



An Extended Guide · No. 1828

A Senior and Caregiver Outage Plan

Safe, comfortable, and never alone

Tech Made Simple — Service Made Personal

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! Read this first — the real outage dangers are quiet ones

When the power goes out, most of the real danger doesn't come from the dark — it comes from how we try to get by without it. Every year people are harmed by carbon monoxide from a generator, grill, or camp stove brought indoors or into a garage, and by fires from candles and unvented heaters. So three rules run through this whole guide. First, never burn anything indoors that is meant for outdoors — no generator, grill, charcoal, or camp stove in the house, garage, or on a porch, not even with a window open. Second, reach for a flashlight or a battery lantern instead of a candle. Third, keep working smoke and carbon-monoxide alarms on every level, with battery backup, and never ignore one. If an alarm sounds, or anyone feels dizzy, sick, or sleepy, get everyone to fresh air first and call 911. This guide is about planning ahead so an outage stays manageable for an older adult — comfort, safety, and a way to reach help are the heart of it.

Let's make a plan that fits

An outage is harder on older adults — health needs, staying warm or cool, getting around safely in the dark, and simply not feeling alone. A little planning makes all of it far more manageable.

I'm Bill, and a great many of the folks I help are seniors and the families who look after them. This guide pulls the whole series together with older adults in mind, whether you're planning for yourself or for someone you care for.

We'll cover a support network, medicines, powered equipment, staying safely comfortable, avoiding falls, and knowing when it's time to go somewhere else. The goal is a plan that's simple, reassuring, and truly yours.

★ This is close to my heart

Helping older neighbors feel safe and capable is a big part of why I do this work. Whether it's for you or a parent, I'm glad to help. Call or text me at (330) 200-8042.

A senior's outage plan, on one page

The essentials for an older adult's plan.

- ☐ Set up a support network — people who'll check in during an outage.
- ☐ Keep a few days of medicines and a written medicine list.
- ☐ Plan power and backups for any medical or mobility equipment.
- ☐ Have a safe plan to stay warm or cool without overdoing it.
- ☐ Light the paths well to prevent falls in the dark.
- ☐ Keep a charged phone or medical alert within reach at all times.
- ☐ Register on the utility's medical or priority-restoration list.
- ☐ Know where you'd go if you need to leave for comfort or safety.

✓ The most important item is a person

More than any gadget, a reliable check-in from family or a neighbor is what keeps an older adult safe in an outage. Line that up first.

Why older adults need a plan of their own

The general advice all applies — but a few things matter more with age.

Older bodies handle heat and cold less easily, so temperature swings in an outage are riskier. Medicines and medical equipment add needs a younger household might not have. A dark house raises the risk of a fall. And living alone or far from family can mean help is slower to arrive.

None of this is cause for worry — it's just reason to plan a little more thoughtfully. With the right pieces in place ahead of time, an older adult can ride out an outage safely and comfortably.

✓ Plan for the specific person

The best plan fits the actual person — their health, their home, their help nearby. Build it around them, not a generic checklist.

Build a support network first

The single most valuable part of any older adult's plan is people.

Line up a few folks — family, neighbors, friends from church — who will check in when the power's out, especially in a heat wave or a cold snap. Agree on how they'll reach you and how often, and make sure at least one lives close enough to come by if phones are down.

- Name two or three people who'll check in during an outage.
- Agree on a check-in schedule — say, morning and evening.
- Include at least one nearby neighbor who can come in person.
- Share your plan and where your kit is with them.
- Have a backup if the first person can't be reached.

✓ A buddy system saves lives

Older adults who have someone checking on them fare far better in outages. Set up that buddy system now, before you need it.

Medicines and health needs

Keeping medicines and health routines steady is often the biggest job in a senior's plan.

Keep at least a few days' supply of every regular medicine, refill before running low, and keep a written medicine list — our first-aid and medication guide covers all of this. Plan a cooler for any medicine that needs refrigeration, and ask the pharmacist how long yours can go without cold. Keep glasses, hearing aids, and other daily aids close.

