

Power Outage Plan for Life Support in the Home:

Staying safe when the power goes out

Power outages can happen suddenly, disrupting daily life and your medical care at home. It's important to have a plan to stay safe and informed. This Plan covers six key areas:



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

There are also extra tips that may help you (page 8):

- Short-Term & Long-Term Power Outage Planning
- Special Considerations for Critical Needs

How to complete this Plan:

- Each of the 6 areas has a goal and steps to follow.
- Read the steps, fill out your actions in the 'My Plan' section (there's room for Notes on the last page if you need), and check them off when done.

Once you've completed this Plan:

- Save it and email to those who can help.
- If you've printed it, keep it in a safe place, make copies or take photos of it and share it with others who can help.

My Plan

Household address:

Household members (including pets!):

Plan Owner/s name:

Plan Owner/s phone:

Plan Owner/s email:

My Emergency Contact List

	Name:	Phone:	Email:
Doctor			
Emergency Vet:			
Insurance Home:			
Insurance Vehicle:			
Helper:			
Helper:			
Other:			



Call **000** for Police, Fire Services and Ambulance



Call **132 500** for State Emergency Service (SES) assistance in floods and storms

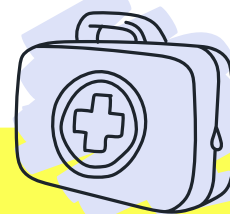
1. Support people



The Goal: Have people ready to help during a power outage.

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
Talk to your doctors and carers: Share your Plan for advice on staying well, including equipment and medications.	My doctors and carers advice: About my medical equipment: About my medication/s: About my health condition/s:	<input type="radio"/>
Set up helpers: Contact friends, family, and neighbours who can help you and share your Plan. TIP! Add them to the Emergency Contact List (see page 1)	My Helpers <hr/> Helper's name: Relationship to me: Contact details: How they will help me: How they will contact me (if there are no phones): I practiced this Plan with them on (insert date): <hr/> Helper's name: Relationship to me: Contact details: How they will help me: How they will contact me (if there are no phones): I practiced this Plan with them on (insert date): <hr/> Helper's name: Relationship to me: Contact details: How they will help me: How they will contact me (if there are no phones): I practiced this Plan with them on (insert date):	<input type="radio"/>
Communication: If phones and internet aren't working, work out a way for Helpers to contact you, like in person or leaving a note.	To contact others when phones/internet fail, I will: To be contacted when phones/internet fail, they can:	<input type="radio"/>

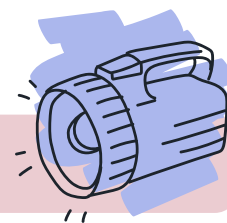
2. Keeping My Health Equipment Working



The Goal: Health equipment that uses power stays functional during the power outage.

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>						
Backup Power: Have a generator or battery backup power for essential medical equipment. Test it regularly and ensure Helpers know how to use it. Record setup instructions for emergencies.	My medical equipment <hr/> My medical equipment is: My back up power for this is: I tested the backup power on (insert date): My extension cords are here: My Helper _____ knows how to use this on backup power.	<input type="radio"/>						
	My medical equipment is: My back up power for this is: I tested the backup power on (insert date): My extension cords are here: My Helper _____ knows how to use this on backup power.							
	My medical equipment is: My back up power for this is: I tested the backup power on (insert date): My extension cords are here: My Helper _____ knows how to use this on backup power.							
Generator Fuel: Store enough fuel for at least three days and show Helpers how to set up the generator safely, especially around oxygen users.	My generator is safely stored here: Fuel for my generator can be found here:	<input type="radio"/>						
	<table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>I have at least 3 to 7 days fuel:</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </tbody> </table>			Yes	No	I have at least 3 to 7 days fuel:	<input type="radio"/>	<input type="radio"/>
			Yes	No				
	I have at least 3 to 7 days fuel:		<input type="radio"/>	<input type="radio"/>				
	The first Helper who can help me use it is: The Helpers' contact details are:							
The second Helper who can help me use it is: The Helpers' contact details are:								
The third Helper who can help me use it is: The Helpers' contact details are:								
Test Equipment: Regularly check that all equipment, like generators and medical devices, are working on backup power.	Last test of my medical equipment on backup power was:	<input type="radio"/>						

3. Home Essentials for Power Outages



The Goal: Ready with the essentials to keep safe and comfortable during a power outage.

