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© July 2019

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Manufacturers
of
service dog supplies

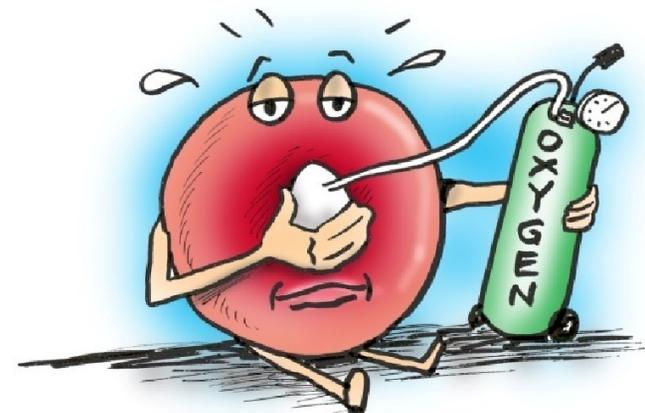
Special thanks to Brett, a respiratory therapist who delivered our oxygen and helped us navigate through it all

How To

Live

On Oxygen

What they
don't tell you



The doctor said “You have to be on oxygen.” A person called and set an appointment to bring it to you. He showed you how to plug it in and left. Now what do you do? How do you go to the movies? How do you go to the store? What are your options?

Everything is about a system and planning. **DO NOT SIT HOME AND DO NOTHING!** There is lots of support information on YouTube. *Better Breathers* is a support group that could be useful to you.

This booklet is designed to inform you about your options.

There are two types of delivered oxygen:

- * pulse—this is easier because you are not on the oxygen 24/7 and can use Inogen portable concentrators

- * continuous flow—this is more difficult because you are on the oxygen 24/7 requiring more planning regarding the type of device you will need and for how long

DEVICES AVAILABLE

Home concentrator —This is a large machine on wheels that can sit in the middle of your home with a hose reaching all corners. It will run all the time.



HOME
CONCENTRATOR

Home-fill—This is an attachment that hooks on top of your home concentrator and refills the C tanks.



HOME-FILL
ATTACHMENT

TRAVELING

CAR

Long distance – best to use a concentrator that plugs into your car’s system. Be sure to upgrade your power so you don’t blow a fuse and end up in the middle of nowhere with no oxygen. Use the backpack to leave the car.

BUS

As with any public transportation you will have to check with the company to see what their regulations are.

AIRPLANE

You cannot take oxygen on an airplane. However, you can take a portable concentrator if it fits under the seat, and supplies you with 150 per cent of your needs. Some airlines have planes that will allow you to plug into their electrical system. It is not very reliable that this is available and not on all airlines. Be sure to check.

BOAT

Let’s take a cruise. First try a cruise where you can drive to the port. Cruise ships have electrical outlets all over the place, and certainly in your cabin. Cruise lines have companies that will provide equipment. Contact their Special Needs department for details. You must have a doctor’s letter informing of your fitness to travel

TRAIN

There should be outlets to plug into throughout the train. Be sure to check before you go.

Depending on your lifestyle, you may want to use any or all of these methods.

You may feel that you need a back-up system in case of equipment failure. In addition, if your home is large, you do not want to use a hose that is longer than 50 ft because you will not be getting good quality air. Be warned that if you buy from an individual that equipment is **NOT** covered by any warranty and it is expensive to repair. Normal facilities that provide this equipment will **NOT** repair it unless the generator is registered to you. Check it out as best you can to be sure it is in working order. There are lots of places to buy an extra from an individual. Try the app “LetGo” or “OfferUp” or CraigsList.

Depending on your lifestyle, you may want to use any or all of these methods.

Be sure you register your medical equipment with your local electric company, Medical Preparedness Program. Call them and they will send you an application. There is no cost but they need to know in case of an emergency that you have lifesaving equipment on the premises. This is especially important in areas of the country that may routinely lose power. They will also fix your electric meter so that your electricity cannot be accidentally turned off.

If you lose power on a regular basis due to snow or heat, you may want to consider having a generator installed, or buy a portable generator.

Portable concentrator

Batteries – depending on your rate of flow and type of concentrator, your battery could last from 1 hr to 6 hrs. You should have 4-6 on hand.



Powered – this option can be plugged into your car power system or into a wall. This is very handy for going into a restaurant and plugging in (some booths have outlets). Be aware that your car may have to have a power upgrade to handle the output without blowing fuses. *Best Buy* can install a power inverter for you. This is your best option for driving long distances or car travel.

Some insurance companies will provide a portable concentrator; the VA will. Medicare may **NOT** provide a portable. They are approx. \$3000 but it is certainly worth checking into and will provide more freedom. Usually financing is available.

Cylinders/tanks

E tanks (3 foot)

There is a cart to transport the tanks like golf bags are carried. You can get one that carries 1 tank or 2.



C or M tanks (1 foot) to be worn with backpack – extremely handy for doing things around the house/yard, restaurants, shopping in stores



For more information on how a service dog can help you with your oxygen and other disabilities, call 480-837-0190.

For more info:

www.mrpaws.com/oxygen

Racks can be purchased to hold your oxygen cylinders—both large and small so they don't rattle around in the back of your car. They are not expensive. Amazon is your best buy.



Car rack for small tanks



Car rack for large tanks



VEST—airway clearance system

A nylon vest that inflates and vibrates to move air and phlegm from your lungs. This helps prevent pneumonia. It is manufactured by Hil-Rom and can be paid for by insurance, Medicare and VA. Contact a Hil-Rom company rep. A doctor must sign Hil-Rom's order form.

This vest is attached to a machine and should be used 2 times a day for 20 minutes each. You may want to take a breathing treatment using albuterol at the same time.

