



Breath By Breath
— with ALS —

ALS Caregiver Quick Reference Checklist

Breath By Breath With ALS

When Something Feels Wrong

Breathing difficulty

- Check ventilator tubing and connections
- Suction the airway
- Use cough assist if available
- Call 911 if breathing cannot be supported

Ventilator stops working

- Check power connection
- Switch to battery if available
- Use manual Ambu bag if trained
- Call emergency services if needed

Tracheostomy tube comes out

- Insert backup tube if trained
- Keep airway open if possible
- Call 911 immediately

Oxygen remains low

- Recheck connections
- Suction airway
- Use cough assist
- Seek emergency help if levels do not improve

Daily Ventilator Safety Check

- Ventilator plugged into reliable outlet
- Backup battery charged
- Alarms audible and functioning
- Humidifier filled (if used)
- Tubing free of excess condensation
- Suction machine working
- Ambu bag nearby
- Backup tracheostomy tube available

Watch for Changes

- Increased breathing difficulty
- Oxygen repeatedly below normal range
- Thick, yellow, green, or foul-smelling mucus
- Frequent ventilator alarms

- Redness or irritation around tracheostomy site

Caregiver Reminder

Slow down.

Take the next right step.

Your steady care matters.

You are not alone.