



An Extended Guide · No. 1736

Simple, Senior-Friendly Backup Options

The easiest reliable
setup, with no fuss

Tech Made Simple — Service Made Personal

BillsHomeTech.com · (330) 200-8042 · Atwater, Ohio

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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. A simple setup is a wonderful thing — just remember it still works best alongside a plan made with your doctor and supplier, and it never replaces calling 911 if health is at risk.

Keeping it simple, on purpose

If the other guides feel like a lot, this one is for you. You do not need a complicated setup to be well prepared. For most folks, a single easy device and one small habit cover the essentials.

I'm Bill, and I run Bill's Home Tech here in Portage County, Ohio. I meet a lot of people who feel overwhelmed by choices, and I always tell them the same thing: simpler is usually better, especially when you might be reaching for it half-asleep in the dark. The best backup is the one you actually understand and can use without fuss.

So this guide strips it down to the simplest reliable options. No jargon, no gadgets you don't need — just an easy, dependable way to keep the essentials running. And if even that feels like too much, that's exactly what I'm here for.

★ Simple is my specialty

I love setting things up so they're genuinely easy for the person using them. Call or text me at (330) 200-8042 and we'll keep your plan as simple as it can be.

The whole guide, on one page

If you remember only these things, you have a simple plan that works.

- ❑ One easy battery power station covers most needs — charge it, plug in, done.
- ❑ A power bank keeps your phone alive, and it's the simplest thing of all.
- ❑ Pick devices that are light enough to move and have big, clear buttons.
- ❑ Keep it charged with one habit tied to something you already do.
- ❑ Tape big-print steps right on the device, so you never have to remember.
- ❑ You don't need a generator or a complicated hookup to be prepared.
- ❑ Ask your doctor and supplier how much backup you need — that part still matters.
- ❑ If health is ever at risk, call 911 — simple as that.

✓ One idea to hold onto

The best backup isn't the fanciest — it's the one you can use without thinking. Simple and reliable beats clever and confusing every time.

You don't need anything complicated

Preparedness isn't about owning a lot — it's about owning the right simple things.

It's easy to look at all the options and feel you need a garage full of equipment. You don't. For most households with everyday medical needs, a single indoor-safe battery power station and a charged phone cover the essentials of a normal outage. Everything else is an add-on for longer outages or heavier needs — useful for some, unnecessary for many. Start simple, and add only if your situation truly calls for it.

There's real wisdom in keeping it small. A setup with fewer parts has fewer things to charge, fewer things to break, and fewer things to remember — which is exactly what you want when you're tired or stressed.

★ Start with the essentials, add only if needed

I'll help you figure out the smallest setup that truly covers you — and I'll be honest if you don't need something. I don't sell equipment, so there's never a reason to oversell.

The simple core: a battery power station

One friendly box does the job for most people, with nothing to learn but 'plug it in.'

A battery power station is a big rechargeable battery with normal wall outlets on the front. You keep it charged, and when the power goes out you plug your equipment into it — that's the whole operation. There's no fuel, no fumes, no starting it up, no wiring. It's safe to use right indoors beside the bed, and for most everyday medical needs, it's all the backup you require. Our battery-station guide goes deeper if you'd like.

✓ 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. For simplicity and safety together, nothing beats a battery power station: no fumes to worry about, no engine to start, and it lives quietly indoors until the moment you need it.

What makes a device senior-friendly

The right features make all the difference between easy and frustrating.

When you're choosing a battery power station or any backup gadget, a few practical things matter far more than fancy features. Look for one you can actually lift or wheel, with big buttons you can read and press, a clear display that shows the charge at a glance, and a simple way to charge it. Skip the ones bristling with settings you'll never use. Easy to carry, easy to read, easy to charge — that's the whole checklist.

- Light enough to move, or with a handle or wheels.
- Big, clearly labeled buttons you can see and press easily.
- A simple display that shows the charge level at a glance.
- One straightforward way to charge it, without a fuss.

✓ Try before you settle

If you can, get your hands on one before you commit. Can you lift it? Read the display? Press the buttons? Those everyday things matter more than any spec on the box.

The simplest thing of all: a power bank

For keeping a phone alive, nothing is easier than a little battery in a drawer.

A power bank is a small rechargeable battery, about the size of a TV remote, that charges your phone when the wall won't. You charge it ahead of time, and when you need it, you plug your phone in. That's it. It's the simplest, cheapest, most foolproof backup there is, and everyone should have one. Our phone-and-alert guide covers keeping you reachable in more detail.

- Charge it now, and top it up every month or two.
- Keep the right cord attached, so it's ready to grab.
- One light enough to carry easily is better than a heavy one you ignore.
- Keep it on the nightstand or in a go-bag, somewhere you'll remember.

✓ Everyone should own one

Even if you get nothing else from this whole batch of guides, a charged power bank for your phone is a small, simple thing that pays off.

