

Power outage preparation checklist

Use this companion to “Help a parent prepare for a power outage”. Tick the preparation steps, then fill in only the details you need. This is a household record, not a medical assessment.

1. Before you start

Tick an item only when you have checked it. A tick records preparation, not a safety or health result.

☐ List the essential devices that need power.

☐ Ask about building access during an outage.

☐ Place and test a reachable torch.

☐ Check the phone charging equipment.

☐ Write key contact numbers on paper.

☐ Check local emergency supply guidance.

☐ Confirm a possible helper and place to stay.

☐ Ask the care team about any electricity-dependent medical equipment.

2. Details to keep

Power outage preparation checklist · Date _____

Kit location / checked date

Lighting and charging items to check

Building / utility contact

Nearby helper / agreed contact method

Possible place to stay / transport to confirm

Supplier or clinician questions, if relevant
