



An Extended Guide · No. 1717

# Making a Medical-Device Power Plan

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Built with your doctor  
and equipment supplier

**Tech Made Simple — Service Made Personal**

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**! Read this first — this is not medical advice**

This guide is about keeping the power on — it is not medical advice, and it is not a substitute for a plan made with the people who know your health. Make your backup-power plan together with your doctor and your equipment supplier, and follow their guidance on your specific device, its settings, and how much backup you need. Register ahead of time on your electric utility's medical or priority-restoration list. And please never rely on a backup battery alone for life-sustaining equipment: a battery buys you time, it does not replace care. If the power is out and anyone's health is at risk — trouble breathing, chest pain, confusion, or bluish lips — call 911, or get to a hospital or shelter that has power. If you take only one thing from this whole guide, let it be that: the plan is built with your doctor and supplier, and this booklet just helps with the power part.

## Let's build a calm, careful plan together

If you or someone you love depends on equipment that has to be plugged in, a power outage is a different kind of worry than a dark living room. This guide is here to turn that worry into a plan you can trust.

I'm Bill, and I run Bill's Home Tech here in Portage County, Ohio. I want to say something plainly, right at the start: I'm a tech helper, not a doctor or a nurse. Nothing in this guide is medical advice. What I can help with is the power and equipment side of your plan — and that turns out to be a big, comforting piece of the puzzle.

The heart of a good plan is simple: more than one way to keep the power on, written down where anyone can find it, and tried out once before you ever need it. We'll walk through each part slowly, and you can stop and call me any time you'd like a hand.

**★ There's no rush and no silly questions**

This is exactly the kind of planning I love helping families with — calm, practical, unhurried. Call or text me at (330) 200-8042 whenever you're ready to talk it through.

## The whole guide, on one page

If you remember only these things, you already have the shape of a solid plan.

- ❑ Build the plan WITH your doctor and equipment supplier — they know your device and your health.
- ❑ Pick a backup you can run safely indoors: a battery power station makes no fumes, so it's ideal beside the bed.
- ❑ Never run a gas or propane generator indoors — its exhaust can kill. Outdoors only, well away from the house.
- ❑ Register now on your electric utility's medical or priority list.
- ❑ Keep more than one layer: battery power station, device battery backups, and, for oxygen, supplier backup tanks.
- ❑ Write the plan down and tape a copy where a helper could find it.
- ❑ Test the whole thing on a calm day, before a storm ever comes.
- ❑ Know the signs that mean call 911, and have somewhere with power to go if you need to leave.

### ✓ One idea to hold onto

You don't need one perfect gadget. A few reliable layers, working together, make a far stronger plan than betting everything on one machine.

## Start the plan with your doctor and supplier

This is the first step, on purpose — everything else is built on what they tell you.

Before you buy a single thing, tell your doctor and your equipment supplier that you're putting together an outage plan, and ask for their guidance. They can tell you how essential your device is hour to hour, how much backup they'd want you to have on hand, and what warning signs matter most for your situation. That's the foundation; the power equipment is built to fit it.

- Ask your supplier how long your device must run each day, and how much backup they recommend.
- Ask whether your device has an approved battery backup or car adapter, and how long each lasts.
- Ask your doctor which warning signs mean call the office, and which mean call 911.
- Ask both whether your settings should ever change on backup power — and follow only their answer.

### ★ Where my help stops, on purpose

I help size and set up the power, and test it with you. How much backup you need, and your settings, are always your supplier's and doctor's call — never mine, and I'll always tell you so.

## Make a simple list of what needs power

You can't plan backup for equipment until you've written down what you actually have.

Walk through the house and list every device that has to be plugged in for someone's health — a CPAP, an oxygen concentrator, a nebulizer, a hospital bed, a medication fridge, a powered wheelchair on its charger. For each one, look at the label or the manual and note what it needs. You don't have to understand the numbers; just write them where your supplier or I can read them.

- The device name and what it's for.
- Whether it runs all day, only at night, or just now and then.
- Whether it has its own battery or an approved car adapter.
- Anything printed on the label about volts, watts, or amps — copy it as-is; don't guess.

