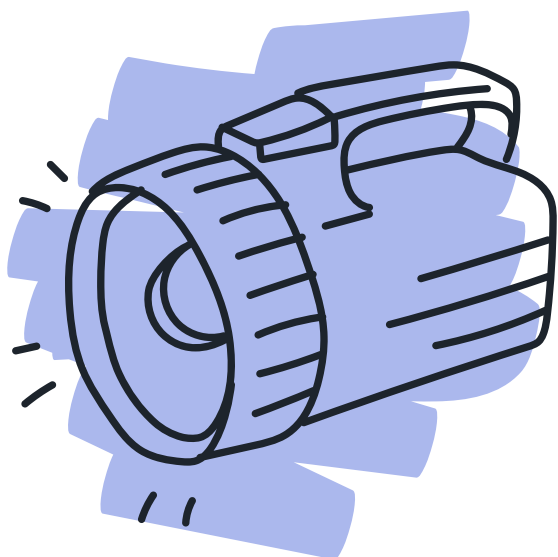


My Power Outage Plan:

a simple guide to be prepared

This Plan will help you get ready for an unplanned power outage. It has been developed alongside people with lived experience who have been through disasters and extreme weather like storms, floods and fire.

Whether a power outage lasts for a few hours or several days, we want to ensure you're comfortable, safe, and able to manage what comes your way. We have designed this Plan to help you prepare for what matters most. From making sure your medical equipment keeps working to staying connected with others, as well as some extra preparation for those with additional needs.



There are six main areas to plan for:

1. Support People
2. Keeping My Health Equipment Working
3. Home Essentials for Power Outages
4. Meeting My Basic Needs
5. Staying in Touch & Getting Information
6. Feeling Confident & Prepared

Under each area is a Goal and 'What You Can Do' to help you achieve this goal. The 'My Plan' section is where you record the actions. Once this is completed you can tick 'Done' so you know your goals have been achieved. The aim is to get the whole Plan completed.

There are also extra tips which may help your situation, they are:

1. Short-Term and Long-Term Power Outage Planning on page 23
2. Special Considerations for Those with Critical Needs on page 23

1. Support People

The Goal: Make sure you have people ready to help when you need it during a power outage.

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Talk to Your Doctors and Care Team:</p> <p>Let your medical team know about your Plan. They can help you figure out what you might need to stay healthy during a power outage, including equipment or medications.</p>	<p>My doctors and care team advice:</p>	<input type="checkbox"/>
	<p>About my medical equipment:</p>	<input type="checkbox"/>
	<p>About my medication/s:</p>	<input type="checkbox"/>
<p>About my health condition/s:</p>	<input type="checkbox"/>	

1. Support People continued...

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Set Up Your Helpers:</p> <p>Reach out to friends, family, and neighbours so you know who can be there to support you if the power goes out. Let them know what you might need help with and you can also give the Helper a copy of the Plan.</p>	My Helper #1:	<input type="checkbox"/>
	Helper #1's name:	<input type="checkbox"/>
	Relationship to me:	<input type="checkbox"/>
	Contact details:	<input type="checkbox"/>
	Phone:	
	Mobile:	
	Other:	
	What they will help me with:	<input type="checkbox"/>
	How they will contact me (if the phones are not working):	<input type="checkbox"/>
	The last time I completed a practice run with them was on this day:	<input type="checkbox"/>

1. Support People continued...

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Set Up Your Helpers:</p> <p>Reach out to friends, family, and neighbours so you know who can be there to support you if the power goes out. Let them know what you might need help with and you can also give the Helper a copy of the Plan.</p>	My Helper #2:	<input type="checkbox"/>
	Helper #2's name:	<input type="checkbox"/>
	Relationship to me:	<input type="checkbox"/>
	Contact details:	<input type="checkbox"/>
	Phone:	
	Phone:	
	Other:	
	What they will help me with:	<input type="checkbox"/>
	How they will contact me (if the phones are not working):	<input type="checkbox"/>
	The last time I completed a practice run with them was on this day:	<input type="checkbox"/>

