

## **SAFETY PLAN FOR OLDER ADULTS**

**Copy to be kept on file, copy to be given to client (with safety considered)**

**Be aware: pay attention to changes in mood and behaviour and take action:**

- The warning signs that \_\_\_\_\_ is likely to become abusive are:
- When I see those things happening I can:
- What are my personal limits? What would have to happen for me not to stay any longer or to have the abuser leave my home?

**Safety during violence. You cannot always avoid violent incidents; to reduce harm and get help consider the following:**

- When an argument erupts I will move to a safe room (Try to avoid bathrooms, garage, kitchen, near weapons or in rooms without access to an outside exit)
- If there are any non-abusive dependents living in the home, I can teach the person to get out of the room where the abuse is occurring and go to a safe room with a phone and preferably a lock on the door.
- I will have a safe package or list already prepared and stored in a place that I can access easily and the abuser will not find.

**Develop a Safety Plan that includes a Safe Package and an Escape Plan**  
**Escape Plan - if I have to escape quickly I can:**

- If I want to go to friends or family:
  - Safety issues if I go there.
  
  - How will I get there? Day vs. Night, weekend vs. weekday
  
  - How long can I stay there?
- If I want to go to a shelter, the phone numbers are:  
Edmonton Seniors Safe Housing 702-1520 (male and female victims)  
Lurana Shelter 424-5875 WIN House 427-0059 Safe Place (Sherwood Park) 464-7233  
Shelters will provide transportation for the individual.

**Safe Package – if I have to leave quickly these are the things I should try to take with me if possible.**

- |  |  |
|--|--|
| <input type="checkbox"/> ID (for me and my dependents)     | <input type="checkbox"/> Treaty/Immigration papers                           |
| <input type="checkbox"/> Old Age Security Card             | <input type="checkbox"/> AHC card  |
| <input type="checkbox"/> Treaty information                | <input type="checkbox"/> Marriage License                                    |
| <input type="checkbox"/> Medications or prescriptions info | <input type="checkbox"/> Income tax forms                                    |
| <input type="checkbox"/> Car and house keys                | <input type="checkbox"/> Cash, credit cards, bank info.                      |
| <input type="checkbox"/> Change of clothes                 | <input type="checkbox"/> picture of the abusive person                       |
| <input type="checkbox"/> Mobility aids                     | <input type="checkbox"/> Copies of custody orders, EPO's, restraining orders |
| <input type="checkbox"/> Personal Phone book               | <input type="checkbox"/> Other items important to me                         |

**Discuss access to safe package** Hide safety plan information so that the abuser does not find them

- suitcase hidden
- all items collected in one room or area of the house
- list hidden
- other

**General Safety**

- People I can call that I can talk to or have come over.
  - At church or senior's centre \_\_\_\_\_
  - Neighbour/friend \_\_\_\_\_
  - Family Members \_\_\_\_\_
- I will not hesitate to call the police if assistance is required. I will call 911 if it is an emergency or the dispatch line at 423-4567 to discuss my concern with a police officer. (The police will assist if an abusive person must be removed from your home.)
- I can contact the Seniors Abuse HelpLine (available 24 hours a day) for support and information at 484-8888.
- I can contact the Elder Abuse Intervention Team at 477-2929 if I would like to consult with someone to know my options and resources.
- I can rehearse an escape plan, including nonabusive family members living in the home that are also victims.
- I can consult a lawyer about my rights if I am living in my own home with the abusive person.

- I can put a lock on my mail box, have cheques direct deposited or have mail redirected to the home of someone I trust or to a post office box.
- I can change the locks on the door or change my phone number.
- I can write down everything that happens when the abusive person has contact with me.
- I can change my PIN number on my bank cards and store my credit cards in a safe place.
- I can learn to erase phone numbers and history on my computer and the phone.
- I can open a separate bank account and save as much as I can.
- I will not be coerced into signing any legal documents by a family member.
- I can avoid contact with the abusive person if they are agitated and are phoning or plan to come over.
- I can have some money or bus tickets hidden away in case I need to leave in a hurry.
- The places in my neighbourhood that are open 24 hours a day (convenience stores, gas stations) are \_\_\_\_\_. (They can be a safe place to go to wait for help).
- I can make sure the safety package contains only what I can carry.