



An Extended Guide · No. 1712

Water for Medical and Senior Needs

A caring outage plan for
the people who matter most

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! Read this first — on a well, no power means no water

On a home with a private well, a power outage isn't just dark — it's dry. The pump that lifts your water runs on your home's electricity, so when the power stops, every tap, toilet, and hose stops with it. Keep a few days of stored drinking water on hand as a backup you can count on — a common guideline is about a gallon per person per day. And know this from the start: a well pump is almost always a 240-volt appliance wired straight into your electrical panel, so any backup hookup for it is a licensed electrician's job. Never try to feed it with a cord or by backfeeding an outlet — that is unsafe, against code, and can put deadly voltage on the power lines outside. When someone in the home has medical needs or is getting on in years, water in an outage is more than a comfort — it is part of staying well. This guide helps you plan for that, gently and thoroughly.

Water for medical and senior needs

If you or someone you love has health needs, or is an older adult, a well-water outage deserves a little extra thought. This guide helps you make a caring, practical plan — calmly and without alarm.

I'm Bill, and I run Bill's Home Tech here in Portage County, Ohio. A great many of the folks I help are seniors or are caring for aging parents, and this is a subject close to my heart. Water matters for everyone in an outage, but for some households it matters more — for medications, hydration, hygiene, and health.

None of this needs to be worrying. A little planning ahead means that if the power goes out, the people who need water most are looked after first. Let's put that plan together, with care and common sense.

★ Caring for someone at home?

If you are planning for a loved one's needs, I am glad to help you think it through kindly and thoroughly. Call or text me at (330) 200-8042 — there is no such thing as too careful here.

The whole thing, in about a minute

If you remember only these things, the people who need water most will be cared for.

- ❑ Store extra water for medical and senior needs — more than the basic guideline.
- ❑ Keep it accessible — lightweight containers a senior can lift, kept close by.
- ❑ Plan for hydration — older adults often feel thirst less, so offer water regularly.
- ❑ Keep medications safe — and refrigerated ones cool — during the outage.
- ❑ Coordinate with any powered medical devices — see our medical-device backup guide.
- ❑ Have a contact plan, and know when to relocate rather than tough it out.

✓ Plan for the person, not just the house

A good medical water plan is built around the specific person and their needs. A little thought about them turns an outage from a worry into something you have already handled.

Why water matters more for some households

For most homes an outage is an inconvenience. For some, water is tied to health — and that deserves extra care.

Water is woven into health in many ways: taking medications, staying hydrated, keeping wounds and skin clean, preparing special diets or infant formula, and basic hygiene that prevents infection. When someone in the home depends on any of these, running short of water is more than uncomfortable — it can affect their wellbeing.

This is not meant to frighten anyone. It is simply why a household with medical or senior needs plans for a bit more water, kept a bit more carefully, than a household without. A little extra preparation gives real peace of mind. This can be a sensitive subject, so take it at your own pace, and lean on your doctor or pharmacist for anything specific to a condition.

✓ Extra care, not extra worry

Planning ahead is how you set worry aside. Once the water and the plan are in place, you can face an outage knowing the people who matter most are covered.

Store more, and store it accessible

Two things matter for medical and senior water: how much, and how easy it is to reach.

Plan for more than the basic guideline of about a gallon per person per day. Medications, extra hydration, wound or skin care, and hygiene all add up, so a household with medical needs is wise to keep a more generous supply. Erring on the side of extra costs little and matters a great deal here.

Just as important is accessibility. A big, heavy jug is no use to someone who cannot lift it. Store water for a senior or a person with limited strength in smaller, lightweight containers they can handle on their own, kept close to where they spend their time — by the bed, the chair, the kitchen. Our storing-water guide covers containers and rotation.

✓ Small containers, kept close

For anyone who cannot lift a heavy jug, store water in small, light containers within easy reach. Independence and dignity matter as much as the water itself.

Staying hydrated — especially for seniors

Dehydration sneaks up quietly, and older adults are especially at risk. A little attention prevents it.

As we age, the body's sense of thirst dulls, so older adults can become dehydrated without feeling thirsty — and in a stressful, disrupted outage, it is easy for regular drinking to slip. Dehydration can cause confusion, weakness, and other troubles that are far more serious than simple thirst.

The gentle fix is routine: offer water regularly rather than waiting for someone to ask, keep a filled cup within reach, and make it easy and pleasant to sip through the day. In hot weather this matters even more. If you are caring for a senior, gentle reminders to drink are one of the kindest things you can do during an outage.