1. Support People continued...

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Set Up Your Helpers:</p> <p>Reach out to friends, family, and neighbours so you know who can be there to support you if the power goes out. Let them know what you might need help with and you can also give the Helper a copy of the Plan.</p>	My Helper #3:	<input type="checkbox"/>
	Helper #3's name:	<input type="checkbox"/>
	Relationship to me:	<input type="checkbox"/>
	Contact details:	<input type="checkbox"/>
	Phone:	
	Phone:	
	Other:	
	What they will help me with:	<input type="checkbox"/>
	How they will contact me (if the phones are not working):	<input type="checkbox"/>
	The last time I completed a practice run with them was on this day:	<input type="checkbox"/>

1. Support People continued...

What You Can Do	My Plan	Done ✓
<p>Have a Communication Plan:</p> <p>If phone lines and internet go down, set up a different way for your Helpers to get in touch with you—this could be by meeting up in person or using text messages if possible.</p>	<p>When the phones or internet are not working, to get in contact with people, I will:</p>	<p>○</p>
	<p>When the phones or internet are not working, for people to get in contact with me, they can:</p>	<p>○</p>

2. Keeping My Health Equipment Working

The Goal: Make sure your health equipment that uses power stays functional during the power outage.

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Back-up Power Options:</p> <p>If you use equipment like a ventilator or oxygen machine, it is essential you have a generator or back-up power source. Test it out regularly and make sure more than one Helper knows how to use it. Make sure each person knows where it will be set up, and have a video/audio recording available for additional assistance in an emergency. Know exactly what to do to travel safely with battery back-up equipment.</p>	<p>My medical equipment #1:</p>	<input type="checkbox"/>
	<p>My medical equipment #1 is:</p>	<input type="checkbox"/>
	<p>My back-up power for this is:</p>	<input type="checkbox"/>
	<p>The last time I tested the back-up power source was on this day:</p>	<input type="checkbox"/>
	<p>My extension cords are stored here:</p>	<input type="checkbox"/>
	<p>My Helper:</p> <p>also knows how to use this medical equipment on back-up power.</p>	<input type="checkbox"/>

2. Keeping My Health Equipment Working continued...

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Back-up Power Options:</p> <p>If you use equipment like a ventilator or oxygen machine, it is essential you have a generator or back-up power source. Test it out regularly and make sure more than one Helper knows how to use it. Make sure each person knows where it will be set up, and have a video/audio recording available for additional assistance in an emergency. Know exactly what to do to travel safely with battery back-up equipment.</p>	<p>My medical equipment #2:</p>	<input type="checkbox"/>
	<p>My medical equipment #2 is:</p>	<input type="checkbox"/>
	<p>My back-up power for this is:</p>	<input type="checkbox"/>
	<p>The last time I tested the back-up power source was on this day:</p>	<input type="checkbox"/>
	<p>My extension cords are stored here:</p>	<input type="checkbox"/>
	<p>My Helper:</p> <p>also knows how to use this medical equipment on back-up power.</p>	<input type="checkbox"/>

2. Keeping My Health Equipment Working continued...

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Back-up Power Options:</p> <p>If you use equipment like a ventilator or oxygen machine, it is essential you have a generator or back-up power source. Test it out regularly and make sure more than one Helper knows how to use it. Make sure each person knows where it will be set up, and have a video/audio recording available for additional assistance in an emergency. Know exactly what to do to travel safely with battery back-up equipment.</p>	<p>My medical equipment #3:</p>	<input type="checkbox"/>
	<p>My medical equipment #3 is:</p>	<input type="checkbox"/>
	<p>My back-up power for this is:</p>	<input type="checkbox"/>
	<p>The last time I tested the back-up power source was on this day:</p>	<input type="checkbox"/>
	<p>My extension cords are stored here:</p>	<input type="checkbox"/>
	<p>My Helper:</p>	<input type="checkbox"/>
	<p>also knows how to use this medical equipment on back-up power.</p>	<input type="checkbox"/>

