

DISASTER RESILIENCE

Through Women's Eyes

Bounce Back

I kept going – Xmas time was catatonic – wasn't enjoying anything, flat as a tack and lack of confidence to do anything, had birthday – hated it, ended up putting my hand up to see what's available, getting counselling, know all that stuff but forced me to deal with it – pulled out of funk, now 80% and a little bit of spark

You can be prepared and it still all goes wrong; resilience = preparation and flexibility

Refugees, people living in war torn countries = always living with difficulties, what can we learn?

Words

Ability to cope through adversity, survivor, brave, really trying, enduring, fight for life, hope, journey, sadness behind smile, never say never, ups and downs of life, love & family, home, talk, defend, alert, afraid, transforming, confidence - 'we can deal with this', resilience spectrum, different resilience needed during and after disaster, need individual and community resilience, ability to stay focused, 'keep calm and carry on', 'just keep going', internal peace, resources to fall back on, access to information, friendship, coping when plan goes out the window

Resilience - What is it?



Different Generations

Different generations = different expectations, people expected difficult times and dealt with them

Past generations = silent resilience, life more dictated, coping with change rather than challenging

Society changes, definition of resilience changes, more control over our lives, more knowledge and power and education, speaking up more, more knowledge rights and responsibilities

Resilience in families is different to what it was generations ago and they will be different again in 20 years time, do we put our children in cottonwool, in past generations e.g. drought – people walked off, no help was available. Last generation lived through major changes e.g. horses to cars, wars, depression years

RESILIENCE DEFINITION (Government)

Community resilience refers to the sustained ability of a community to withstand and recover from adversity such as economic stress, influenza pandemic, manmade or natural disasters

(Source: Victorian Green Paper: Towards a More Disaster Resilient and Safer Victoria 2011)



ALPINE SHIRE



WOMEN'S HEALTH
GOULBURN NORTH EAST

Challenging inequity, embracing diversity.



Foundation for Rural
& Regional Renewal

'Disaster Resilience' insights and stories from 31 women, aged 16 - 80+ years, who met in small groups across the Alpine Shire to share their experiences. (January - May 2012)

Further information: www.whealth.com.au
or www.alpineshire.vic.gov.au