertaining Impact of Disaster**

## **Framework to identify and ascertain the impact of the disaster.**

- 1. Social environment:** Classes of individuals who are **most** affected, their cast, community, **religion** provide important inputs for recovery planning
- 2. Economic environment:** Post-disaster, people lose their livelihoods and are left **unemployed** and their economic status is severely affected. Economic activity of the affected area comes to a standstill. So, insights into the **primary occupation** of the affected community and their sources of income are required.

**3. Natural environment:** The natural environment, is affected by disasters such as drought, flood, earthquake, volcanic eruption, or storms. The ecological balance is disturbed and has to be reinstated. So, an identification of damage caused to the natural environment provides inputs for the exact nature of recovery processes that have to be initiated.

**4. Built environment:** An identification of the quantum of damage to infrastructure is required so that reconstruction work can be initiated according to the needs. Hospitals, medical centers, sanitation facilities, and education systems have to be restored on a priority basis.

## **An identification of the impact of the disaster for effective response and recovery measures:**

1. Understanding the nature and extent of damage and quantifying the losses in approximate terms.
2. Integrating the measurement of impacts and subsequent needs of the population based on damage estimates.
3. Making approximations of possible recovery costs.
4. Making plans according to the impact and systematically applying recovery

# **Participative Rehabilitation: Physical and Social Infrastructure**

**Participative rehabilitation is advocated in disaster recovery because of the following reasons:**

1. It involves the members of the affected community during decision-making.
2. It can help in mobilising existing financial, material and human resources for improvement of local health and environmental conditions.

3. It generates commitment from agencies and provides decision-making rights to the members of the affected community on their lives and livelihoods.

4. It uses the experience of the local people

5. It can help the affected community develop technical and managerial skills and thereby increase their opportunities for employment.

6. It helps in ‘social learning’ for both recovery planners and beneficiaries. A sense of partnership between parties helps in developing teamwork, which helps in recovery.

# **Social and Economic Rehabilitation: Capacity Building for Reconstruction and Rehabilitation**

Social and economic rehabilitation plays a crucial role in disaster recovery, focusing on rebuilding lives and communities after a disaster.

**Social rehabilitations includes,**

- Restoring healthcare facilities and ensuring access to medical services
- Rebuilding schools and resuming educational activities
- Offering psychological counseling and support to help individuals cope with trauma
- Special attention to women, children, and the elderly, ensuring their safety and well-being.

# Capacity Building for Reconstruction and Rehabilitation

## Economic Rehabilitations includes,

- Supporting small businesses, artisans(skill development) , and farmers to regain their income sources.
- Rebuilding roads, bridges, and utilities to restore economic activity.
- Providing grants, loans, or subsidies to affected individuals and businesses.

# Capacity Building for Reconstruction and Rehabilitation

- Capacity building in terms of disaster management is defined as the ability of individuals and communities to identify limitations and to plan and manage disastrous situations effectively and efficiently.
- Capacity building is the process by which individuals and societies develop their capabilities individually and collectively to identify and deal with their problems.
- Knowledge of existing capacities and marshaling them to achieve a set of development goals is required. By making the best use of existing capacities, the community can recover fast from the disaster.

## **Recovery and Rebuilding works**

Recovery of the built environment deals with repair, reconstruction or relocation of various infrastructural facilities to control damage. The recovery and rebuilding works are related to the four elements:

**1. Residential:** After the disaster, the houses of the affected people are damaged. These houses can be completely damaged, severely damaged or partially damaged.

**2. Commercial:** Disasters can cause damage to commercial buildings and industrial properties. For continuation of business, it is vital to restore these infrastructures on a priority basis as it is essential for the economic viability and sustainability of the affected area.

- 1. Public buildings and assets:** Due to disasters, critical public buildings such as hospitals and schools and facilities such as sanitation and water treatment plants suffer a setback. These have to be identified on a priority basis.
- 2. Essential lifeline utilities:** Essential lifeline utilities such as modes of transport and communication have to be recovered.

For effectively contributing to recovery, plans need to be developed in advance for both the restoration of the physical infrastructure and carrying out of rebuilding activities.

# **Facilitating Compensations to be Paid through Insurances and Government**

Disasters impose significant financial burdens, but thoughtful strategies can alleviate these costs. Advanced preparation, including mechanisms like

- ❖ **Disaster insurance,**
- ❖ **Pre-arranged emergency funds, and**
- ❖ **Early warning systems** can significantly mitigate the financial strain.

**The rationale for this is to restarting a normal life.**

- Life insurance, health insurance, disability insurance and accidental death insurances are some of the insurances that help an individual to recuperate from the losses.
- Apart from these, there are property insurances that cover damages caused to property by fire and other accidents and provide a shield to individuals by compensating for the losses to physical property.

**The main aim of insurance policies is to cover the risk of individual loss in non-disaster settings, but they can also help in the event of a disaster.**

- ✓ Moreover, the government can announce for the payment of compensation from the relief funds to the members of the affected community. The government can generate money by encouraging collection of donations by providing tax benefits for donors.
- ✓ In addition, the government should create social insurance programmes that come into play in the event of a disaster.

# Coping Strategies: Providing Counseling and Psychological Support

- The ability of a community to revive involves a fruitful interaction between the community's social, economic, natural and built environments, which should be supported by the local, regional and national agencies.
- Whatever type and quantum of loss may be, individuals need to be counselled for emotional and psychological well-being.
- It is important that the disaster management team under-stands the psychological status of the victims.

The effect of disasters on the affected population can be as follows:

- **Physical effects** such as dizziness, tightness in the throat and chest, agitation, nervousness, fatigue and exhaustion, gastrointestinal distress and nausea, change in appetite, and headaches.
- **Behavioural manifestation** such as fretfulness (unhappy, uncomfortable), disturbing thoughts, inability to express feelings, isolation or withdrawal from others, increased use of alcohol and drug anxiety of protecting loved ones, anger, rage and desire for revenge.
- **Emotional and psychological effects** include sleep disturbances and nightmares, jitteriness, hyper-vigilance, crying and tearfulness, shock, disbelief, confusion and disorientation, poor concentration and memory problems, irritability and short temper.

For tackling these problems, community involvement is essential.

**The volunteers should be committed and motivated to promote mental health and psychological well-being of the affected persons by helping them lead a dignified life.**

For providing support, the victims can be classified according to the impact on the mental health into three broad categories as follows:

- 1. Very ruthlessly affected:** Persons belonging to this category are those who are severely affected by the disaster in terms of personal loss due to death of family members.
- 2. Severely affected:** Persons belonging to this category are those who have suffered loss in terms of death of near and dear ones and loss to property, but still they have relatives and children who were saved.
- 3. Moderately affected:** Persons belonging to this category are those who have suffered physical injuries. They are witness to the gory scenes, but they have not suffered death of any family members.

Due to the disaster, the entire structure of a community faces setback. This has to be reinstated.

**"WE CANNOT STOP NATURAL DISASTERS BUT  
WE CAN ARM OURSELVES WITH KNOWLEDGE:  
SO MANY LIVES WOULDN'T HAVE TO BE LOST IF  
THERE WAS ENOUGH DISASTER  
PREPAREDNESS."**

**Thank you all**