

Electrical Failure Plan for Life Support at home: What you can do to be ready



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About this plan



This plan was made in an easy to read way.

There are pictures to explain some ideas.



This plan has some hard words.

The first time you see a hard word:

- The hard word will be in **bold**.
- The hard word will be explained what it means.



You can ask for help to read and complete this plan. A friend, family member, or **support person** can help you.

A support person is someone who helps you with things you find hard to do by yourself.

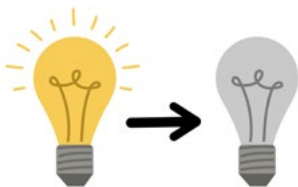


This plan is for you to use when there is an **electrical failure** at home.

An **electrical failure** is when the electricity stops working.

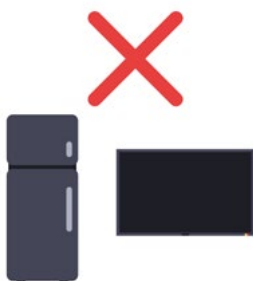
Electricity is power that travels through wires to your home.

It helps you to use the things you need.



When an electrical failure happens:

- The lights turn off.



- The TV and fridge stop working.



- Phones and computers do not charge.



This plan will help you to:

- Know what to do.

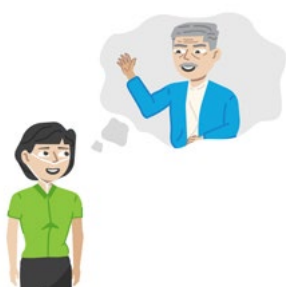


- Be safe.



We want you to be ready when electrical failures happen.

There are 6 areas to plan for:



1. Your support people.



2. Keeping your medical equipment working.



3. Things you need at home.



4. Things you need to live.



5. Talking to other people and getting information.



6. Feeling safe and ready.



We also tell you what you can do if:

- Electrical failures happen for a short time.



- Electrical failures happen for a long time.



- You need extra help to be safe.



You can use this paper to help you complete your Electrical Failure Plan.

You can get a copy of the plan from this website:

https://lifesupport.poweroutageplan.com.au/plan/PowerOutagePlan_LifeSupport_er_v2-2025.pdf

My support people



Make sure you have people ready to help you when you need it.



You can talk to your doctors.

Tell them about your plan.

Ask them what you need to be healthy.



Ask people you know to be your helpers.

They might be:



- Family.



- Friends.



- People who live in the houses next to you.



Let your helpers know what you might need help with.

Give them a copy of your plan.

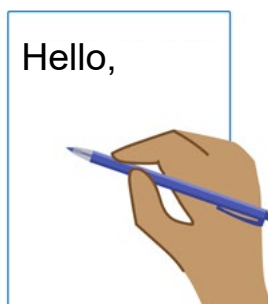


Talk to your helpers about how you will talk to each other if your phones and internet stop working.

You might:



- Meet with them at your house if it is safe.



- Leave a written note.

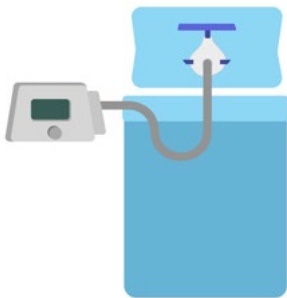
Keeping my medical equipment working



Make sure your **medical equipment** that uses electricity keeps working when an electrical failure happens.

Medical equipment are machines that help you to stay healthy.

Your equipment might be:



- **A ventilator.**

A ventilator is a machine that helps you breathe when you cannot breathe well by yourself.

It works with a mask or a tube in your mouth.



- **An oxygen machine.**

An oxygen machine helps you breathe better.

It works with a mask or small tubes in your nose.



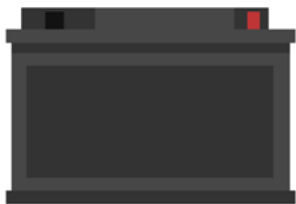
Have different ways of getting electricity.

This might be:



- **A generator.**

A generator is a machine that helps make electricity.



- **A battery.**

A battery is a box that keeps electricity.

It makes phones and torches work.



Use these different ways often to check that they work.



Make sure that your helpers know how to use your different ways of getting electricity.

Talk to your helpers about:



- How to get it ready.



- Having a video or sound recording that tells them how to use it.

This is important if you need electricity right away.



- How to travel with these different ways of getting electricity so they still work.

If you use a generator, make sure you have enough **fuel** for you to use for at least 3 days.



Fuel is liquid that makes machines work.

- Fuel might be:
- Petrol.
- Diesel.
- Gas.



Show your helpers how to get it ready to use in a safe way.

This is important for them to know if you use an oxygen machine.

Things you need at home



Make sure your home is ready with the things you need to be safe and comfortable.



Keep enough **medication** for you to use for 3 to 7 days in a safe place.

Medications are medicines that help you to feel better and stay healthy.

This might be:



- Pills you swallow.



- Liquids you drink.



- Creams you put on your skin.



Have torches or other lights that use batteries ready for when the lights stop working.



Try not to use candles.

This is because candles can be knocked over by accident and cause fires.



Know how to open doors that use electricity if the normal way does not work.

This might be a garage door.



Make sure your car has enough fuel or electric charge if you need to leave home.



Plan other ways to travel if the roads are blocked.



Have a bag ready with things you need inside.

You might need:



- Medications.