! Do not wait for thirst

Older adults may not feel thirsty even when they need water. Offer it regularly, keep a cup within reach, and watch for confusion or weakness, which can signal dehydration.

Medications in an outage

Water and power both touch medications. A little planning keeps them safe and available.

Some medications are taken with water, so having drinking water on hand keeps a medication schedule on track. Others need refrigeration — insulin is a common example — and an outage threatens that. Keeping a cooler with ice packs ready, or a small power station or generator to run a fridge, can protect refrigerated medicines. Your pharmacist can advise on how long a particular medication stays good without cold.

It is wise to keep a written list of medications, doses, and schedules with your outage supplies, and to talk with your doctor or pharmacist about an outage plan for anything critical. This is exactly the kind of specific question they answer best — I can help with the water and power side, but they know the medicine.

✓ Ask your pharmacist about the specifics

For any medication that needs refrigeration or strict timing, ask your pharmacist how to handle an outage. Keep a written medication list with your supplies, just in case.

Hygiene that protects health

For some conditions, keeping clean is not just comfort — it helps prevent infection. Water plays a part.

Hand-washing, wound care, and general cleanliness matter for everyone, and more so for anyone with a condition that raises infection risk or who is recovering from surgery or an illness. In an outage, keeping enough clean water for careful hygiene is part of staying well, not a luxury to skip.

No-rinse products help here too — hand sanitizer, cleansing wipes, and no-rinse washes let someone stay clean on little water. Keep a small kit of these with your medical supplies. For wound care or anything specific, follow your care team's guidance on what water and cleanliness a condition requires.

✓ Keep a no-rinse hygiene kit

Wipes, hand sanitizer, and no-rinse washes keep someone clean and comfortable on little water. For wound care, follow your care team's instructions closely.

When a device needs power, not just water

Some medical needs are about electricity as much as water. It is worth naming, and pointing you to the right help.

Oxygen concentrators, CPAP machines, certain feeding or infusion pumps, powered wheelchairs, and other equipment need electricity to run. In a well-water outage, these are a separate but related concern — and a power station or generator that helps with water can often help here too. Some devices, like many CPAP machines, run for hours on a quiet battery power station.

We have a whole guide on backing up medical equipment, so I will not repeat it all here — but the key point is to plan for both water and any powered device together, since one backup setup may serve both. Never let a device run down without a plan, and always follow the device maker's and your care team's guidance.

★ See our medical-device backup guide

For powered medical equipment, our dedicated guide goes deeper. And I am glad to help you plan water and device power together — call or text (330) 200-8042.

Let your utility and others know

You do not have to face an outage unknown. A few people worth telling can make a real difference.

Many electric utilities keep a medical-priority or special-needs list — when you register a documented medical need, they may prioritize restoring your power and give you advance notice of planned outages. It does not guarantee instant restoration, but it puts you on their radar. Call your utility and ask how to sign up; it is usually a simple form, sometimes needing a doctor's note.

Beyond the utility, tell a neighbor, a family member, or a local contact who can check on you during an outage. Rural communities look out for one another, and being on someone's mental list means help comes sooner if you need it. Do not be shy about this — people want to help.

✓ Ask about the medical-priority list

Call your electric utility and ask whether they keep a medical-needs or priority-restoration list, and how to join it. It is a simple step that can matter a lot.

Two kinds of homes, two sets of needs

Medical and senior water needs matter in any home, but a well home has to plan for the water itself, not just the power.

If you live in town or the suburbs

In town or the suburbs on city water, the taps keep flowing during a power outage, so water for medications, hydration, and hygiene is usually still available. The main worry is powered medical devices, and keeping refrigerated medicines cool — water itself is generally there.

- City water keeps flowing, so drinking, hygiene, and medication water are usually available.
- Focus on powered devices and keeping refrigerated medicines cool.
- Still keep some stored water for a rare main break or advisory.
- Register with your utility's medical-priority list if you have needs.

If you are out in the country on a well

Out in the country on a well, both the water and the power stop, so a medical or senior household must plan for stored water AND device power. This is where careful planning matters most.

- No water from the tap, so store extra, accessible water for medical and senior needs.
- Plan water and any powered device backup together — one setup may serve both.
- Rural outages run longer, so plan generously and check on loved ones often.
- Know when to relocate to family or a shelter if needs cannot be met at home.

