

Self-Assessment: Prior to an assignment

<p>Health</p> <p>Disasters are very demanding. If you are not healthy when you are sent on an assignment, you might unintentionally tax the resources of the community you have been asked to help.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Are there any particular health hazards associated with this disaster response (e.g., smoke and poor air quality in forest fires) that would exacerbate any pre-existing health conditions? <input type="checkbox"/> Have you had a recent surgery or recently undergone any extensive medical treatment? <input type="checkbox"/> Are you on any medications that may make working long hours without regular sleep and/or meals difficult? <input type="checkbox"/> Is acquiring sufficient medication to take with you on this disaster assignment a problem? <input type="checkbox"/> Would you have any difficulty working long hours or walking a fair distance if regular transportation is not available? <input type="checkbox"/> Would an inability to acquire tobacco and/or alcohol create stress for you? <input type="checkbox"/> Have you had a recent medical check-up? Would your doctor approve of you going on this assignment? <input type="checkbox"/> Have you had a recent dental check-up? Is there any reason to suspect any dental problems may surface?
<p>Employment and Finances</p> <p>Your agency or organization might pay your wages while you are on assignment or you might be going as a volunteer. In either case, it is important to ensure your finances are looked after when you are on assignment.</p>	<p><i>If you are a volunteer and are employed:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Will your employer be reluctant to allow you to take this assignment? <input type="checkbox"/> Will taking this assignment jeopardize your job? <input type="checkbox"/> Are you in midst of any projects that would make it difficult for you to leave the office? <input type="checkbox"/> Have you recently been promoted? <input type="checkbox"/> Have you applied for another job and is it likely you would be asked to an interview in the near future? <input type="checkbox"/> Will your employer pay for your time away? If not, will it be financially difficult for you to take this assignment? <input type="checkbox"/> Have you talked to your colleagues about the assignment? Will they be able to cope while you are away? <input type="checkbox"/> Will you have to take holiday time to go on assignment? If so, will this disrupt a vacation with your family? <p><i>If you are a volunteer and are not employed:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Are you looking for employment? If so, will this assignment jeopardize job offers? <input type="checkbox"/> Will it be financially difficult for you to take this assignment? <input type="checkbox"/> Will taking this assignment affect your eligibility for Employment Insurance or BC Employment and Assistance? <p><i>In either case...</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Will there be any problem paying bills while you are away? <input type="checkbox"/> Will there be any problem making bank deposits during your absence?

<p>Personal and Family Life</p> <p>A disaster assignment is demanding enough without having to worry about what is happening at home.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Has your life situation changed recently? Have you experienced a separation, divorce, or a period of marital discord? Have you married or decided to live common-law? Has there been a birth in the family? Has a family member been seriously ill? Is anyone in your family undergoing medical treatment? <input type="checkbox"/> Have you returned recently from another disaster assignment? <input type="checkbox"/> Have there been any recent traumas or critical incidents in your life? <input type="checkbox"/> Have you recently moved? <input type="checkbox"/> Have you recently lost your job or been laid off work? <input type="checkbox"/> Are there any significant financial stresses in your life? <input type="checkbox"/> Are there any important family occasions in the near future such as a graduation, birth of grandchild, wedding anniversary or birthday? <input type="checkbox"/> Are there any religious observances you follow that might make this assignment difficult? <input type="checkbox"/> Do you have plans for a family vacation or anticipated trip? <input type="checkbox"/> Have you made any important commitments that would be difficult to change or postpone (e.g., providing child care, caring for an elderly parent)? <input type="checkbox"/> Has it been a long time since you have had time off? <input type="checkbox"/> Has it been a long time since your Will and other personal affairs have been updated? <input type="checkbox"/> Will taking this assignment be an escape from problems at home or in the workplace? <input type="checkbox"/> Will your family disapprove of you going on this assignment?
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If you have answered “yes” to any of these questions you should seriously consider whether going on a disaster assignment at this time is a good choice for you. Experienced disaster responders know that there will always be another disaster and that before going to help others you have an obligation to yourself and your family to ensure that you are physically, financially, and emotionally healthy.

Figure 1-1: Self-Assessment: Prior to an Assignment