### ✓ Snap a photo of each label

The easiest way to capture the numbers is a phone photo of the label on the back or bottom. Then your supplier — or I — can read exactly what your device needs, with no guessing.

## Think in layers, not one big machine

The steadiest plans lean on several simple layers, each covering for the one before it.

It's tempting to look for the one device that solves everything. In real life, a layered plan is calmer and safer: the fastest layer catches you the instant the lights go out, and the slower, bigger layers take over for the long haul. If any one layer has an off day, the others are still there.

- A device's own battery or an approved car adapter covers the first minutes, with nothing to start up.
- A battery power station — safe indoors, no fumes — carries hours of steady, clean power beside the bed.
- For oxygen, supplier backup tanks need no electricity at all, which makes them a rock-solid layer.
- A gas generator, run safely outdoors, can recharge the power station for a very long outage.
- A plan to relocate somewhere with power is your safety net if every layer above runs low.

### ★ We'll build the layers one at a time

You don't have to assemble all of this today, or alone. Call (330) 200-8042 and we'll start with the layer that matters most for your household.

## Why a battery power station sits at the center

For most medical households, an indoor-safe battery is the friendliest backup there is.

A battery power station is a big rechargeable battery in a box, with normal wall outlets on the front. You keep it charged, and when the power goes out you simply plug your equipment into it. Because it burns no fuel, it makes no exhaust and no carbon monoxide — so, unlike a generator, it's safe to use right there in the bedroom. Our guide on why a battery power station suits medical equipment goes deeper on this.

### ✓ Why a battery is the indoor-safe choice

A battery power station makes no fumes and no carbon monoxide, so unlike a fuel generator it is safe to run indoors — right on the nightstand next to a CPAP, or beside a chair next to a concentrator. It is also quiet enough to sleep next to and gives clean, steady power that sensitive equipment is happy with.

## If a gas generator is part of the plan

A generator can be a wonderful long-outage layer — but only used the right way, outdoors.

For an outage that stretches on for days, a fuel-powered generator is a great way to recharge your battery power station again and again. The rule that keeps it safe is absolute, and it's the most important safety point in this whole batch of guides.

### **! A generator's exhaust is deadly — a battery is not**

If your backup plan includes a gas- or propane-powered generator, remember that its exhaust contains carbon monoxide — an invisible, odorless gas that can kill in minutes. Never run any fuel-burning generator indoors, in a garage, in a shed, in a basement, or on a porch, not even with a door open and a fan going. Run it outside only, well away from the house — the safety agencies say at least 20 feet — with the exhaust pointed away from every window, door, and vent. This is one big reason a battery power station suits medical equipment so well: it makes no exhaust at all, so it is safe to use right beside the bed, indoors. Put battery-backup carbon-monoxide alarms on every floor and outside the bedrooms, and if an alarm sounds or anyone feels dizzy, sick, or sleepy, get everyone into fresh air first and ask questions later.

## Register with your utility's medical list

A short phone call now, worth having made long before you need it.

Many electric utilities keep a list of customers who rely on medical equipment, sometimes called a medical-priority or critical-care list. Being on it doesn't guarantee the power stays on, but it's a free step that puts your household on their radar — often meaning advance notice of planned outages and a flag for restoration crews. Our guide on registering with your utility walks through exactly how.

### ✓ Call and simply ask

Your utility's customer-service line can tell you what their program involves and what they need from you — usually a short form, sometimes with your doctor's confirmation. It costs you one phone call.

## Write the plan down where anyone can find it

A plan that lives only in your head is hard to hand to someone else in a hurry.

- ❑ Every device that needs power, and how each one is backed up.
- ❑ The settings your doctor prescribed, written plainly.
- ❑ Phone numbers for your supplier, your doctor, and your utility.
- ❑ Where the power station, chargers, and any backup tanks are kept.
- ❑ Simple steps to switch your equipment to backup power.
- ❑ Where you'd go, and how you'd get there, if you had to leave.