★ Let's build a caring plan together

Planning for a loved one's needs deserves patience and care. Call me at (330) 200-8042 and we will make a plan that covers water, power, and peace of mind.

A simple check-in plan

No one should face an outage alone with medical needs. A little network makes all the difference.

- **Name a check-in person** — a neighbor, family member, or friend who will call or visit during an outage.
- **Share the plan** — make sure they know where the water, medications, and supplies are.
- **Keep a contact list** — doctor, pharmacist, utility, and family, written down where anyone can find it.
- **Agree on a signal** — how you will let each other know all is well, or that help is needed.
- **Plan for phones** — keep a charged power station or battery so phones stay working to call for help.

For someone living alone, this network is the most important part of the whole plan. Even a daily check-in call turns an outage from an isolating worry into something faced together. Set it up now, while it is easy.

✓ A daily check-in call

For anyone living alone with health needs, arrange a simple daily check-in during any outage. It costs nothing and means help is never far away.

Knowing when to relocate

Sometimes the safest, kindest choice is to leave — and there is no shame in it at all.

If an outage runs long and a person's needs cannot be safely met at home — a device that cannot be powered, medication that cannot be kept cold, water that is running short, or a house too hot or cold — the right move may be to relocate: to a family member's home, a friend's, or a community shelter. Deciding this in advance, and knowing where you would go, takes the panic out of the moment.

Toughing it out is not a virtue when health is at stake. Plan ahead for what would make you leave and where you would go, keep a small go-bag with medications and supplies ready, and do not hesitate to act. Your care team can help you judge when staying is no longer safe.

! Leaving can be the wise choice

If needs cannot be safely met at home, relocating to family, a friend, or a shelter is the smart move — not a failure. Plan where you would go, and keep a go-bag ready.

Putting the care plan together

Pulling it all together, here is a caring outage plan for a medical or senior household.

- ❑ Extra, accessible water in light containers, kept close to the person who needs it.
- ❑ A written medication list, and a way to keep refrigerated medicines cool.
- ❑ Backup power for any essential device — see our medical-device guide.
- ❑ A no-rinse hygiene kit for staying clean on little water.
- ❑ A check-in person, a contact list, and registration on the utility's medical list.
- ❑ A relocation plan and a ready go-bag, in case leaving is the safest choice.

★ I will help you cover every piece

A caring plan has a lot of parts, and it helps to have someone walk through them with you. Call or text (330) 200-8042 and we will make sure nothing is missed.

A word for the caregiver

If you are the one caring for a loved one, this outage plan is partly for you, too.

Caring for someone with medical or age-related needs during an outage is a real job, and it is easier when the plan is written down and shared, so you are not carrying it all in your head. Make sure another person knows the plan too, so you can rest, get supplies, or handle an emergency without leaving your loved one uncovered.

Look after your own water, food, and rest as well — you cannot care for someone else if you are running on empty. And remember I am a phone call away for the practical side: water, power, and getting the setup right so you can focus on the person, not the equipment.

★ You are not alone in this

Caregiving is hard, and the practical side does not have to fall entirely on you. Call or text (330) 200-8042 and let me take the tech and water worries off your plate.

A few common myths, gently corrected

A few misunderstandings can leave a vulnerable person short. Here is the honest version.

The myth	The honest truth
If they're not thirsty, they're fine.	Older adults feel thirst less — offer water regularly anyway.
The basic gallon-a-day guideline is enough.	Medical and senior needs often call for more — plan generously.
Toughing out an outage is the strong choice.	If needs can't be met safely, relocating is the wise choice.
Utilities can't help with medical needs.	Many keep a medical-priority list — ask yours how to join.

✓ **Plan generously and kindly**

When health is involved, err toward more water, more check-ins, and more planning. It is the kind of extra that brings real peace of mind.

What I can do — and what I bring in a pro for

Here is my honest role, and where your care team leads.

- **What I do:** help you plan accessible water storage, set up backup power for devices, arrange a check-in and contact plan, and make the tech side simple and calm.
- **Your doctor and pharmacist** advise on medications, refrigeration limits, hydration needs, and anything specific to a condition.
- **A licensed electrician** handles any generator or backup-power hookup for the home.

I am a patient tech helper with 30-plus years of experience, not a medical professional — and I will always be clear about that line. For anything about a condition or a medication, your care team leads. What I bring is a gentle, practical hand with the water and power that support them.

★ The practical side, handled with care

Leave the water and power planning to me, and keep your energy for the person you are caring for. Call or text (330) 200-8042 whenever you would like a hand.

