



## The emotional and psychological effects of flooding

Imagine you are an elderly person living alone with your pet cat. You are waiting for an operation on your hip and have limited mobility. On waking one morning you turn on the radio to hear that some flooding has occurred in your area.

When you go downstairs you find that the ground floor of your house is ankle deep in water.

Imagine that you and your family are driving home from the airport following a holiday abroad.

You haven't been told about any flooding and are unable to reach your house as your village has been flooded. All roads are closed and you're being advised by the Police to drive to a local rest centre.

Imagine that you are the Headteacher of the local school.

You are the first to arrive at school early one morning and find that the school grounds, several classrooms, and the canteen have all been flooded.

Imagine that you are disabled and need a wheelchair to move around. You live with your family, but your bedroom is on the ground floor for easy access.

You wake up in the night to find that there is flood water on the floor.



Imagine that you are the owner of a local coffee shop. You've only been in business for six months and have worked hard to get your business off the ground.

You turn up in the morning to open your shop only to find that it has been flooded. Your stock, equipment, fixtures, and fittings have all been ruined. There is a layer of silt and dirt over everything.



Imagine that you are a district nurse, visiting people in their homes or in residential care homes and providing direct care. Your patients can be any age, but they're often elderly, have been recently discharged from hospital, or have physical disabilities.

You arrive one morning to find that the town in which you have visits to complete that day has been flooded.