2. Keeping My Health Equipment Working continued...

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Stock Up on Medications:</p> <p>Keep at least three days' worth of your medications stored safely. Check if any need to be kept cool and make sure you have a way to do that.</p>	My medication #1:	<input type="checkbox"/>
	My medication #1 is:	<input type="checkbox"/>
	To store it, I:	<input type="checkbox"/>
	<p>I have at least 3-days' supply of this medication</p> <p style="text-align: center;">Yes No</p>	<input type="checkbox"/>
	My medication #2:	<input type="checkbox"/>
	My medication #2 is:	<input type="checkbox"/>
	To store it, I:	<input type="checkbox"/>
	<p>I have at least 3-days' supply of this medication</p> <p style="text-align: center;">Yes No</p>	<input type="checkbox"/>

2. Keeping My Health Equipment Working continued...

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Stock Up on Medications:</p> <p>Keep at least three days' worth of your medications stored safely. Check if any need to be kept cool and make sure you have a way to do that.</p>	My medication #3:	<input type="checkbox"/>
	My medication #3 is:	<input type="checkbox"/>
	To store it, I:	<input type="checkbox"/>
	<p>I have at least 3-days' supply of this medication</p> <p style="text-align: center;">Yes No</p>	<input type="checkbox"/>
	My medication #4:	<input type="checkbox"/>
	My medication #4 is:	<input type="checkbox"/>
	To store it, I:	<input type="checkbox"/>
	<p>I have at least 3-days' supply of this medication</p> <p style="text-align: center;">Yes No</p>	<input type="checkbox"/>

2. Keeping My Health Equipment Working continued...

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Keep Fuel for Your Generator:</p> <p>If you use a generator, have enough fuel to last for at least three days. Store it safely and show your Helpers how to set it up safely remembering generators can be heavy and care needs to be taken when they are in use. If someone is on oxygen, make sure there is enough space around the generator (keep it away from this person).</p>	<p>My generator is safely stored here:</p>	<input type="checkbox"/>
	<p>Fuel for my generator can be found here:</p>	<input type="checkbox"/>
	<p>I have at least 3-days' fuel</p> <p style="text-align: right;">Yes No</p>	<input type="checkbox"/>
	<p>The first Helper who can help me use it is:</p>	<input type="checkbox"/>
	<p>The Helper's contact details are:</p>	<input type="checkbox"/>
	<p>The second Helper who can help me use it is:</p>	<input type="checkbox"/>
<p>The Helper's contact details are:</p>	<input type="checkbox"/>	

2. Keeping My Health Equipment Working continued...

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Test Your Equipment:</p> <p>Regularly check that everything (generator, medical devices, back-up systems) works, so you'll feel confident if the power goes out.</p>	<p>The last time I tested my medical equipment can work on back-up power was:</p>	<input type="checkbox"/>
	<p>Equipment check-up dates are:</p>	<input type="checkbox"/>
<p>Back-up Equipment:</p> <p>For any life-sustaining equipment, make sure you have back-ups like battery packs or manual alternatives just in case.</p>	<p>I use life sustaining equipment (circle):</p> <p style="text-align: center;">Yes No</p>	<input type="checkbox"/>
	<p>If yes, my fully charged back-up battery packs are stored here:</p>	<input type="checkbox"/>
	<p>My battery back-up is intended to last for:</p>	<input type="checkbox"/>
	<p>My manual alternatives are stored here:</p>	<input type="checkbox"/>

3. Home Essentials for Power Outages

The Goal: Make sure your home is ready with the essentials to keep you safe and comfortable during a power outage.

What You Can Do	My Plan	Done ✓
<p>Light Sources: Keep some battery-powered torches or lanterns around (and don't forget extra batteries!). Avoid candles to stay safe from fire hazards.</p>	<p>My battery powered torches are stored here:</p>	<input type="checkbox"/>
	<p>My extra batteries are stored here:</p>	<input type="checkbox"/>
<p>Know How to Open Doors: Learn how to open things like electric garage doors and gates manually in case the power goes out.</p>	<p>When the power is out, I will need to open my:</p>	<input type="checkbox"/>
	<p>To open this without power, I:</p>	<input type="checkbox"/>