★ Let's get the health side organized

I'll gladly help organize medicines, lists, and a cooler plan — the practical side. For the medical questions, your doctor and pharmacist are the guides. Call (330) 200-8042 for the practical help.

Powered medical and mobility equipment

If health or mobility depends on something powered, that gets planned first.

Oxygen concentrators, CPAP machines, powered wheelchairs or lifts, and the like need a backup-power plan — our medical-device guide covers this in full. Keep approved battery backups charged, register on your electric utility's medical or priority-restoration list, and tell your equipment supplier your plan. A generator or battery is one layer, not the whole answer.

! A battery buys time, not a whole outage

Never count on a single backup battery to carry life-sustaining equipment through a long outage. Have layers, and a plan to relocate to power if needed. If anyone's health is at risk, call 911.

Staying safely warm or cool

Temperature is a real risk for older adults, so plan for both extremes.

In winter, use the one-warm-room approach and safe heat only — never an oven or unvented burning; our heating guide has the details. In summer, find the coolest spot, drink water steadily, and cool the body with damp cloths; our staying-cool guide covers it. Older adults may not feel how hot or cold they've become, so watch the actual temperature, not just how it feels.

✓ Trust a thermometer, not just the feeling

Because the sense of hot and cold fades with age, keep an eye on an actual thermometer in the room, and act on the number.

Preventing falls in a dark house

A fall in the dark is one of the most common outage injuries for older adults — and one of the most preventable.

Light the paths people actually walk — the hall, the bathroom, the stairs — and keep a flashlight on every nightstand. Automatic nightlights that switch on when the power fails are wonderful for this. Clear trip hazards, keep a cane or walker within reach, and take the stairs slowly with a hand on the railing. Our lighting guide goes deeper.

✓ Automatic nightlights are worth every penny

A few nightlights that come on by themselves when the power drops light the halls and bathroom instantly — no fumbling for a switch in the dark, and far fewer falls.

Always a way to call for help

Reaching help quickly matters most for anyone who lives alone or has health concerns.

Keep a charged phone within reach at all times, and a power bank to keep it alive. If you use a medical alert pendant or button, make sure it will still work in an outage and keep it charged. A corded landline can be a good backup, since it may work when cordless phones don't. Keep key numbers written down, too.

✓ **Keep the phone on you, not across the room**

In an outage, keep your phone or alert button in a pocket or right beside you — not charging in another room. Help is only a call away if the phone is within reach.

Two kinds of homes, two sets of needs

An older adult's plan works the same anywhere, but isolation and distance from help change how much cushion to build in.

If you live in town or the suburbs

In town, help and family are usually closer, and outages shorter — so a solid support network and a good kit go a long way.

- Neighbors are close for check-ins and a hand if needed.
- Help and a warm or cool place are usually a short trip away.
- Shorter outages mean less time to manage alone.
- Still line up check-ins — an outage can isolate anyone.

If you are out in the country on a well

In the country, an older adult may be farther from family, neighbors, and help, and on a well — so plan for more independence, longer.

- Build a deeper supply and a stronger check-in network.
- Remember the well pump is down — keep stored water handy.
- Plan for help to take longer, so keep a way to call and wait safely.
- Consider staying with family during a big storm rather than alone.

★ Let's plan for your situation

Whether you're in town near family or out on a country road, I'll help you or your loved one make a plan that truly fits. Call (330) 200-8042.

For caregivers: planning for someone you love

If you look after an older parent or relative, a little planning now brings real peace of mind.

Walk through their home and their needs: how they'd stay warm or cool, whether medicines or equipment need power, how they'd call you, and who's nearby if you can't get there. Set up a check-in plan, make sure a neighbor has your number, and put together an information sheet (coming up next). Then practice it together, gently.

