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Mitigation and Community Resilience

Disaster mitigation plays a role in improving communities' ability to endure and recover from disasters (i.e., community resilience).¹⁻² Because resources may be limited during a disaster, it is possible that communities will be on their own for an extended period before help arrives. If communities are dependent on outside help, they are more vulnerable and unaware of the impacts of a disaster.² However, when communities have established mitigation strategies in place, they do not rely heavily on such help and are better equipped in the face of a disaster. For example, developed disaster mitigation plans lead to quicker recovery and less loss of lives or damaged property.¹⁻² Community-centered mitigation measures also restore agency because they focus on utilizing existing resources and strengths (e.g., mobilizing community members as leaders during emergencies) while working to improve any weakness within communities'.² This builds resilient and hopeful communities that feel empowered to withstand any disaster.² Prepared communities also have the capacity to collaborate with support agencies and adhere to any mandated mitigation guidelines. Ultimately, the disaster mitigation process becomes easier and more effective for both the community and support institutions.

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References

[1]: Coppola, D. (2015). Introduction to International Disaster Management (3rd ed.). Boston: Butterworth-Heinemann Ch 4 Mitigation; pay special attention to pp. 224-251

[2]: Lopez Carresi pp. 43-63 on Community-based disaster risk reduction