3. Home Essentials for Power Outages continued...

What You Can Do	My Plan	Done ✓
<p>Have Transport Ready:</p> <p>Keep your vehicle fuelled up and ready, just in case you need to leave your home. If possible, plan ahead for other transportation options in case of blocked roads.</p>	<p>If I can't use my usual vehicle to leave my home, I will:</p>	<p><input type="checkbox"/></p>
<p>Have a bag ready to go:</p> <p>If you decide to leave your home, have a bag ready with what you need including medications (don't forget cooling if you need it, e.g. an ice pack), toiletries and even a book to read!</p>	<p>If I leave my home, I will have a bag packed with:</p>	<p><input type="checkbox"/></p>
<p>Important Documents:</p> <p>Keep a folder with important documents (ID, medical info, insurance) in a safe, but easy-to-reach spot, if you need to grab them quickly.</p>	<p>My important documents including ID, medical information and insurance, are stored here:</p>	<p><input type="checkbox"/></p>

4. Meeting My Basic Needs

The Goal: Be prepared with the basics to get through the power outage comfortably.

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Food & Water: Store enough non-perishable food and bottled water (if you need to) to last at least three days. Don't forget about your pets! If you can, have an alternative way to cook, like a camp stove.</p>	<p>I have at least 3 days' supply of (tick):</p> <div style="display: flex; justify-content: space-around;"> Food <input type="checkbox"/> Water <input type="checkbox"/> </div>	<input type="checkbox"/>
	<p>When the power is out, if I need to access water (other than tap water) I will by:</p>	
	<p>When the power is out, I will heat food by:</p>	<input type="checkbox"/>
<p>Hygiene Supplies: Stock up on essentials like toilet paper, hand sanitizers, wipes, and sanitary supplies.</p>	<p>I have at least 3 days' supply of (tick):</p>	<input type="checkbox"/>
	<p>Toilet paper <input type="checkbox"/> Sanitary products <input type="checkbox"/> Hand sanitizer <input type="checkbox"/></p>	
	<p>Other (list anything else essential to your health e.g. disinfectant)</p>	
	<p>1. <input type="checkbox"/></p>	
	<p>2. <input type="checkbox"/></p>	
<p>3. <input type="checkbox"/></p>	<input type="checkbox"/>	

4. Meeting My Basic Needs continued...

What You Can Do	My Plan	Done ✓
<p>Stay Comfortable: Keep blankets, warm clothing, or manual cooling fans handy, depending on the weather. A little extra comfort can go a long way.</p>	<p>My blankets are here:</p>	<input type="checkbox"/>
	<p>My manual fans or water-cooling supplies are here:</p>	<input type="checkbox"/>
<p>Calm & Comfort: Have items around that help you stay calm during stressful moments –maybe a book, music, or something that helps you relax.</p>	<p>To keep myself calm I can:</p>	<input type="checkbox"/>
	<input type="checkbox"/> Listen to relaxing music	
	<input type="checkbox"/> Read a book, magazine	
	<input type="checkbox"/> Write down ideas and information	
	<input type="checkbox"/> Practise deep breathing, sitting quietly	

4. Meeting My Basic Needs continued...

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Pet Care: Make sure you have enough pet food and supplies to get through the power outage. Have a plan in place for their care too.</p>	<p>If I have pets...</p>	<input type="checkbox"/>
	<p>Their food is stored here:</p>	<input type="checkbox"/>
	<p>Their bed, tank or where they stay is kept here:</p>	
	<p>Their lead/s or other supplies including medications are here:</p>	

5. Staying in Touch & Getting Information

The Goal: Stay informed and check in with your support people during the power outage.

What You Can Do	My Plan	Done ✓
Back-up Charging: Keep a portable charger or car charger handy to keep your phone charged. Make sure it is checked and charged on a regular basis.	My portable charger is:	<input type="checkbox"/>
	It is kept here:	<input type="checkbox"/>

What You Can Do	My Plan	Done ✓
Phone Numbers on Paper: Have a list of important phone numbers (family, neighbours, etc.) on paper, in case your phone stops working. Keep the list up to date and have several copies in different places. Give a copy to your support people too.	My important phone numbers	<input type="checkbox"/>
	My first contact is:	<input type="checkbox"/>
	Their number is:	<input type="checkbox"/>
	My second contact is:	<input type="checkbox"/>
	Their number is:	<input type="checkbox"/>
	My third contact is:	<input type="checkbox"/>
Their number is:	<input type="checkbox"/>	