You will also need an ice pack if they need to stay cold.



- A toothbrush and toothpaste.



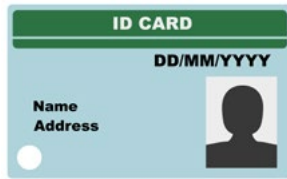
- Something to do, like a book to read.



Keep important papers safe in a folder.

The papers you will need are:

- Your **ID**.



An ID is a card or paper that shows who you are.

It has your:

- Name.
- Photo.
- Birthday.
- Where you live.



- Medical information.



- **Insurance.**

Insurance is a way to be safe from losing money if something bad happens.

Things you need to live



Have enough food and water bottles for 3 to 7 days.



You should have food ready that does not need to be kept in a fridge.

This might be:



- Canned soup.



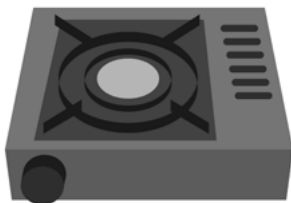
- Crackers.



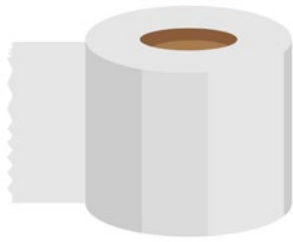
- Pasta.



Make sure you also have enough food for your pets.



If you can, have a camp stove or another way to cook food that uses fuel.



Have enough bathroom things to keep clean and healthy for 3 to 7 days.

You should have:

- Toilet paper.



- Pads, tampons, or other things you use if your vagina bleeds every month.



- Hand sanitiser.



You should have these other things ready to be comfortable:

- Blankets.

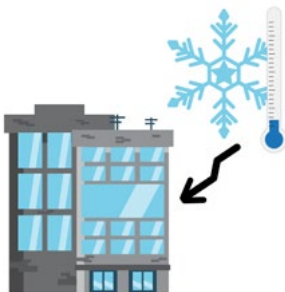


- Warm clothes.



- Fans to keep cool.

These might be made of cloth, paper or use batteries.



If your air conditioner stops working when it is very hot, you can go to a **Cool Centre**.

A Cool Centre is a public space that has air conditioners where you can go to stay cool.

You can find more information about this on your local council website.



Have things that help you to keep calm when you are stressed.

You might:



- Listen to music.



- Read a book or magazine.



- Write down your thoughts.



- Take deep breaths or be quiet and sit.



Make sure you have enough of the things your pets need.

This might be:

- Medication.

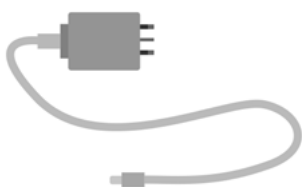


- A lead to take them on walks.

Talking to other people and getting information



Have a way to talk to your support people when an electrical failure happens.



Keep a charger you can carry around to make sure your phone works.



Make sure you charge your phone often, if you know there is going to be very bad weather.



Have a radio that uses batteries or works by turning a small handle with your hand.

This is an important way to get information about the electrical failure and how to be safe.



Write down your local radio channel.



Think about how you will talk to people you live with when they are not at home.

This is important if they are:



- At work.



- Seeing a doctor.



You should share your phone, email, and plan with people who live near you.

This so they can check on you in an electrical failure to see if you are okay.



Choose someone who lives further away from where you live to check on you.

Tell everyone you live with that they can ask this person for help.

Feeling safe and ready



Make sure that you feel ready and know what to do when an electrical failure happens.



You and your helpers should pretend that the electricity is not working often.

Check that everything you would need works.



Check that you and your helpers know how to use your battery equipment.

Make sure that you both know how long your different ways of getting electricity will last.



Check often that your electricity company knows how to call you.

Make sure you are on their **Life Support Customer Register**.

This means that they know to help you when an electrical failure happens.



Think about what you will do if you do not feel safe at home.

You might want to leave home.



Tell your helpers what you will do if you do not feel safe.

If electrical failures happen for a short time



If your electricity does not work for 1 to 3 days:

- Make sure you have enough food, water, and medications.



- Know how to talk to your doctors and support people.



- Think of things to do to keep calm, like reading a book.

If electrical failures happen for a long time



If your electricity does not work for more than 3 days:

- Make sure you have enough things for a long time, like fuel to cook and ice packs to keep food cold.



- Ask your support people for help.



- Think about getting different ways of making electricity that are bigger, like a generator.



- Look after your feelings by having ways to talk to people and keep calm.



Call 000 or your helpers if you need help fast, so doctors and police have enough time to help you.

If you need extra help



If you are older or need help to move around:

- Make sure your wheelchair or walker is working and easy to find.



- Have extra blankets to keep warm or fans to keep cool.



- Make sure your phone or radio works so you can talk to people.



If you live far away from a city:

- Have enough food, water, and medications ready, if electrical failures happen for a long time.



- Get to know the people who live near you so they can help you.



Your local police and council can also help you.



- Think about how to look after your pets or farm animals, if the roads are blocked.



- Think about how you will leave home if the roads are blocked.

How to find out more information



For more information, you can visit this website:

<https://lifesupport.poweroutageplan.com.au/>



Talk to your doctor if you have questions about your health condition.



If you feel very sad when an electrical failure happens or after it, you can talk to someone from Beyond Blue for free.



You can talk to them on the phone.

Their phone number is 1300 224 636.



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