The mistakes that catch people out

Most medical-water regret comes from a few gentle oversights.

- **Storing too little** for the extra hydration, hygiene, and medication needs.
- **Heavy containers** a senior cannot lift, stored far from where they sit.
- **Forgetting refrigerated medicines** and having no way to keep them cool.
- **Planning water but not device power**, when both are needed.
- **Facing it alone**, with no check-in person or relocation plan.

Our common-mistakes guide covers each in detail. Every one is easy to avoid with a little planning built around the specific person and their needs.

✓ Build the plan around the person

The fix for nearly all of these is to plan for the actual person — their strength, their medicines, their needs — rather than a generic household. That is what makes a care plan work.

Questions worth asking

A few good questions — some for you, some for the care team — shape a solid plan.

Q: How much extra water do our medical and senior needs call for?

Think through medications, hydration, hygiene, and any special needs, and plan generously beyond the basic guideline.

Q: Which medications need refrigeration, and for how long can they be warm?

Ask your pharmacist. Then plan a cooler or backup power to keep them cool through an outage.

Q: Does our utility have a medical-priority list?

Call and ask how to register a documented medical need for priority restoration and outage notice.

Q: Who will check on us, and where would we go if we had to leave?

Name a check-in person and a relocation destination in advance, and keep a go-bag ready.

✓ Write the answers into your plan

Keep the answers with your outage supplies, where any helper can find them. A written care plan is a gift to everyone who might step in.

Common Questions

The questions I hear most about medical and senior water needs.

Q: How much water should I store for someone with medical needs?

More than the basic gallon-per-person-per-day guideline. Account for medications, extra hydration, and hygiene, and store it in light, accessible containers close to the person.

Q: How do I keep insulin or other refrigerated medicine cold in an outage?

A cooler with ice packs, or a fridge run by a power station or generator, can help. Ask your pharmacist how long your specific medication stays good without refrigeration.

Q: My elderly parent never seems thirsty — is that a problem?

It can be. Older adults feel thirst less and can dehydrate without realizing it. Offer water regularly, keep a cup within reach, and watch for confusion or weakness.

Q: When should we leave home during an outage?

If a needed device cannot be powered, medicine cannot be kept cold, water is running short, or the house is too hot or cold, relocating to family or a shelter is the wise choice. Plan it in advance.

★ Still have a question? That is what I am here for

There is no silly question, and nothing is too small when it comes to a loved one's care. Call or text me at (330) 200-8042.

A gentle word about cost

Much of a caring plan costs little, and the parts that cost more are worth it for a loved one's wellbeing.

Extra water, light containers, a no-rinse hygiene kit, a cooler, and a written plan cost very little. A power station to keep medicines cold or run a device is a bigger purchase, but a meaningful one when health depends on it — and it serves the whole household's outage needs too. Registering with the utility and arranging check-ins cost nothing at all.

I do not sell any of this and earn nothing on your choices, so my advice is just honest advice about what truly helps. When health is involved, the peace of mind of a good plan is worth a great deal, and much of it is remarkably affordable.

★ Peace of mind, mostly affordable

Most of a caring water plan costs little; the rest is a worthwhile investment in someone's wellbeing. My first visit is a flat \$99 with a 30-day come-back-free guarantee, and I can help plan on your screen for \$49.

Bringing it all together

If this guide did its job, you have a caring, practical plan. Here it is in three lines.

- ❑ **Water:** store extra, in light containers, kept close, and offer hydration regularly.
- ❑ **Medicine and devices:** keep medicines safe and cool, and power any essential device.
- ❑ **People:** a check-in person, the utility's medical list, and a relocation plan if needed.

Built around the specific person and their needs, this plan turns an outage from a health worry into something you have already handled. That is the whole goal — calm, caring readiness, so an outage is just an outage.

★ And whenever you would like a hand

That is exactly what I do — come to your home, work at your pace, and never make you feel rushed or silly for asking. Call or text me at (330) 200-8042.

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 water and care for medical and senior needs 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.

