



# Safety Plan for Older Adults

A **Safety Plan** is a resource that outlines actions older adults can take to protect their safety.

This plan can empower you to decide action steps, approaches and support for protecting yourself from abuse. It can be used when you are 1) at risk of abuse, 2) living with an abusive person, and 3) after leaving an abusive situation.

Sharing the plan with trusted friends and family can help you stay safe.

## My Safety Plan

**The following steps are my plan to protect myself from an abusive situation. I reserve the right to protect myself from harm and to feel safe.**

I will leave money, a change of clothes, important papers, and an extra set of keys with... (name and phone number):

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If I sense danger, I will use the following “code word” or signal (flashing porch light) to tell my family or friends to call the police:

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**I will call any of the following people for help if I sense I am in danger (enter names and phone numbers below):**

➤ Police: 911 or \_\_\_\_\_

➤ Friend: \_\_\_\_\_

➤ Relative: \_\_\_\_\_

➤ Neighbour: \_\_\_\_\_

➤ Co-worker: \_\_\_\_\_

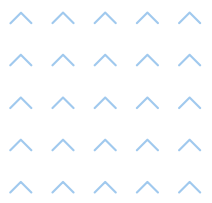
➤ Therapist/Counsellor: \_\_\_\_\_

➤ Shelter: \_\_\_\_\_

➤ Other: \_\_\_\_\_



# My Safety Plan



- I will keep my cell phone with me at all times and charger.
- I realize that if I use my cell phone, and the bill goes to my home, it will show the phone numbers I called after I left. To keep my calls confidential, I may purchase and use a telephone calling card instead of my cell phone.
- I will keep my purse or wallet, emergency cash and medications hidden in this safe place so that I can leave quickly.

**When I sense anger escalating**, I will avoid areas such as the kitchen or garage where weapons (knives/guns) are within reach. I will try to move to the following place:

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**I will keep an emergency suitcase or bag** in \_\_\_\_\_ where I can get to it quickly and easily. In it, I will keep important items such as:

- An extra set of keys for the apartment or house and vehicle
- Bank and credit cards, cash
- Identification/legal documents- Health cards, passport, social insurance card, birth certificates, immigration papers, citizenship card, aboriginal status card, power of attorney documents, wills
- Address /phone book of contacts of friends, doctors, etc.
- Change of clothes, medications, glasses, mobility aids

**If I sense danger**, I will grab my travel bag I prepared, if it is safe enough to do so. I will leave at once, and go to... (friend, neighbor or lobby of apartment building): \_\_\_\_\_

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**If I decide to leave, I have a plan.** I will practice getting out safely. If possible, I will move to a room with an exit. I can use the following doors, windows, elevators, stairwells or fire escapes to get out quickly and safely:

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# My Safety Plan



**I will use my judgment and intuition.** If the situation is very serious, I can \_\_\_\_\_ to try and de-escalate the situation. I have to protect myself until I am out of danger.

**If I have pets** and have to leave quickly, I can leave my pet(s) with:

(Name) \_\_\_\_\_

(Phone number) \_\_\_\_\_ located at \_\_\_\_\_

\_\_\_\_\_ for the short term.

**I feel safe telling these people** about my situation: \_\_\_\_\_

**If I have a disability, and my abuser is also my caregiver,** I will set up an emergency care plan. I will contact the following people to plan for an emergency care provider or a shelter that can accommodate my disability.

**Emergency Care Provider:** \_\_\_\_\_

**Accessible Shelter:** \_\_\_\_\_

**I will make arrangements for transportation,** if I cannot leave my home because of disabilities. I will contact \_\_\_\_\_ when my abuser is not present.

**In an emergency,** I will ask trusted friends/family members to call 911 or police \_\_\_\_\_

**I will review my safety plan** with (name, phone number) \_\_\_\_\_ who has agreed to help me update my plan [weekly/monthly/yearly] as my situation changes.