

## **Considerations for a Hardship Disaster Assignments**

**\*If we detect it could be challenging for someone to volunteer who may not be appropriate - depending on the issues - it is helpful to remind them they can volunteer with the local chapter and/or go out nationally in a less hardship phase of the disaster.**

- 1.) Reminder: This is a hardship assignment and that means housing, power, and basic amenities may be minimal or even non-existent for a while.
- 2.) Have copy of information on locations you might be sent to (and/or initial staging location from which you will be sent). Be sure to check road safety.
- 3.) IMPORTANT: ARC telephone number. Lack of or limited power may make communication challenging for a while. Check into the appropriateness of taking a cell phone – find out if you can receive or make calls from the assignment center.
- 4.) A few basic supplies you might take along include: flashlight; small snacks that keep well; place for important papers; a tablet and pen; packages of tissues and hand wipes; sanitizing liquid; appropriate clothes and shoes; a hat; sunscreen; bug repellent; any medicines you have to take; water; deck of cards; coloring books & crayons, paper-envelopes-stamps; a favorite poem; small book, etc.
- 5.) Self-care and coping with stress are normal concerns in this type of situation – please take with you and read the "DB Coping on Assignment Guidelines".
- 6.) Giving support to others will only serve to strengthen your abilities, yet know your limits and boundaries. It is not only okay to become discouraged or frustrated, it's quite normal under these circumstances.
- 7.) Hardship assignments often mean staying for shorter periods of time than you would for other assignments because of the inherent challenges. Check on how long you are to stay before you leave.
- 8.) Once again, please keep in mind that respect, flexibility and tolerance will be hallmark concepts to honor toward oneself and others.

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