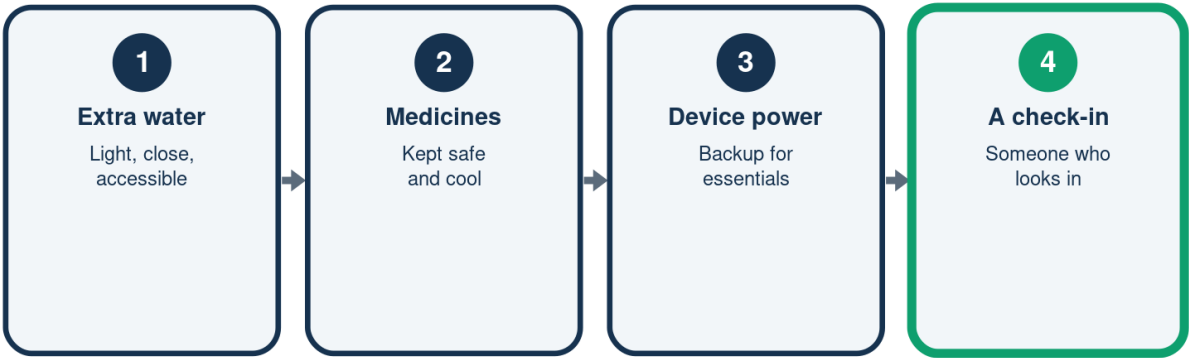
When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. A first visit is a flat \$99, and for the parts that don't need me on-site I can often help right on your screen for \$49. Every visit comes with a 30-day,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

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 Caring Water Plan

Built around the person



Plan for the person, not just the house.

Two Kinds of Needs

Plan for both together

	Water needs	Power needs
Examples	Meds, hydration	Oxygen, CPAP
Backup	Stored water	Battery/generator
Keep cool?	-	Refrigerated meds
Our guide	This one	Medical-device

One backup setup can often serve both.

Helping a Senior Stay Hydrated

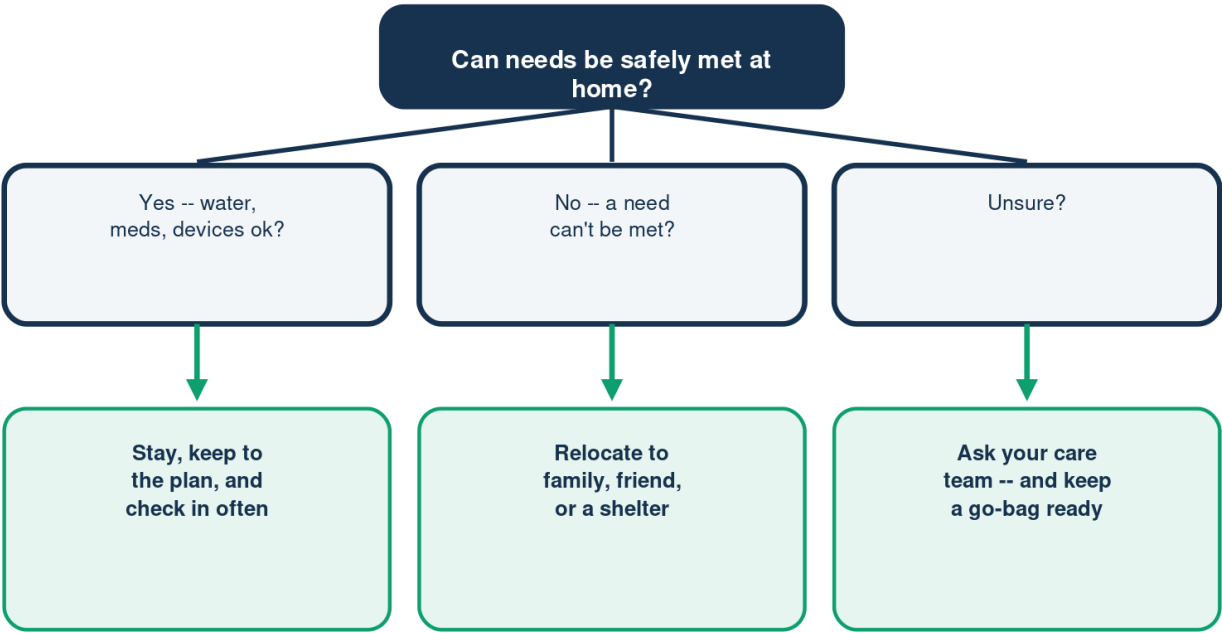
Thirst fades with age

	Do this	Watch for
Offer regularly	Don't wait	for thirst
Cup within reach	Easy to	sip
Light container	They can lift	it
Warning signs	Confusion,	weakness

Offer water often -- don't wait to be asked.

Should We Stay or Relocate?

There's no shame in leaving



Leaving to stay safe is the wise choice, never a failure.

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



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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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