

DO YOU OR SOMEONE YOU CARE FOR **DEPEND ON POWER?**

- > Are you, or do you care for someone who is, dependent on power to run medical equipment in the home?
 - > Do you need to access critical medications from a pharmacy?
-

The key components to effectively managing your health includes:

- > **BEING PREPARED**
- > **HAVING A PLAN IN PLACE**
- > **REGISTERING FOR SUPPORT**
- > **RECEIVING ALERTS**

BEING PREPARED

- > Register as a power dependent critical care consumer with SA Power Networks by telephoning 13 12 61. Whilst registering won't guarantee continuous electricity supply, SA Power Networks will keep you informed of planned outages so you can manage your care during a power outage.
- > Contact:
 - Your power retailer and ensure that they are aware you are a power dependent critical care consumer. Your power retailer will also forward your contact details to SA Power Networks.
 - The distributor or provider of your life saving devices and oxygen cylinders about how to access back-up batteries to run your medical devices during prolonged power outages. Some retailers will also deliver oxygen cylinders to you in the event of a prolonged power outage.
 - Your Local Health Network or Health Service Respiratory Clinic to arrange access to back-up oxygen cylinders.



- > If needed, arrange access to critical medications from a pharmacy as defined with your GP, by contacting your:
 - local pharmacy as listed in your plan to determine if they are able to supply you with your required medicines.
 - nearest Drug and Alcohol service by telephoning 1300 131 340 or visit www.sahealth.sa.gov.au/dassa for further information.
- > Contact your doctor for advice if you live in a country location and your local pharmacy is not open.
- > Visit your local hospital pharmacy.
- > Identify and nominate your key carers, family members or agencies who will support you during a power outage:
 - record and keep a list of their contact details in a place that is easy to access at all times.
 - contact them to advise of planned or unplanned power outages so they can assist you during an outage.

HAVING A PLAN IN PLACE

- > Develop a plan with your nurse, midwife, GP, pharmacy, carer and family in the event of a planned or unplanned power outage.

> Visit Australian Red Cross at www.redcross.org.au/prepare or telephone 08 8100 4500, and arrange for them to contact you to:

- complete an emergency needs assessment.
- support you and your key carers or family members to develop a management plan.

REGISTERING FOR SUPPORT

The Australian Red Cross (SA) REDi Plan service will identify those clients most at risk living in the community and provide appropriate supports during extended unplanned power outages.

RECEIVING ALERTS

Power@MyPlace is a free messaging service providing timely information via SMS text message or email, to registered customers, for a range of services related to power supply at their property. Telephone SA Power Networks on 13 12 61 to arrange to receive alerts, or visit www.poweratmyplace.com.au to register.

INFORMATION AND RESOURCES

SA Health
www.sahealth.sa.gov.au
[Emergency management section](#)

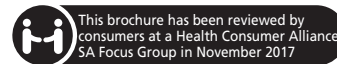
South Australian Government
www.sa.gov.au
[Emergencies and safety section](#)

SA Power Networks
www.sapowernetworks.com.au
[Power outages section](#)
[Life support section](#)

Australian Red Cross
<https://www.redcross.org.au/prepare>

For more information:
SA Health Emergency Management Unit
Telephone: 08 7425 7065
www.sahealth.sa.gov.au/emergencymanagement

Public I1-A1



<https://creativecommons.org/licenses>

© Department for Health and Wellbeing, Government of South Australia.
All rights reserved. FIS: 18069.1 June 2018.



DO YOU DEPEND ON POWER?



Government of South Australia
SA Health