

People and dependencies

Keep personal information private. Agree care and medical-device plans with the relevant professionals.

Person / need	Ordinary support	Agreed backup	Action trigger	Contact / next step

Supplies and renewal

Use realistic quantities and units. Allow for uncertainty; stock estimates are not instructions to ration essential care or fluids.

Item / location	Usable quantity	Use per day / unit	Next source / confirmed?	Act by / owner

Ordinary-device energy

Wh = W × hours. Include losses and reserve. This sheet does not establish a safe medical-device backup.

Device / task	Power W	Hours	Energy Wh	Compatible source / reserve

Contacts and destinations

Write actual numbers and addresses. Check destinations, accessibility and local incident instructions. Keep this sheet private.

Person / place	Number / address	Purpose / access	Next contact time	Fallback / confirmed?

Decision record

Distinguish direct observations from reports. Record the next review and conditions that require earlier action.

Date / time	Observation / source	Decision / reason	Action / owner	Review time / trigger