Keep it charged with one simple habit

The whole plan comes down to this: keep the battery full, simply.

A backup only works if it's charged, and the secret is one small habit rather than a scramble. Tie a quick charge-check to something you already do every so often — paying bills, a weekly call, the first of the month — and it never gets forgotten. That single habit is most of what keeps a simple plan reliable.

- Keep the power station topped up the way its manual suggests.
- Charge the power bank on a set day you won't forget.
- Pick one routine moment to glance at the charge levels.
- Before a storm, give everything a final top-up.

★ I'll help you build the habit

On a visit I can help you set up reminders and a routine so charging just happens. A charged battery is only reassuring if someone looked at it lately.

You usually don't need a generator — but if you have one

Many simple plans never need a generator at all — and if yours does, one rule keeps it safe.

For everyday needs and shorter outages, a battery power station and a power bank are often the whole plan — no generator required, which keeps things beautifully simple. If you do add a generator for very long outages, it's only for recharging the battery, and it comes with the one safety rule that never bends.

! 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. If a generator is part of your plan, it runs outdoors only — never in a garage, shed, or on a porch, not even with a door open. Its exhaust is deadly carbon monoxide. Keep it at least 20 feet from the house, exhaust pointed away. The battery station, by contrast, is safe right indoors.

Two kinds of homes, two sets of needs

Even a simple plan looks a little different depending on where you live.

If you live in town or the suburbs

In town or a close-in suburb, outages are usually short, so the simplest setup often covers you completely.

- A battery power station and a power bank may be your whole plan.
- Help and a place to recharge are close if you ever need them.
- You rarely need a generator, which keeps everything simple.
- Keep it charged, and you're ready for the outages you're likely to see.

If you are out in the country on a well

Out in the country, outages last longer, so a simple plan may need one more layer — a way to recharge — while still staying easy to use.

- You may want a larger battery, or a simple way to recharge it, for longer outages.
- The car can recharge the station without adding much complexity.
- Keep a manual backup in mind for water, since the well stops with the power.
- Even here, simple and reliable beats complicated — just sized a bit bigger.

★ Let's find your simplest reliable setup

Tell me your needs and where you live, and I'll help you land on the easiest setup that truly covers you. Call (330) 200-8042.

It's fine to skip what you don't need

A simpler plan isn't a lesser plan — it's often a better one.

There's a lot of gear out there, and plenty of it is useful for someone. But you don't have to own all of it. If you have a heavy-draw device or face long rural outages, you'll want more layers. If your needs are everyday and your outages short, a battery station and a power bank may genuinely be all you need. Matching the plan to your real situation — not to a catalog — is what keeps it simple and affordable.

- You don't need a generator if a battery covers your likely outages.
- You don't need the biggest battery if a modest one meets your hours.
- You don't need features you'll never touch.
- You do need what your doctor and supplier say your health requires.

✓ Right-sized, not oversized

The goal is a plan that fits you — not the most gear, and not the least, but the right amount. I'll help you find that line honestly.

Tape the steps right on the device

The simplest instructions are the ones you don't have to remember at all.

Even an easy device is easier when the steps are right there. A small card taped to the battery station — 'plug the CPAP in here, press this button' in big, clear print — means you never have to recall anything under stress. It also lets a helper or a grandchild step in without asking. This one little touch turns a simple setup into a foolproof one.

- Write the switch-over steps in big, dark print.
- Tape the card right on or beside the device.
- Keep it short — three or four steps, no more.
- Make sure a helper could follow it without you.

★ I'll make you a big-print card

Making clear, big-print instruction cards is one of my favorite little touches on a visit. They turn 'I hope I remember' into 'I just follow the card.'

The simplest rule of all

No plan, simple or fancy, replaces this one instinct.

If equipment fails and your backup is running low, or if someone is having trouble breathing, has chest pain, seems confused, or has bluish lips or skin — call 911. It's the simplest, most important rule there is, and it never changes no matter how your backup is set up. A battery buys you time; it never replaces care.

! When in doubt, call 911

Simple preparedness is meant to keep an ordinary outage calm. If health is ever slipping, the simplest right move is to call 911 or get to a hospital or shelter with power.

Test it, simply

Even a simple plan is worth trying once, and trying it is easy.

On a calm afternoon, unplug your device from the wall and run it on the power station for a bit. Charge your phone from the power bank. That's the whole test — and it tells you the cords fit, the batteries work, and you know the steps. A few minutes now means no surprises later. Our testing guide has more if you want it, but for a simple setup, this is plenty.

★ Let's try it together

I'm glad to come out and run through your simple setup with you, so you know it works and feel sure of it. Call or text (330) 200-8042.

