Tips to build resilience through inclusive practices in disaster risk management.

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Red GIRDD LAC [Inclusive Disaster Risk and Disability Management Network in Latin America and the Caribbean]

In a world marked by the frequency and intensity of disasters, community resilience stands as a fundamental pillar to mitigate the devastating impact of such events. However, for resilience to be genuine and effective, it must be inclusive, encompassing the diverse realities and needs of all people in a community.

The following ten tips offer a comprehensive approach to building resilience through inclusive practices in disaster risk management. From the active participation of all stakeholders to the establishment of networks of resilient leaders, these recommendations are based on the premise that inclusion is not only an ethical principle, but also an effective strategy to strengthen response and recovery capacity against to emerging challenges.

Based on research, the experiences of renowned organizations and the specific needs of different communities, these councils seek to provide a solid framework so that risk managers and communities can work together towards a safer and more equitable future for all.

1. **Explore reality with active participation and inclusive approach.**

• Involve all stakeholders, including people with disabilities, minorities, and marginalized communities in risk assessment.

• Encourage active community participation in the identification and understanding of threats and vulnerabilities.

• Ensure that decision-making processes reflect the diversity of the community, promoting an inclusive approach.

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2. **Promote a culture of prevention accessible to all.**

• Develop educational materials and awareness campaigns that are accessible to people with disabilities.

• Implement inclusive communication strategies that address the different needs of the population.

• Establish training programs that adapt to diverse cultural and linguistic contexts.

3. **Empower communities in the face of disasters with an inclusive approach.**

• Design training programs and evacuation drills considering the specific needs of different groups.

• Provide resources and technical support so that communities develop their own preparedness plans.

• Foster community resilience by creating inclusive support networks.

4. **Mutual support to face post-disaster stress through help groups.**

• Establish support groups that take into account the different experiences and needs of the population.

• Provide resources and training to facilitate emotional and psychological support among community members.

• Integrate mental health professionals into post-disaster recovery efforts.

5. **Acquire knowledge to resist and endure in adverse situations.**

• Facilitate training programs to strengthen practical and emotional skills in crisis situations.

• Promote continuing education on coping techniques and resilience.

• Promote the exchange of knowledge and experiences between different communities.

6. **Establishment of Committees to promote Inclusive Disaster Risk Management.**

• Form inclusive committees that represent the diversity of the community.

• Facilitate coordination between different sectors and actors involved in risk management.

• Empower these committees to lead inclusive planning and response initiatives.

7. **Development of inclusive guides for disaster risk management with the active collaboration of organizations of people with disabilities.**

• Collaborate closely with organizations of people with disabilities in the creation of inclusive guides and protocols.

• Integrate specific recommendations for different disabilities into risk management guidelines.

• Guarantee that the guides are accessible in varied formats and understandable to everyone.

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8. Creation of Resilient Leader Networks for an effective response.

• Establish networks of community leaders who can coordinate response in emergency situations.

• Provide training in inclusive leadership and crisis management.

• Facilitate effective communication between networks of leaders for a rapid and coordinated response.

9. Preparation of Family Emergency Plans as a preventive measure.

• Promote the creation of family plans that consider the specific needs of each member, including people with disabilities and children.

• Provide resources and tools for developing personalized plans.

• Carry out awareness campaigns about the importance of having family emergency plans.

10. Continuous training for inclusive community rescue groups.

• Provide regular training to rescue teams to address community diversity.

• Integrate training modules on inclusivity, diversity and human rights into training programs.

• Establish feedback mechanisms to continually improve inclusive practices in rescue operations.

By incorporating these inclusive principles and practices into risk management policies and actions, we can move towards a world where resilience is truly universal, protecting and strengthening all people, regardless of their condition, culture or context.

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