What You Can Do	My Plan		Done <input checked="" type="checkbox"/>
Medications: Keep at least 3 to 7 days' worth of medications and ensure any that need to be kept cool have a safe storage method.	My medication	Yes No	<input type="radio"/>
	My medication is: To store it I:		
	I have at least a 3 to 7 days' supply:	<input type="radio"/> <input type="radio"/>	
	My medication is: To store it I:		
	I have at least a 3 to 7 days' supply:	<input type="radio"/> <input type="radio"/>	
	My medication is: To store it I:		
	I have at least a 3 to 7 days' supply:	<input type="radio"/> <input type="radio"/>	
Torches and lanterns: Keep lights in easy-to-find spots with extra batteries. TIP! Candles can be a fire risk.	My battery powered lights are: My extra batteries are:		<input type="radio"/>
Manual overrides: Know how to open/close doors and gates without power.	I know how to manually operate: My garage door by: My electric gate by: Other _____ by:		<input type="radio"/>
Transport to leave: Fuel or charge your vehicle and plan alternative transport if roads are blocked.	My vehicle has fuel / is charged: If I can't use my vehicle, I will:	<input type="radio"/> <input type="radio"/>	<input type="radio"/>
Bag to go: If you leave, pack essentials like medications, toiletries, cooling items (ice pack), even a book.	If I leave, I will pack:		<input type="radio"/>
Important documents: Keep (ID, medical, insurance) in a safe, easy-to-reach spot.	My important documents are stored here:		<input type="radio"/>

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	Yes	No	Done <input checked="" type="checkbox"/>
Food & Water: Have 3 to 7 days' worth of non-perishable food and water (for pets too). Have an alternative cooking method, like a camp stove.	I have 3 to 7 days' supply of food and water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I will access drinking water by:			
	I will heat food and drinks by:			
Hygiene Supplies: Stock up on essentials like toilet paper, hand sanitizers, wipes, and sanitary supplies.	I have 3 to 7 days' supply of:			<input type="radio"/>
	• Toilet paper	<input type="radio"/>		
	• Hand sanitizer	<input type="radio"/>		
	• Sanitary products	<input type="radio"/>		
	• Other (list anything else essential to your health e.g. disinfectant)			
		<input type="radio"/>		
		<input type="radio"/>		
		<input type="radio"/>		
Temperature: Keep blankets, warm clothing, or cooling fans handy for comfort. TIP! Cool Centres with aircon and water will open during heatwaves. Visit your local council's website for details.	My blankets are here:			<input type="radio"/>
	My manual fans or cooling device is here:			
Keep calm: Keep calming items nearby, like a book or music.	To keep myself calm I can:			<input type="radio"/>
	• Listen to relaxing music	<input type="radio"/>		
	• Read a book or magazine	<input type="radio"/>		
	• Write down ideas and information	<input type="radio"/>		
	• Practice deep breathing	<input type="radio"/>		
Pets: Stock up on pet food and supplies, and plan for their care.	Their food is here:			<input type="radio"/>
	Their bed or where they stay is here:			
	Their medication, lead or things are here:			