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
Choosing a simple, easy device	How much backup you need
Setting it up so it's foolproof	Your prescribed settings
Making big-print instruction cards	Your health and medications
A quick, simple test with you	When to seek emergency care

★ **A boundary I keep**

I make the power side simple and reliable. How much backup you need, and anything medical, always stays with your doctor and supplier — and I'll point you to them.

A few gentle reminders

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

- Buying more gear than you'll ever use, and feeling overwhelmed by it.
- Choosing a battery so heavy you can't move it when you need to.
- Picking a device with a confusing display or tiny buttons.
- Owning the gear but never charging it, so it's flat when it counts.
- Skipping the utility registration because the paperwork felt like a chore.

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

Simplicity is easy to restore. Pick one thing to simplify this week — even just charging the power bank — and you're in better shape already.

A simple checklist

Short and doable — that's the whole point.

- ☐ I have an easy-to-use battery power station, kept charged.
- ☐ I have a charged power bank for my phone.
- ☐ My devices are light enough to move and easy to read and press.
- ☐ Big-print steps are taped right on the device.
- ☐ I keep everything charged with one simple habit.
- ☐ I've asked my doctor and supplier how much backup I need.
- ☐ I'm registered on my utility's medical or priority list.
- ☐ I know the one rule: when in doubt, call 911.

★ Even a short list, finished, is a real plan

A simple checklist, actually done, protects you just as well as a complicated one. Finish these few and you're genuinely prepared.

A few simple questions worth asking

Even a simple plan rests on a couple of answers only the pros can give.

Q: What should I ask my equipment supplier?

How much backup you need, whether your device has an easy battery option, and how to switch it to backup simply.

Q: What should I ask when choosing a battery station?

Whether you can lift or wheel it, how to read the charge, and how simple it is to charge and use.

Q: What should I ask my utility?

How to get on their medical or priority list — a simple call that's worth making.

Q: What can Bill set up for me?

An easy device, a foolproof setup, big-print steps, and a quick test — keeping the whole thing as simple as possible.

✓ I'll help you keep the questions simple

Not sure how to ask? Call me first and we'll keep it to just the few questions that matter, so nothing feels overwhelming.

Common Questions

The questions folks ask me most when they just want it simple, answered plainly.

Q: Do I really need all that equipment I see in the other guides?

Not necessarily. Those guides cover every situation; yours may need far less. For everyday needs and short outages, a battery station and a power bank are often the whole plan.

Q: What's the single simplest thing I can do?

Get a charged power bank for your phone, and an easy battery power station for your equipment. Keep both charged. That covers most people most of the time.

Q: Do I need a generator?

Often no — especially in town, where outages are shorter. A battery station may be all you need. A generator is for long outages and heavier needs, and always runs outdoors.

Q: What if even this feels like too much?

Then let me help. Setting up a simple, foolproof plan for someone is exactly what I do, and I'll keep it as easy as it can possibly be.

★ However simple you want it, I'm glad to help

Whether you want to do it yourself or have me handle it, call or text me at (330) 200-8042. We'll keep your plan simple, reliable, and yours.

Bringing it all together

A simple plan is a real plan: one easy battery, a power bank, one charging habit, and big-print steps.

An indoor-safe battery power station covers your equipment. A power bank covers your phone. You choose devices that are easy to move, read, and press, keep them charged with a single habit, and tape the steps right on. You skip what you don't need, ask your supplier how much backup your health requires, and remember the one rule: when in doubt, call 911. That's a plan you can count on.

If you ever want more, the other guides are there — the battery-station and phone guides especially. But you don't have to read them all. Simple is genuinely fine.

★ Let's keep it simple together

There's no need to overcomplicate this. Call or text me at (330) 200-8042, and we'll set up the easiest plan that truly covers you.

Your next small step

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

- Today: charge your phone and, if you have one, your power bank.
- This week: get a power bank if you don't have one.
- This month: choose an easy battery power station and learn its one button.
- This month: tape big-print steps on your device and set a charging day.
- Anytime: call your utility about their medical list.

✓ One step at a time is plenty

Even charging a power bank today is a real start. A simple plan is built one easy step at a time.

It's okay to keep it small

Preparedness shouldn't feel like a burden — and it doesn't have to.

If you've felt daunted by all the choices, let this page be a permission slip: a small, simple plan is a good plan. You don't have to become an expert, own a lot of gear, or read every guide. You need a way to keep the essentials running and a phone you can call for help. Do that much, keep it charged, and you've done the important part. Peace of mind doesn't come from having the most equipment — it comes from knowing your simple plan works.

★ Simple, done well, is more than enough

I'd rather set you up with a small plan you'll actually use than a big one that overwhelms you. Call (330) 200-8042 and we'll keep it comfortably simple.

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 keeping your backup power simple and reliable 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.