★ I can be part of your care plan

For families caring from a distance, I'm glad to be a local set of hands — setting up the kit, the lighting, and the phone so a parent is safer. Call (330) 200-8042.

Make a one-page information sheet

One sheet of paper helps a caregiver, a neighbor, or a paramedic act fast and safely.

Write down the essentials in one place: medical conditions, all medicines and doses, doctors and pharmacy, allergies, emergency contacts, and any equipment and how it's powered. Keep a copy on the fridge, one in the kit, and one with a trusted family member. Update it when anything changes.

- Conditions, medicines and doses, allergies.
- Doctors, pharmacy, and emergency contacts.
- Any powered equipment and its backup plan.
- Where the kit, shutoffs, and flashlights are.
- Who to call, in what order, in an emergency.

✓ One page, on the fridge

A single, current information sheet on the fridge is one of the most useful things in an emergency. Anyone stepping in can see what matters at a glance.

Make the kit easy to reach and use

A kit only helps if an older adult can actually get to it and open it.

Keep the kit somewhere easy to reach without bending, climbing, or heavy lifting — not on a high shelf or a basement floor. Use a container that opens easily, label it clearly, and keep the most-needed items on top. Split a heavy kit into smaller, liftable parts if needed.

✓ No heavy lifting required

Pack the kit into a couple of light, easy-to-open containers rather than one heavy bin, and keep it at waist height. Small choices like this make a big difference.

Staying connected and calm

Comfort and company matter as much as supplies during a long outage.

An outage can feel isolating and unsettling, especially alone. Keep a phone charged for check-ins, a weather radio for company and information, and a familiar routine going. A warm drink, good light, and a friendly voice on the phone do a lot to keep spirits up. Our communication guide covers keeping in touch.

✓ A voice on the phone helps

Regular check-in calls do more than confirm safety — they ease the loneliness of a long, dark outage. Build them into the plan.

Knowing when to go elsewhere

Sometimes the wisest, safest choice is to leave the outage behind for a while.

If the house is getting too cold or too hot to stay safe, if medical equipment is running low on backup, or if being alone feels unsafe, plan to relocate — to family, a friend's, or a shelter or warming or cooling center with power. Decide the triggers and the destination ahead of time, so the choice is easy in the moment.

★ Leaving early is often the smart move

There's no prize for toughing out a dangerous house. If you'd like help planning where an older loved one would go and how they'd get there, call (330) 200-8042.

Extra planning for living alone

An older adult who lives alone needs a slightly deeper plan — and a closer network.

If you live alone, the check-in network matters even more: arrange for someone to reach you regularly, and for a nearby person to come by if you can't be reached. Keep a phone or alert button on you, a flashlight in every room, and your information sheet visible. Consider staying with family during a big forecast storm rather than riding it out solo.

✓ Agree on a 'no answer' plan

Decide in advance what happens if a check-in call goes unanswered — who comes by, and how they'd get in. That plan is a real safety net for someone living alone.

Walk through the plan once

A plan you've practiced is a plan you'll actually follow.

Spend a calm afternoon walking through it: find the kit and the flashlights in the dark, test the medical alert, review the information sheet, and confirm the check-in network knows their part. A gentle practice run reveals the gaps and turns the plan from paper into something familiar.

✓ A relaxed run-through beats a real surprise

Practicing on a calm day, without pressure, is the best way to make sure the plan holds up when a real outage arrives.

A strong senior plan for very little

The most protective parts of this plan cost little or nothing.

A check-in network, an information sheet, a written medicine list, and knowing where you'd go are all free. Automatic nightlights, a power bank, and a corded phone are inexpensive. The value here is in the planning and the people, not in spending.

✓ People and paper first

Before buying anything, set up the check-in network and write the information sheet. Those two free steps do the most to keep an older adult safe.

Before-a-storm steps for older adults

When a storm's coming, run through this together.