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 <input checked="" type="checkbox"/>																
Back-up power: Keep a charger or power bank for your phone. TIP! Charge devices before bad weather.	I will charge my phone by:	<input type="radio"/>																
Battery-powered radio: Stay updated with a radio if phone or internet fails. TIP! Find your local frequency at www.reception.abc.net.au and write it down.	<table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>I have a battery-powered radio or a hand-crank radio</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </tbody> </table>		Yes	No	I have a battery-powered radio or a hand-crank radio	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>										
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I have a battery-powered radio or a hand-crank radio	<input type="radio"/>	<input type="radio"/>																
Household communication: Plan how to stay in touch and act during a power outage. TIP! <ul style="list-style-type: none"> Consider when people are away at appointments, work etc. If your NBN or phone can't work, think about emergency contact options. 	<table border="1"> <tbody> <tr> <td>Name:</td> <td></td> </tr> <tr> <td>I agree to:</td> <td></td> </tr> <tr> <td>Name:</td> <td></td> </tr> <tr> <td>I agree to:</td> <td></td> </tr> <tr> <td>Name:</td> <td></td> </tr> <tr> <td>I agree to:</td> <td></td> </tr> <tr> <td>Name:</td> <td></td> </tr> <tr> <td>I agree to:</td> <td></td> </tr> </tbody> </table>	Name:		I agree to:		Name:		I agree to:		Name:		I agree to:		Name:		I agree to:		<input type="radio"/>
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Community communication: Share contacts and check on each other during a power outage. TIP! <ul style="list-style-type: none"> Join local support groups. Share your Plan with people who can help. 	<table border="1"> <tbody> <tr> <td>I will contact this person/group in my local area</td> </tr> <tr> <td>Name:</td> </tr> <tr> <td>How to contact them without power:</td> </tr> <tr> <td>If the internet or phone goes down, I can be contacted by:</td> </tr> <tr> <td>I have shared this with:</td> </tr> </tbody> </table>	I will contact this person/group in my local area	Name:	How to contact them without power:	If the internet or phone goes down, I can be contacted by:	I have shared this with:	<input type="radio"/>											
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Name:																		
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If the internet or phone goes down, I can be contacted by:																		
I have shared this with:																		
Out-of-area communication: Choose an out-of-area contact and inform your household.	<table border="1"> <tbody> <tr> <td>If the internet or phone goes down, the go-to person outside my local area who can be contacted in case of emergency is:</td> </tr> <tr> <td>Name:</td> </tr> <tr> <td>How I will contact them:</td> </tr> <tr> <td>How family / loved ones can contact them:</td> </tr> <tr> <td>How they will contact my household:</td> </tr> </tbody> </table>	If the internet or phone goes down, the go-to person outside my local area who can be contacted in case of emergency is:	Name:	How I will contact them:	How family / loved ones can contact them:	How they will contact my household:	<input type="radio"/>											
If the internet or phone goes down, the go-to person outside my local area who can be contacted in case of emergency is:																		
Name:																		
How I will contact them:																		
How family / loved ones can contact them:																		
How they will contact my household:																		

6. Feeling Confident & Prepared



The Goal: Feel confident and prepared so that you're ready to handle the power outage.

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>				
Simulation: Test your Plan regularly with Helpers by simulating a power outage.	The last time I practiced with Helpers was:	<input type="radio"/>				
Check Equipment: Check that you and your Helpers know how to use backup equipment. TIP! Make sure you know how long it will last on backup power!	The last time I checked my equipment was: The Helper/s who did this check with me: Battery backup of _____ equipment will last (insert time) _____ without power. I or my Helper will call 000 when:	<input type="radio"/>				
Life Support Register: Update your contact info with your power company's Life Support Register regularly.	<table> <tr> <td>My power company is:</td><td>Yes</td></tr> <tr> <td>I have registered as a Life Support Customer with them and have checked my contact details are up to date.</td><td><input type="radio"/></td></tr> </table>	My power company is:	Yes	I have registered as a Life Support Customer with them and have checked my contact details are up to date.	<input type="radio"/>	<input type="radio"/>
My power company is:	Yes					
I have registered as a Life Support Customer with them and have checked my contact details are up to date.	<input type="radio"/>					
Decision Plan: Plan what to do if you feel unsafe at home. Decide at what point you will leave and inform your Helpers.	If the situation gets worse and I don't feel safe at home, I will:	<input type="radio"/>				

Extra tips!

Short-Term & Long-Term Power Outage Planning

Short-Term (1-3 days):

- Organise essentials (food, water, light, medical supplies).
- Set up communication with family, neighbours, and medical team.
- Plan calming activities (e.g. music, books).

Long-Term (Over 3 days):

- Manage resources (e.g. fuel generator, keep food cool).
- Coordinate with neighbours and local services for support.
- Consider alternative power options (e.g. larger generator, solar).
- Plan for mental health support.
- Know when to call **000** for urgent medical help.

Special Considerations for Critical Needs

For Elderly or Those with Mobility Needs:

- Keep mobility aids accessible and in good condition.
- Plan for temperature control (extra blankets, cooling fans).
- Ensure communication methods are accessible.

For Rural Areas:

- Stock up on food, water, and medical supplies.
- Build relationships with neighbours and authorities for support.
- Plan for livestock and transportation if roads are blocked.



Note: Always consult your doctor or health professional for any health-related concerns.

Mental Health Support: Contact Beyond Blue at **1300 224 636** for free, confidential support.

Notes