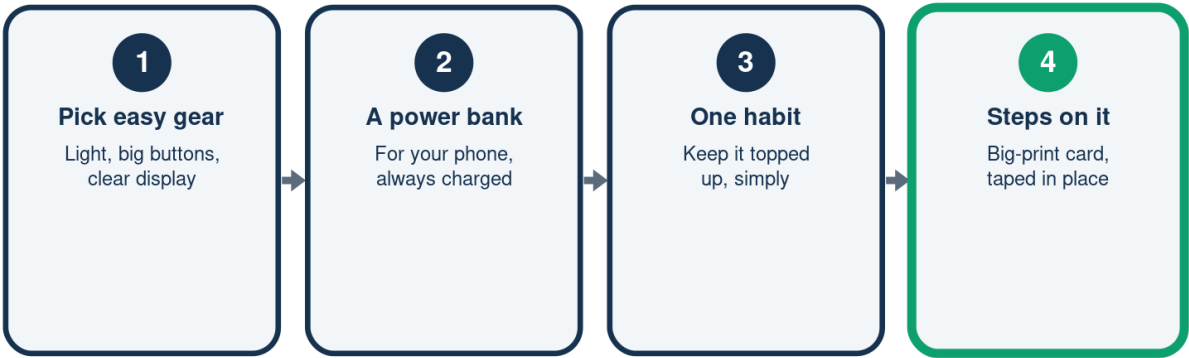
When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. I'll help you choose and set up a battery power station, get the equipment your family depends on connected safely, and test the whole plan before you ever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

A Simple Plan in Four Steps

Easy to set up, easy to use



The best backup is the one you can use without thinking.

What You Do and Don't Need

Right-sized, not oversized

Most people need		Often can skip
Battery station	Yes -- the core	
Power bank	Yes -- for phones	
Generator		Unless outages are long
Lots of gadgets		Skip what you won't use

Match the plan to your real needs -- not to a catalog.

What Makes a Device Easy

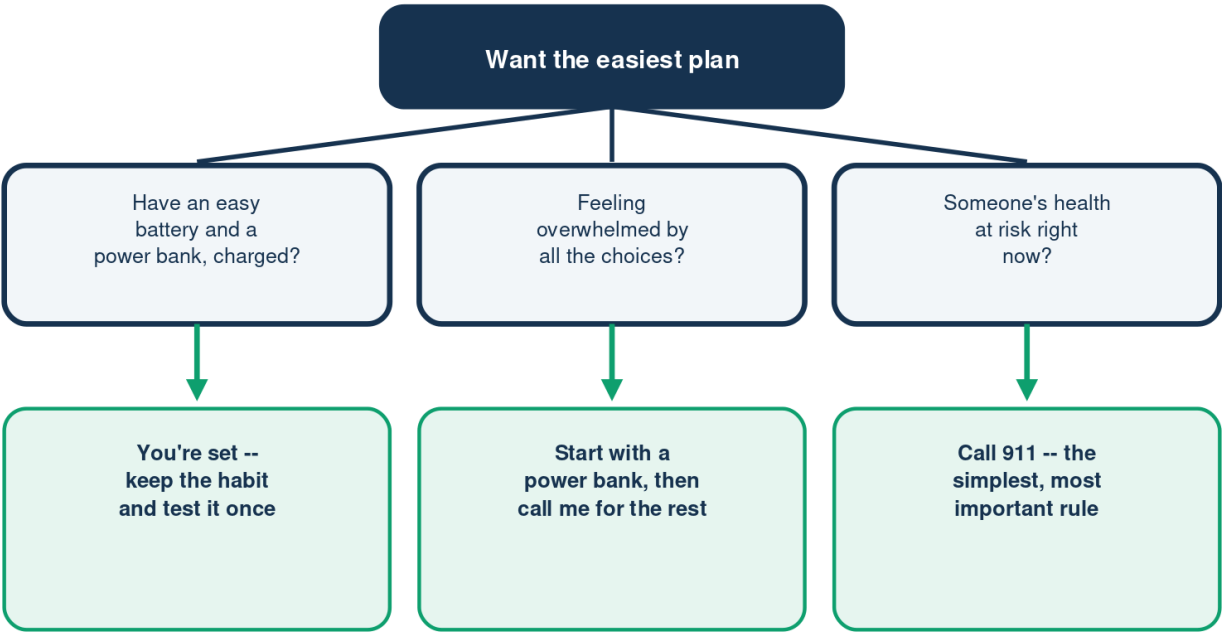
The features that actually matter

	Look for	Avoid
Weight	Light or wheeled	Too heavy to move
Buttons	Big and clear	Tiny or confusing
Display	Charge at a glance	Hard to read
Charging	One simple way	Fiddly setup

Try it before you settle: can you lift it, read it, press it?

Keeping It Simple -- What Now?

A calm gut-check on your setup



This guide isn't medical advice -- ask your doctor and supplier how much backup you need.

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.

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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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