- ☐ Confirm the check-in network knows a storm is coming.
- ☐ Refill medicines and charge phones, power banks, and equipment.
- ☐ Ready the warm or cool room, and safe heat or cooling.
- ☐ Set flashlights and the alert button within easy reach.
- ☐ Review the information sheet and where you'd go if needed.
- ☐ Fill water containers, especially on a well.

✓ A pre-storm call to the network

One quick round of calls before a storm — letting your people know you're ready and they should check in — sets the whole plan in motion.

Your printable senior outage checklist

The whole plan, in one place to keep.

- ☐ A check-in network of two or three, including a nearby neighbor.
- ☐ A few days of medicines and a written medicine list.
- ☐ A backup-power plan for any medical or mobility equipment.
- ☐ A safe plan to stay warm or cool without overexertion.
- ☐ Well-lit paths and automatic nightlights to prevent falls.
- ☐ A charged phone or alert button always within reach.
- ☐ A one-page information sheet on the fridge and in the kit.
- ☐ Registered on the utility's medical or priority list.

★ Want help building this plan?

For yourself or a loved one, I'll help set up the kit, the lighting, the phone, and the plan.
A first visit is a flat \$99. Call (330) 200-8042.

Common Questions

The questions I hear most from seniors and their families.

Q: What's the most important part of a senior's outage plan?

A support network — two or three people who'll check in during an outage, including at least one nearby who can come by. More than any device, regular check-ins keep an older adult safe, especially in heat or cold.

Q: What if my parent lives alone and far away?

Build a stronger local network: a nearby neighbor with your number, a check-in schedule, and a 'no answer' plan for who comes by. A local helper can set up their kit and phone, and staying with family during a big storm is worth considering.

Q: How do we handle medicines and medical equipment?

Keep a few days' supply and a written list, plan a cooler for refrigerated medicines, and give powered equipment a real backup-power plan — see our medical-device guide. Register on the utility's medical or priority-restoration list.

Q: How do we prevent falls during an outage?

Light the paths and stairs well, keep a flashlight on every nightstand, and add automatic nightlights that switch on when the power fails. Clear trip hazards and keep any cane or walker within reach.

Q: When should an older adult leave for somewhere else?

If the house is getting too hot or too cold to stay safe, if equipment backup is running low, or if being alone feels unsafe. Decide the triggers and destination ahead of time so the choice is easy in the moment.

★ Let's make a plan that fits

Whether it's for you or someone you love, I'll help build a plan that's simple and reassuring. Call or text (330) 200-8042 — this is work I truly care about.

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 planning for an older adult in an outage feel a little less daunting and a lot more doable. Keep it in a drawer with your other home papers, come back to a page whenever you need it, and don't worry about memorizing anything.

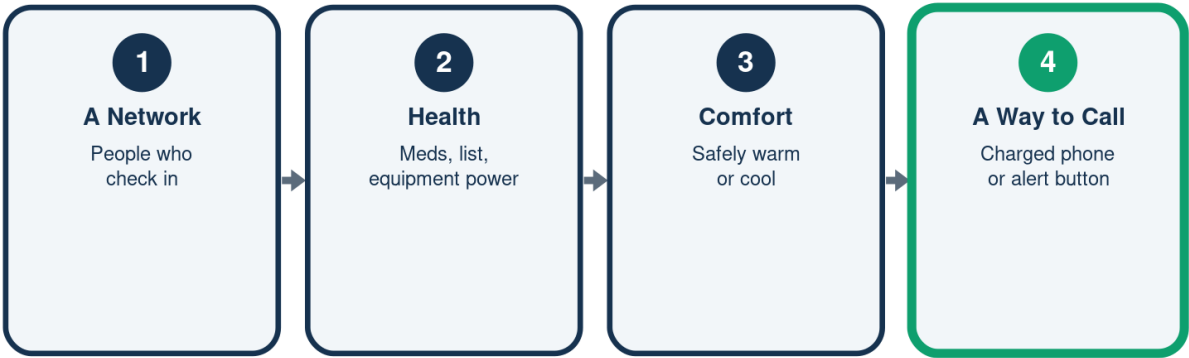
When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. A first visit is a flat \$99, and for the parts that don't need me on-site I can often help right on your screen for \$49. Every visit comes with a 30-day, come-back-free guarantee. I don't do the licensed electrical or gas work myself — for that I'll help you line up a trustworthy local pro.