### ★ I'll help you put it on paper

On a visit I can help turn this into a one-page plan clear enough that a neighbor or a grandchild could follow it, not just you. Our printable emergency-plan guide has a fill-in version too.

## Two kinds of homes, two sets of needs

Where you live shapes how long you need to plan for — and how much runway you'll want before help can reach you.

### If you live in town or the suburbs

In town or a close-in suburb, help tends to be nearer: a supplier, a pharmacy, or a hospital is often a short drive, and outages usually run shorter.

- Shorter, more predictable outages mean a battery power station and device batteries may carry more of the gap on their own.
- Your equipment supplier is often close for a quick tank exchange or battery swap.
- Relocating to family, a hospital, or a shelter is usually a quick trip if it comes to that.
- Crews often reach in-town areas sooner — welcome, but never a reason to skip the earlier layers.

### If you are out in the country on a well

Out in the country, that same drive is longer, outages often run longer, and a private well means no running water when the power's out — so the earlier layers carry more weight.

- Plan for a longer stretch before you could realistically relocate or reach your supplier.
- Keep extra backup on hand — more tanks or spare batteries — since a supply run is a bigger undertaking.
- A generator to recharge the power station earns its keep here; store fuel safely and keep a reserve.
- Store drinking water too, so a well outage doesn't add to the worry while you tend equipment.

#### ★ Let's talk through your specific setup

Every household's plan looks a little different. Tell me about your equipment, your home, and how far you are from help, and I'll help you think through the power side of it, calmly and at your pace. Call (330) 200-8042.

## Keep every battery charged and ready

A backup that quietly drained months ago is no backup at all.

The best plan in the world does nothing if the batteries are flat when the storm hits. The fix is a small, steady habit rather than a scramble when clouds gather. Fold a quick charge-check into something you already do, so it never gets forgotten.

- Keep the power station topped up the way the manual recommends, not only when a storm is coming.
- Charge device battery backups and spare batteries on a regular rotation.
- Check that chargers and cords live with the batteries, not scattered around the house.
- Pick a routine day — when you pay bills, say — to glance at every charge level.

### ✓ Little habits, checked often

Tie the check to something you never skip. A charged battery is only reassuring if someone actually looked at it lately.

## Know when to stop planning and call 911

This page exists so you never have to wonder, in the moment, whether it's serious enough to call.

If equipment fails and your backups are running low, or if someone is having trouble breathing, has chest pain, seems confused, or has bluish lips or skin — call 911. Don't wait to see if it passes, and don't feel you need to be certain first. That is exactly what 911 is for, and no one will fault you for calling.

### **! A battery buys time — it does not replace care**

Backup power is meant to carry you through a normal outage calmly. It is never a reason to stay home when someone's health is slipping. When in doubt, call 911 or head for a hospital or shelter with power.

## Have a place to go, decided in advance

Sometimes the safest plan is leaving — and it helps enormously to have chosen the destination already.

Think through, on a calm day, where you'd go if power and every backup ran low at once — a relative's home, a hospital, or a designated shelter. Knowing the place and roughly how you'd get there turns a frightening decision into one you've already made. Our go-bag and evacuation guide covers packing for it.

- Keep a small bag ready with chargers, spare batteries, medication, and a copy of your plan.
- Tell whoever you'd go to, so your arrival isn't a surprise.
- If you'd need a ride, decide now who you'd call for it.

### ✓ Having the plan is what brings the calm

Most families tell me that simply deciding this in advance — even if they never use it — lifts a real weight off their minds.

## Try the whole plan before you need it

A plan you've practiced is one you can trust when it actually matters.

Pick a calm afternoon and walk through it for real: unplug the equipment from the wall and run it on the power station for a bit, with everyone comfortable and nothing urgent happening. See how the switch-over feels, confirm the spare batteries hold their charge, and note anything that felt awkward. Small gaps show up in a practice run, not in the middle of a storm. Our testing guide has a full walk-through.

### ★ Let's test it together

I'm glad to be there for this — setting it up, running through it with you, and fixing anything that doesn't work quite right before it matters. Call or text (330) 200-8042 to schedule a visit.

# What I help with — and what I don't

Being clear about this boundary is part of doing right by you.

| Bill helps with                         | Always your doctor or supplier's call |
|-----------------------------------------|---------------------------------------|
| Choosing and setting up a power station | How much backup you need              |
| Testing the switch-over with you        | Your prescribed settings              |
| Lining up a licensed electrician        | Oxygen flow or CPAP pressure          |
| Writing the power plan on paper         | When to seek emergency care           |

★ **A boundary I take seriously**

I care about your family's safety, which is exactly why I stay firmly on my side of this line. For anything medical, always call your doctor or your equipment supplier first.

## A few gentle reminders

These aren't judgments — just the patterns I see most often, so you can step around them.

- Buying one machine and calling it the plan, with no second layer behind it.
- Letting the power station or a spare battery sit unchecked for months.
- Never once practicing the switch-over, so the first real try happens under stress.
- Skipping the utility registration because it feels like paperwork for another day.
- Keeping the plan only in one person's head, where a helper can't reach it.

### **! If one of these sounds familiar, that's all right**

Noticing a gap is the whole point of this page. Pick one thing to fix this week, and your plan is stronger from here.

## A caring checklist

Work through this at whatever pace feels right — the only deadline is the one you set.

- ☐ My doctor and equipment supplier both know I'm building an outage plan.
- ☐ I've listed every device that needs power and photographed each label.
- ☐ I have an indoor-safe battery power station, kept charged.
- ☐ I have a second layer — device batteries, spare batteries, or oxygen backup tanks.
- ☐ I'm registered on my utility's medical or priority list.
- ☐ My plan is written down where a helper could find it.
- ☐ I know the signs that mean call 911, and I have somewhere with power to go.
- ☐ We've actually practiced the plan, not just written it down.

### ★ Even three checked boxes is real progress

You don't have to finish this list today. Every box you check is another layer of protection your family can lean on.

## Questions worth bringing to the professionals in your life

Some questions belong with your supplier or doctor, not with me — here's how to ask them well.

### **Q: What should I ask my equipment supplier?**

How long your device must run daily, how much backup they recommend, whether it has an approved battery or car adapter, and how to switch to backup calmly.

### **Q: What should I ask my doctor?**

Which warning signs matter most for your condition, whether settings ever change on backup power, and when they want you to call 911 versus the office.

### **Q: What should I ask an electrician?**

If any part of the setup should be wired in, how reliably it will hold power for sensitive equipment, and how the whole thing gets tested.

### **Q: What should I ask my utility?**

How their medical-priority registration works, what they need from you, and what it does and doesn't promise.

#### **✓ I'm glad to help you prepare the questions**

If you're not sure how to raise this with your doctor or supplier, call me first — I can help you think through what to ask, even though the answers themselves are theirs to give.

## Common Questions

The questions families ask me most often, answered as honestly and warmly as I can.

**Q: Is a battery power station safe to use indoors, next to the bed?**

Yes — because it burns no fuel, it makes no exhaust or carbon monoxide, so it's fine right beside the bed. A gas generator is the opposite: outdoors only, never inside.

**Q: Can a generator alone keep life-sustaining equipment running?**

Please don't rely on it alone. Pair any generator with an indoor-safe battery, device battery backups, and — for oxygen — supplier backup tanks, plus a plan to relocate.

**Q: We don't have anything yet — where do we start?**

Start with a call to your doctor and supplier, then the utility registration. Those cost nothing and shape everything else. Add the power station and other layers as you're ready.

**Q: Can you tell me my oxygen setting or CPAP pressure for backup power?**

No — that's always your doctor's or supplier's call, never mine. I make sure the power reaching your device is safe and steady; the settings stay with them.

**★ However far along you are, I'm glad to help**

Whether you're just starting to think about this or fine-tuning a plan you already have, call or text me at (330) 200-8042. We'll take it one calm step at a time.

## Bringing it all together

A good medical-device power plan is really just a few simple layers, chosen with your doctor and supplier and tried out once in advance.

Your device's own battery covers the first minutes. An indoor-safe power station carries the hours beside the bed. Supplier tanks and spare batteries need no power at all, and a generator — run safely outdoors — can recharge the power station through a long outage. The utility registration and a written, tested plan tie it all together, and a place to go is there if you ever need it.

The rest of this batch of guides goes deeper on each piece — CPAP, oxygen, nebulizers, sizing, testing, and more. Take them one at a time; there's no need to read them all at once.

### ★ Let's build yours together, one piece at a time

There's no need to solve all of this in one sitting. Call or text me at (330) 200-8042, and we'll work through it at whatever pace feels right for your family.

## Your next small step

Big plans get built from small, doable steps — here's a gentle order to follow.

- This week: tell your doctor and supplier you're making a plan, and ask their guidance.
- This week: call your utility and ask about their medical or priority list.
- This month: list your devices, photograph the labels, and choose an indoor-safe power station.
- This month: write the one-page plan and add your second layer of backup.
- Before storm season: practice the switch-over on a calm day, and fix anything awkward.

### ✓ One step at a time is plenty

You don't have to do these all at once. Even the first phone call moves your family from worried to prepared.

## You don't have to do this alone

You just have to remember that a friendly, patient person is one call away.

I hope this guide made making a backup-power plan for medical equipment feel a little less daunting and a lot more doable. Keep it in a drawer with your other important home papers, come back to a page whenever you need it, and don't worry about memorizing anything.

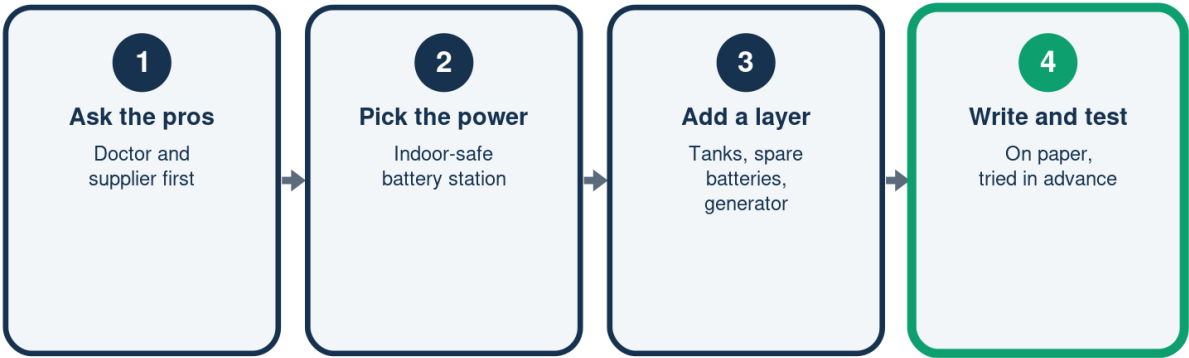
When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. I'll help you choose and set up a battery power station, get the equipment your family depends on connected safely, and test the whole plan before you ever need it. A first visit is a flat \$99, and for the parts that don't need me on-site I can often help right on your screen for \$49. Every visit comes with a 30-day, come-back-free guarantee. I help with the power side only — your settings, your prescription, and when to seek care always stay with your doctor and your equipment supplier — and for any licensed electrical work, I'll line you up with a trustworthy local pro.

### ★ Bill's Home Tech — real help, close to home

Call or text me at (330) 200-8042, or visit BillsHomeTech.com. Serving Atwater and all of Portage County. 30+ years of patient, plain-English tech help — and if you're ever not 100% happy with a visit, I'll make it right or refund it. That's a promise. — Bill

## Building Your Plan in Four Steps

Calm and complete, one layer at a time



Each step rests on the one before it.

## The Layers of a Careful Plan

No single layer has to do the whole job

|                               | What it covers        | Who to loop in    |
|-------------------------------|-----------------------|-------------------|
| Device battery or car adapter | First few minutes     | Your supplier     |
| Battery power station         | Hours, indoors        | Bill              |
| Oxygen backup tanks           | No power needed       | Oxygen supplier   |
| Generator (outdoors)          | Recharges the station | Bill, electrician |

Layers cover for each other -- that's the whole idea.

## Indoor-Safe Battery vs. Gas Generator

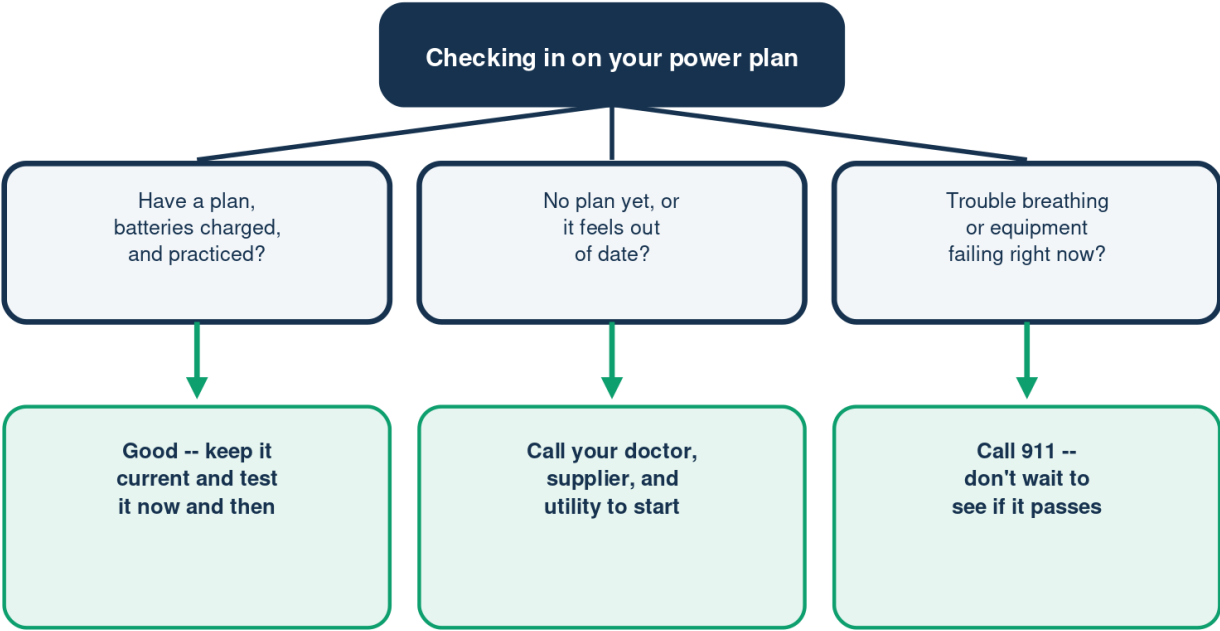
Why the battery sits closest to the bed

|                 | Battery power station | Gas generator         |
|-----------------|-----------------------|-----------------------|
| Exhaust / fumes | None                  | Deadly CO             |
| Safe indoors?   | Yes, by the bed       | No -- outdoors only   |
| Noise           | Quiet                 | Loud                  |
| Best role       | Runs equipment        | Recharges the battery |

Run a generator outdoors only, well away from the house.

# What Should You Do Right Now?

A calm gut-check on where your plan stands



This guide isn't medical advice -- always follow your doctor and your equipment supplier.

Illustration - a schematic, not to scale. Your setup may differ.



## Need a Real Person?

You do not have to remember all of it.  
You just have to remember you can call.  
Friendly, in-home tech help -- I come to you.

### BILL'S PROMISE

If you are not 100% happy with a visit, I will  
make it right -- or refund it. No awkwardness,  
no fine print. That is how I would want to be treated.

**(330) 200-8042 · BillsHomeTech.com**

Bill@BillsHomeTech.com · Mon–Sat 9:00 AM – 7:30 PM

— Bill

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### Prefer help without a visit?

Bill can screen-share and fix many things remotely — a flat \$49, free for Support Plan members.



## A Note From Bill

### A quick note from Bill.

I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that comes from using these guides. Thanks for reading, and stay safe out there.

— *Bill*



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