

Electrical Failure Plan for Life Support at home:

Staying safe when the electricity stops working



Table of contents

About this plan	3
How to complete this plan	8
My Plan	10
Who I can ask for help if I need it right away	12
My support people	17
Keeping my medical equipment working	26
Things you need at home	33
Things you need to live	38
Talking to other people and getting information	43
Feeling safe and ready	47
How to find out more information	51

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.

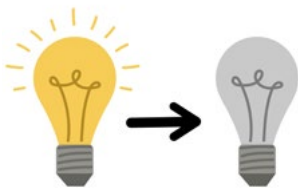


This plan is for you to use when there is an **electrical failure** at home.

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

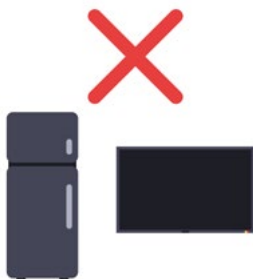
Electricity is power that travels through wires to your home.

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.

How to complete this plan



Each of the 6 areas tells you what you need to be ready.



You can write on the paper what you will do.

Write in the blank spaces under 'My plan' on each page.



If you are not sure what to write, you can read this paper for ideas:

https://lifesupport.poweroutageplan.com.au/checklist/LifeSupport_BeReady_er_v1-2025.pdf



When you know what you will do, tick the 'Done' box.

You should do this for the whole plan.



When you have completed the plan, save it on your computer.



Email your plan to people who can help you when an electrical failure happens.



If you print your plan, keep it in a safe place.



If you need help to keep it safe, make copies of your plan to give to other people.



You can also take photos of your plan to send to other people.

My plan

Done



My home address:



People I live with, including pets:



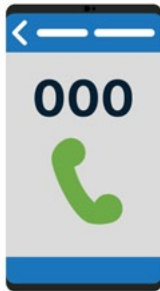
My name:



My phone number:



My email address:



You should call 000 if you need help from:



- The police.



- Firefighters.



- An **ambulance**.

An ambulance is a van that takes people to hospital right away.



If you need help in a flood or storm, call the **State Emergency Service**.

The State Emergency Service is a group of people who help right away if you are stuck in very bad weather.



Their number is 132 500.



Name of doctor:



Their phone number is:



Their email address is:



Name of **vet**:

A vet is a doctor for pets and animals.



Their phone number is:



Their email address is:



Name of home **insurance**:

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



Their phone number is:



Their email address is:



Name of car insurance:



Their phone number is:



Their email address is:



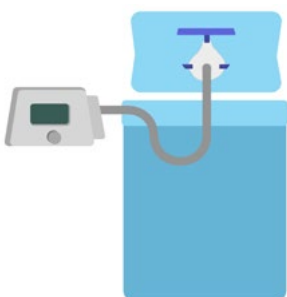
- My electricity company is:



- **Medical equipment** I need:

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.



- Medications I need:

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.



- About my health conditions:



- Name of helper:



- Who they are to me:



- Their phone number:



- Their email address:



- What they will help me with:



- How they will talk to me if the phones are not working:



- When I last talked to them about how to keep me safe:



- Name of helper:



- Who they are to me:



- Their phone number:



- Their email address:



- What they will help me with:



- How they will talk to me if the phones are not working:



- When I last talked to them about how to keep me safe:



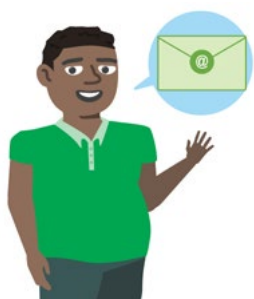
- Name of helper:



- Who they are to me:



- Their phone number:



- Their email address:



- What they will help me with:



- How they will talk to me if the phones are not working:



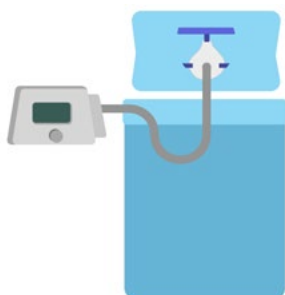
- When I last talked to them about how to keep me safe:



- When my phone or internet stops working, I will talk to my helpers by:



- When my helpers' phone or internet stops working, they can talk to me by:



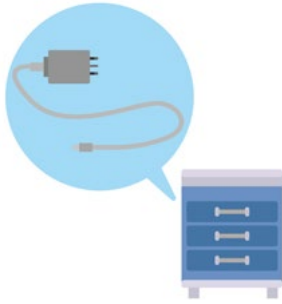
- My medical equipment is:



- My different way of getting electricity for this is:



- The last time I checked that this different way of getting electricity worked was:



- My **extension cords** are kept here:

Extension cords are long wires with plugs that help bring electricity to things that are far away from a plug.



- My helper knows how to use this medical equipment with a different way of getting electricity.



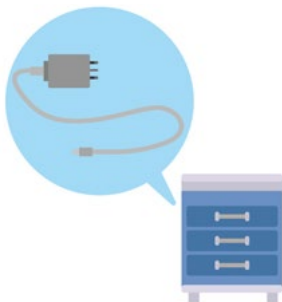
- My medical equipment is:



- My different way of getting electricity for this is:



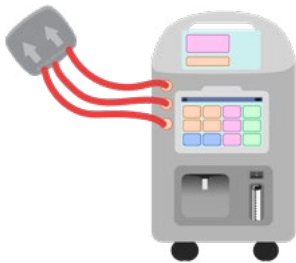
- The last time I checked that this different way of getting electricity worked was:



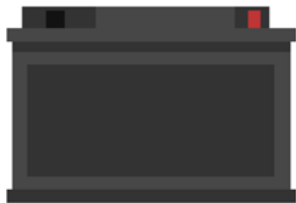
- My extension cords are kept here:



- My helper knows how to use this medical equipment with a different way of getting electricity.