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

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A Senior's Outage Plan

Four cornerstones of a plan that fits



The most important item in the plan is a person, not a gadget.

A Senior Plan's Extras

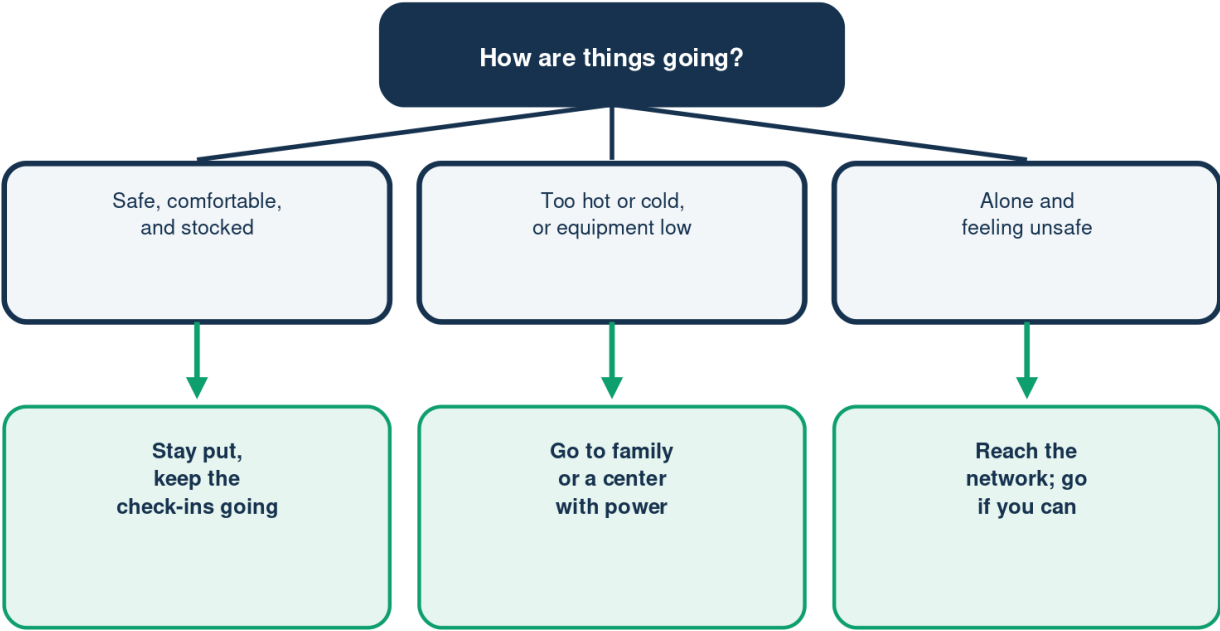
What to add for an older adult

The short version	
Check-ins	Two or three people
Info sheet	Meds, doctors, contacts
Falls	Nightlights, clear paths
Equipment	A backup-power plan
A way out	Where to go, and how

People and paper matter as much as any supplies.

Stay Home, or Go Elsewhere?

Decide the triggers ahead of time



If anyone's health is at risk, call 911 without waiting.

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

The One-Page Info Sheet

Keep it on the fridge and in the kit

What to write	
Health	Conditions and allergies
Medicines	Names, doses, pharmacy
Contacts	Doctors, family, in order
Equipment	What it is, how it's powered

One current sheet helps anyone step in and act fast.



Need a Real Person?

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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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