5. Staying in Touch & Getting Information continued...

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Phone Numbers on Paper:</p> <p>Have a list of important phone numbers (family, neighbours, etc.) on paper, in case your phone stops working. Keep the list up to date and have several copies in different places. Give a copy to your support people too.</p>	<p>My important phone numbers</p>	<input type="checkbox"/>
	<p>My fourth contact is:</p>	<input type="checkbox"/>
	<p>Their number is:</p>	<input type="checkbox"/>
	<p>My fifth contact is:</p>	<input type="checkbox"/>
	<p>Their number is:</p>	<input type="checkbox"/>
	<p>Copies of my contact list are here:</p>	<input type="checkbox"/>
<p>Stay Informed:</p> <p>Keep a battery-powered or hand-crank radio (check your local hardware store) to get the latest updates on the power outage and safety information.</p>	<p>My battery powered or manual radio is stored here:</p>	<input type="checkbox"/>

6. Feeling Confident & Prepared

The Goal: Ensure you feel confident that you're fully prepared and ready to handle the outage.

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Test Your Plan: Run through the whole plan with your Helpers on a regular basis. Pretend the power is out and check that everything works as expected.</p>	<p>The last time I did a practice run of My Plan with my Helpers was:</p>	<input type="checkbox"/>
	<p>Practice dates are:</p>	<input type="checkbox"/>
<p>Check Your Equipment: Ensure you and your Helpers know how to use all pieces of your back-up equipment and importantly, how long it will last.</p>	<p>The last time I checked my equipment was:</p>	<input type="checkbox"/>
	<p>The Helper/s who did this check with me:</p>	<input type="checkbox"/>
	<p>Battery back-up of (insert equipment): equipment will last (insert time): without power.</p>	<input type="checkbox"/>
	<p>I, or my Helper, will call 000 when:</p>	<input type="checkbox"/>

6. Feeling Confident & Prepared continued...

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Update Your Contact Info:</p> <p>Regularly update your contact details with your power company's Life Support Customer Register.</p>	<p>My power company is:</p> <hr/> <p><input type="checkbox"/> I have registered as a Life Support Customer with them and have checked my contact details are up to date.</p>	<p><input type="checkbox"/></p>
<p>Decision Plan:</p> <p>Think about what you'll do if the situation gets worse and you don't feel safe at home. Will you stay home or leave? Make sure your Helpers know your plan, especially if you're not at home when the power outage happens.</p>	<p>If the situation gets worse and I don't feel safe at home, I will:</p> <hr/>	<p><input type="checkbox"/></p>

Short-Term and Long-Term Power Outage Planning

Short-Term Planning: If the power is out for 1 to 3 days I can...

- Organise the essentials like food, water, light, and medical supplies for a few days.
- Set up a clear communication plan with family, neighbours, and my medical team.
- Think about calming activities (like music or books) to help me relax over the few days.

Long-Term Planning: If the power is out for more than 3 days I can...

- Think about how to manage resources for longer (e.g., refuelling the generator, keeping food cool).
- Coordinate with neighbours and local services for additional support.
- Plan for alternative power options, like a larger generator or solar power, if I live in an area prone to longer power outages.
- Keep in mind my mental health support for long-term isolation or stress.
- Call 000, or my Helper can, if urgent medical attention is required, allowing for the extra time for ambulance or police to arrive.

Special Considerations for Those with Critical Needs

If You're Elderly or Have Mobility Needs:

- Keep mobility aids (e.g., wheelchairs, walkers) in good working order and easy to access.
- Plan for temperature control – keep extra blankets for warmth or manual cooling fans for heat.
- Ensure any communication methods (e.g., phone, radio) are accessible.

If You Live in a Rural Area:

- Stock up on extra food, water, and medical supplies for longer power outages.
- Build good relationships with neighbours and local authorities for support.
- Consider the needs of livestock or animals.
- Plan for alternative transportation in case roads are blocked.

By following these steps and testing your Plan, you'll be ready for whatever comes your way during any power outages. You, your loved ones, and your community will be safer and more confident knowing you're prepared!

And remember, always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition.