



An Extended Guide · No. 1737

Your Printable Medical-Power Emergency Plan

One clear page anyone could follow

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. Fill in the settings and 'when to call' parts of your plan WITH your doctor and supplier — those blanks are theirs to fill, not guesses. And write '911' at the top: it always comes first if health is at risk.

Let's put your whole plan on one page

This guide is a little different. It's a walk-through for writing down your own medical-power emergency plan — section by section — so that everything lives on paper where anyone can find and follow it.

I'm Bill, and I run Bill's Home Tech here in Portage County, Ohio. A plan that lives only in your head can't be handed to a neighbor, a grandchild, or a paramedic in a hurry. A written plan can. It's one of the most powerful, least expensive things you can do — a single sheet that speaks for you when you can't.

We'll go through each section together. Grab a pen and a sheet of paper, or print a copy, and fill in the blanks as we go. Take your time; there's no wrong pace, and you can always call me to help you finish it.

★ I'll help you fill it in

Turning all of this into one clear page is exactly the kind of thing I love doing on a visit. Call or text me at (330) 200-8042 and we'll write yours together.

The whole guide, on one page

If you remember only these things, you'll have a plan anyone could follow.

- ☐ Write down every device that needs power, and what each one needs.
- ☐ Write how each device is backed up — the layers behind it.
- ☐ Write the settings your supplier prescribed — in their words, not a guess.
- ☐ Write every important number: doctor, supplier, pharmacy, utility, family.
- ☐ Write the switch-over steps in big, plain print.
- ☐ Write where the power station, chargers, and backups are kept.
- ☐ Write when to call 911, when to leave, and where you'd go.
- ☐ Post it, copy it, share it, and keep it up to date.

✓ One idea to hold onto

A plan on paper is a plan that can help you even when you're asleep, rattled, or away. That's the whole reason to write it down.

Why a written plan matters so much

The best plan in the world is only useful if someone can follow it in the moment.

When the power's out and nerves are frayed, memory is the first thing to go. A written plan carries the load for you. It lets a helper act without knowing your house, lets a paramedic understand your setup in seconds, and lets you follow clear steps instead of trying to think it all through under stress. It costs nothing but a little time, and it turns your whole preparation into something anyone can use.

Our planning-overview guide describes the plan in general; this one walks you through actually writing it, blank by blank. Think of this as the capstone that ties everything together.

! Put 911 right at the top

The very first line of any medical-power plan is the simplest: if health is at risk, call 911. Write it at the top so it's never forgotten in a hard moment.

Section 1: Your devices and what they need

Start by listing every device someone's health depends on.

Walk through the house and write down each device that has to be plugged in for someone's wellbeing — a CPAP, an oxygen concentrator, a nebulizer, a hospital bed, a medication fridge, a powered wheelchair on its charger. For each, note what it's for and copy anything printed on its label about volts, watts, or amps. Don't guess the numbers; copy them exactly, or photograph the label.

- ☐ Device name and what it's for.
- ☐ Whether it runs all day, only at night, or now and then.
- ☐ Whether it has its own battery or an approved car adapter.
- ☐ The volts, watts, or amps from the label — copied, not guessed.

★ Photograph each label as you go

A phone photo of each label, kept with the plan, means the exact numbers are always there for your supplier or me — no squinting, no guessing.

Section 2: How each device is backed up

For every device on your list, write down what keeps it running in an outage.

Next to each device, write its layers of backup — the things that keep it going when the wall power's out. This is where you see, at a glance, whether anything is relying on a single point of failure. A good plan shows more than one layer behind each essential device.

- The device's own battery or approved car adapter, if it has one.
- The battery power station it plugs into, and roughly how long that lasts.
- For oxygen, supplier backup tanks that need no power.
- Any generator (outdoors) or car used to recharge the station.

✓ Look for the single points of failure

As you write this section, notice any device with only one backup behind it. That's exactly where to add a layer — and a great thing to call me about.

Section 3: The settings your supplier prescribed

This section is filled in by your supplier and doctor — never guessed.

Some devices have settings that matter for your health — an oxygen flow rate, a CPAP pressure. Write down exactly what your supplier and doctor tell you, in their words, including whether anything should change on backup power (usually it shouldn't). This is the one section where you are simply the scribe: the numbers are theirs to give, and following them is what keeps the plan safe.

- The prescribed settings for each device, written as your supplier states them.
- Whether any setting changes on backup power — following their answer only.
- The date you last confirmed these, so you know they're current.
- A note to re-confirm them if your prescription ever changes.

★ This part isn't mine, and I'll say so

I'll never fill in a setting for you — that's your supplier's and doctor's job. I just make sure there's a clear place on the plan to write what they tell you.

Section 4: Your important numbers

The right number, found fast, can matter enormously.

Write every number you might need in one place, in big, clear print. When something's happening, you don't want to be scrolling a phone or hunting through a drawer. A helper should be able to reach the right person straight from your plan.

- ☐ 911 — at the very top.
- ☐ Your doctor's office and after-hours line.
- ☐ Your equipment supplier, including their emergency number.
- ☐ Your pharmacy and your electric utility's outage line.
- ☐ Two family members or neighbors who could help.
- ☐ Your medical-alert company, if you have one.

✓ Big print, dark ink

Write the numbers large and dark. In a stressful moment with the lights low, easy-to-read numbers are a real kindness to yourself and any helper.

Section 5: The switch-over steps

Write, in plain steps, how to move each device to backup power.

This is the section a helper will bless you for. For each essential device, write the simple steps to switch it from the wall to backup: which cord, which outlet on the power station, any button to press. Keep it to a few short steps in big print. Someone who's never done it should be able to follow it. Practicing the steps, then writing exactly what you did, is the easiest way to get this right.

- Number the steps, and keep each one short and plain.
- Name the exact cord and outlet for each device.
- Note any setting to check — following your supplier's guidance.
- Write it so a neighbor or grandchild could follow it alone.

★ Let's write these together

The switch-over steps are easiest to write while we do them. I'll help you practice and then put the exact steps on paper in big, clear print.

Write the safety rules right on the plan

The most important rules belong on the page, not just in your memory.

A plan is the perfect place to write the safety rules that must never be forgotten — especially the one about generators. Anyone who picks up your plan in an outage should see, in plain words, the rule that keeps everyone safe. So put it right on the page.

! 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. On your written plan, include this in plain words: any fuel-burning generator runs outdoors only — never in a garage, shed, or on a porch — at least 20 feet from the house, exhaust pointed away. The battery power station, which makes no fumes, is what runs safely indoors. Writing it down means a helper never has to guess.

Two kinds of homes, two sets of needs

Your written plan should reflect where you live, because that shapes what it needs to say.

If you live in town or the suburbs

In town or a close-in suburb, outages are usually shorter and help is near, so your plan can lean on relocating quickly if needed.

- Note your nearest powered places to go — family, hospital, shelter.
- Record your supplier's number for a quick tank or battery swap.
- Your plan may need fewer 'long outage' layers written in.
- Still write the switch-over steps and numbers clearly — those matter everywhere.

If you are out in the country on a well

Out in the country, outages run long and a private well means no water, so your written plan should spell out the longer-haul layers and the water situation.

- Write in your recharging plan — a generator (outdoors) or the car.
- Note your stored-water plan, since the well pump stops with the power.
- Record a decided relocation destination for a longer trip.
- List extra backup layers, like more oxygen tanks or charged spares.

★ Let's tailor your plan to your home

Tell me about your home and equipment, and I'll help you write a plan that fits your real situation — in town or out in the country. Call (330) 200-8042.

Section 6: Where everything is kept

A helper can't use what they can't find — so write down where it all lives.

Note where each piece of your plan is kept, so anyone can go straight to it. In an outage, the difference between calm and chaos is often just knowing where the flashlight and the power station are. Write it plainly, as if for someone who's never been in your home.

- ☐ Where the battery power station and its charging cords are.
- ☐ Where device chargers and spare batteries are kept.
- ☐ Where any oxygen backup tanks are stored.
- ☐ Where the flashlights, go-bag, and this plan are.
- ☐ Where the CO alarms are, and how they sound.

✓ Write it for a stranger

Imagine a helper who's never set foot in your home. If your plan tells them where everything is, it's done its job.

Section 7: When to call 911, and where to go

Write down, in advance, the decisions you don't want to be making from scratch under stress.

The last section is the most important: when to get help, and where to go. Write the warning signs your doctor says matter most, the plain rule that trouble breathing, chest pain, confusion, or bluish lips means call 911, and the place you'd relocate to if power and backups ran low. Having decided all this in advance, on paper, is what turns a frightening moment into one you've already thought through.

- ☐ The warning signs your doctor says to watch for.
- ☐ The plain rule: trouble breathing, chest pain, confusion, blue lips — call 911.
- ☐ When you'd choose to leave, rather than wait.
- ☐ Where you'd go, and how you'd get there.

! Decide it on a calm day

Every decision you write here is one you won't have to make under pressure. That's the whole gift of a written plan — and 911 is always the right call when health is slipping.

Post it, copy it, share it

A plan does the most good when it's where people can find it.

Once your plan is written, don't tuck it away in a drawer nobody opens. Post a copy where it's visible — the fridge is a classic for a reason. Keep another in your go-bag and one in your wallet or purse. Give a copy to your caregiver and any family who'd help. The more places it lives, the more likely the right person has it in the moment they need it. Our caregiver guide covers giving a helper their own copy.

- Post one where it's easy to see, like on the fridge.
- Keep a copy in your go-bag and one in your wallet or purse.
- Give a copy to your caregiver and nearby family.
- Keep a photo of it on your phone, too.

★ I'll help you make the copies

On a visit I can help you print clean copies and get them where they belong — fridge, go-bag, wallet, and into your caregiver's hands.

Keep your plan up to date

A plan is a living thing — it drifts out of date if you let it.

Equipment changes, prescriptions change, phone numbers change, and people move. A plan written two years ago may quietly no longer match your life. Give it a quick review on a gentle schedule — when the clocks change is an easy one — and update anything that's shifted. A current plan is a trustworthy plan; an outdated one can mislead a helper at the worst moment.

- Review the whole plan when the clocks change, twice a year.
- Update it whenever a device, setting, or number changes.
- Re-confirm settings with your supplier if your prescription changes.
- Date each version, so everyone knows they have the latest.

✓ Date it every time

Write the date on the plan whenever you update it. That one habit means no one ever follows an old version by mistake.

What I help with — and what I don't

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

Bill helps with	Always the doctor or supplier's call
Turning it all into one clear page	The prescribed settings
Writing the switch-over steps	How much backup you need
Making big-print copies	The medical warning signs
Setting a review schedule	When to seek emergency care

★ **A boundary I keep**

I help you write and organize the plan. The medical blanks — settings, warning signs, how much backup — are your doctor's and supplier's to fill, and I'll always point you to them.

A few gentle reminders

Not judgments — just the patterns I see most, so you can step around them.

- Keeping the plan only in your head, where a helper can't reach it.
- Writing it once and never updating it as things change.
- Guessing at settings instead of writing what the supplier prescribed.
- Hiding the only copy in a drawer nobody thinks to open.
- Leaving off the switch-over steps, so a helper is stuck.

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

Spotting a gap is exactly why we write it down. Fix one this week — post a copy, or add the steps — and your plan is stronger already.

Your plan is complete when...

Work through it at your own pace — each line fills one part of the page.

- ☐ Every device that needs power is listed, with its label numbers.
- ☐ Each device's backup layers are written down.
- ☐ The prescribed settings are recorded, in the supplier's words.
- ☐ Every important number is on the page, in big print.
- ☐ The switch-over steps are written for a helper to follow.
- ☐ Where everything is kept is spelled out.
- ☐ When to call 911 and where to go are written down.
- ☐ Copies are posted, shared, and dated — and I keep it current.

★ Even a half-finished plan helps

You don't have to complete every line today. A partly written plan is already far better than one that lives only in your head.

Questions worth asking to fill the blanks

A few of the plan's blanks can only be filled by the pros in your life.

Q: What should I ask my equipment supplier?

The prescribed settings for each device, whether any change on backup power, how many hours of backup to plan for, and their emergency number.

Q: What should I ask my doctor?

Which warning signs to write on the plan, which mean call 911 versus the office, and whether anything about my care changes in an outage.

Q: What should I ask my utility?

Their outage-reporting number and how to get on their medical or priority list — both belong on the plan.

Q: What can Bill help me write?

The device list, backup layers, switch-over steps, where things are kept, and the whole thing organized into one clear, big-print page.

✓ I'll help you prepare the questions

Not sure what to ask? Call me first and we'll write down the questions for your supplier and doctor, so you can fill every blank.

Common Questions

The questions folks ask me most about writing a plan, answered plainly.

Q: Does the plan need to be fancy?

Not at all. A single clear sheet, handwritten in big print, is perfect. What matters is that it's complete, current, and where someone can find it — not how it looks.

Q: Who should have a copy?

You, your caregiver, and any nearby family who'd help. Post one on the fridge, keep one in your go-bag and wallet, and a photo on your phone.

Q: What if I don't know some of the answers?

That's fine — the medical blanks are meant to be filled by your supplier and doctor. Leave them until you can ask, and I'll help with all the rest.

Q: How often should I update it?

Review it twice a year — when the clocks change is easy — and update it whenever a device, setting, or number changes. Date each version.

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

Whether you're starting a blank page or polishing a plan you have, call or text me at (330) 200-8042. We'll get it all on paper, one calm section at a time.

Bringing it all together

Your emergency plan is seven simple sections on one page that anyone could follow.

List your devices and what they need. Write how each is backed up. Record the settings your supplier prescribed. Note every important number, the switch-over steps, where everything is kept, and when to call 911 or leave. Put the generator safety rule right on the page. Then post it, share it, and keep it dated and current. That single sheet turns all your preparation into something anyone can use.

This capstone ties the whole batch together, especially the planning-overview and caregiver guides. Take them one at a time.

★ Let's write yours together

There's no need to face the blank page alone. Call or text me at (330) 200-8042, and we'll fill it in, calmly and completely.

Your next small step

Small, doable steps in a gentle order — no need to do them all at once.

- Today: grab a sheet of paper and write '911 first' at the top.
- This week: list your devices and photograph their labels.
- This week: write down all your important numbers in big print.
- This month: add the backup layers, switch-over steps, and where things are.
- This month: ask your supplier and doctor to help fill the settings and warning signs, then post copies.

✓ One section at a time is plenty

Even writing '911 first' and your numbers today is a real start. The plan fills in one calm section at a time.

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 writing your medical-power emergency plan 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.

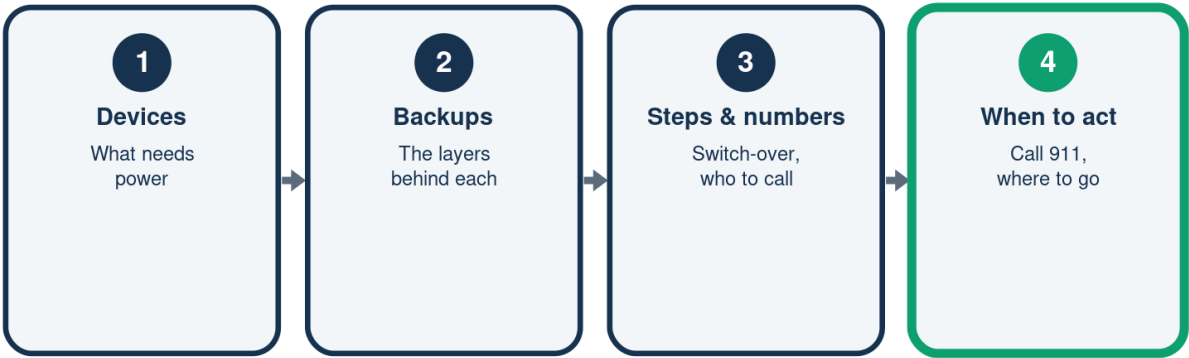
When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. I'll help you choose and set up a battery power station, get the equipment your family depends on connected safely, and test the whole plan before you ever 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

Your Plan, Section by Section

Seven simple parts on one clear page



Fill the medical blanks with your doctor and supplier.

What Goes on the Plan

Seven sections, and who fills each

	Section	Who fills it
Devices & backups	You	with label photos
Settings	Supplier / doctor	their words
Numbers & steps	You	big print
When to call 911	Doctor guides	you write it

The medical blanks are theirs; the rest you can write with me.

Once It's Written

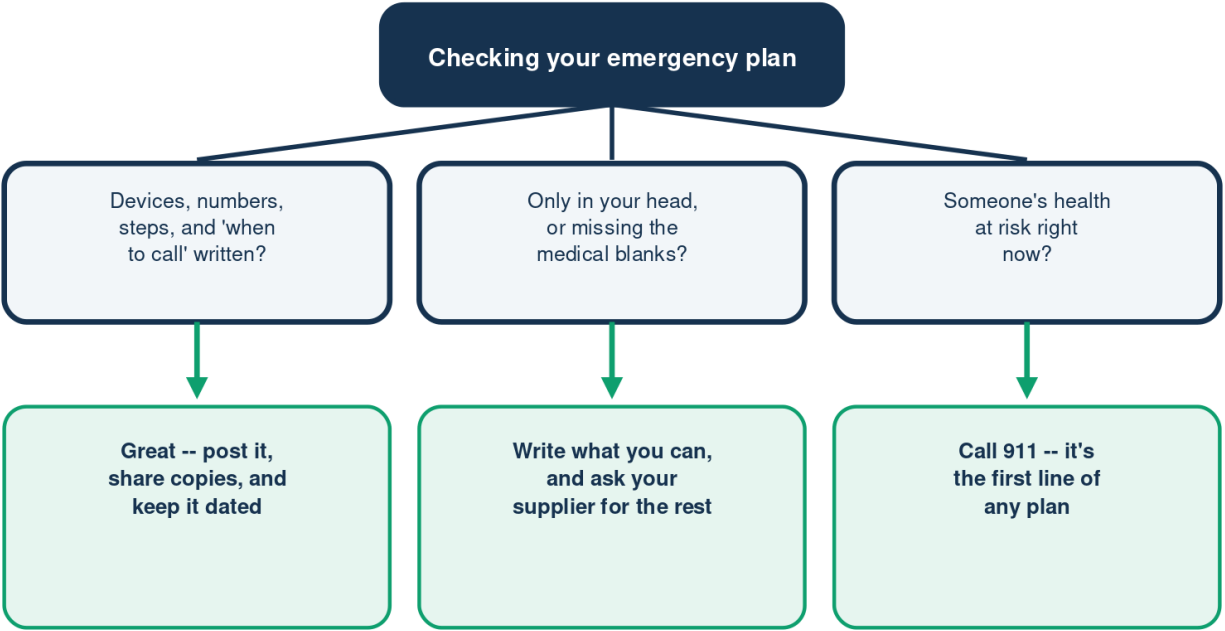
A plan helps most when it's easy to find

	Do	Why
Post on the fridge	Visible	Anyone can find it
Copy to go-bag	Travels	Ready if you leave
Give to caregiver	Shared	They can act
Date each version	Current	No old copies

The more places it lives, the more likely it's there when needed.

Is Your Plan Ready?

A calm gut-check on your written plan



This guide isn't medical advice -- fill the settings and warning signs with your doctor and 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.

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— Bill

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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