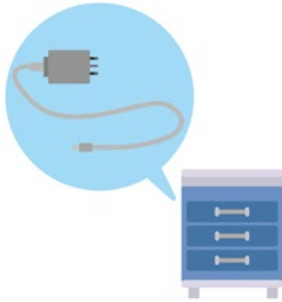
- My medical equipment is:



- My different way of getting electricity for this is:



- The last time I checked that the different way of getting electricity worked was:



- My extension cords are kept here:



- My helper knows how to use this medical equipment with a different way of getting electricity.



- My **generator** is kept safe here:

A generator is a machine that helps make electricity.



- **Fuel** for my generator is kept here:

Fuel is liquid that makes machines work. This might be:

- Petrol.
- Diesel.
- Gas.



- I have enough fuel to use for 3 to 7 days.



- The first helper who can help me use my generator is:



- The second helper who can help me use my generator is:



- The third helper who can help me use my generator is:



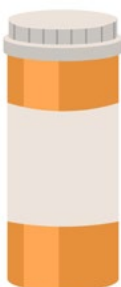
- The last time I checked that my medical equipment can work with different ways of getting electricity was:



- My medication is:



- To keep this medication safe, I will:



- My medication is:



- To keep this medication safe, I will:



- My medication is:



- To keep this medication safe, I will:



- I have enough of these medications to use for 3 to 7 days.



- My torches that use **batteries** are kept here:

A battery is a small box that keeps electricity.

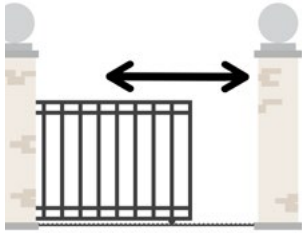
It makes torches work.



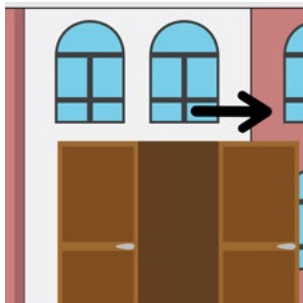
- My extra batteries are kept here:



- If the electricity stops working, I will open my garage door by:



- I will open my electric gate by:



- I will open other doors by:



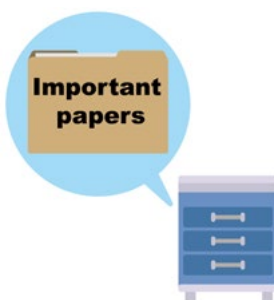
- My car has enough fuel or is charged.



- If I cannot use my car, I will leave by:



- If I leave home, I will have a bag with these things inside:



- My important papers are kept here:



- I have enough food and water for 3 to 7 days.



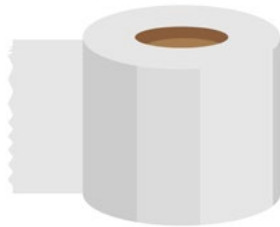
- If the tap does not work, I will get water from:



- If there is no electricity, I will heat food and drink by:



- I have enough of these bathroom things for 3 to 7 days:



- Toilet paper.



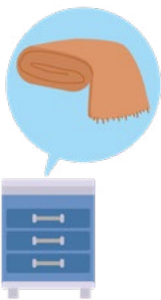
- Pads, tampons, or other things you use if your vagina bleeds every month.



- Hand sanitiser.



- Other bathroom things I need:



- My blankets are kept here:



- My fans and things to keep cool are kept here:



To keep calm, I will:

- Listen to music.



- Read a book or magazine.



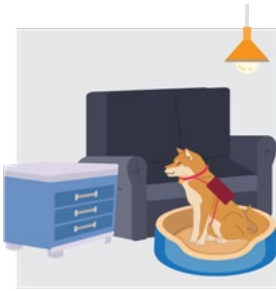
- Write down my thoughts.



- Take deep breaths or be quiet and sit still.



- Pet food is kept here:



- Pet bed, tank, or where they stay is kept here:



- Other things they need are kept here:



- I will charge my phone by:



- I have a radio that does not use electricity.



- How people I live with will talk to me when they are not at home.



Name:



They will:



Name:



They will:



Name:



They will:



Name:



They will:



- Name of person who I can ask to check on me:



- How to talk to them without electricity:



- If the phone or internet stops working, people can talk to me by:



- I have shared how people can talk to me without electricity with:



- The last time my helpers and I pretended that the electricity does not work was:



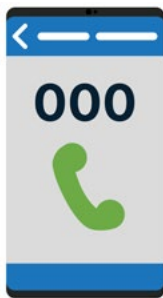
- The last time I checked my equipment was:



- The helpers who did this check with me were:



- The battery for this equipment will last for this long without electricity:



- I, or my helper, will call 000 when this bad thing happens:



- My electricity company is:



- I am on their **Life Support Customer Register** and they have my phone number and email address.

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



- If I do not feel safe at home, I will:

Notes

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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