

SAFETY PLANNING FOR OLDER ADULTS

at risk of abuse



Elder Abuse
Prevention
Ontario

WHAT IS A SAFETY PLAN?

An action plan that you can put in place to increase your safety when you are living at risk.

It can help you plan, think, and prepare for the possibility of unsafe situations and actions to take.

**SAFETY PLAN IS NOT
A GUARANTEE OF SAFETY**

➤ HOW TO MAKE A SAFETY PLANS :

- Make the plan practical, realistic being mindful of your own living environment (live in rural vs urban area) and possible physical needs (medications, mobility).
- Consider both your physical and emotional safety.
- Create a list of people and phone numbers of trusted contacts and let them know of your plan.
- Your safety plan should be update regularly when your situation changes.



➤ WHEN TO MAKE A SAFETY PLAN

- **When living** in an unsafe relationship.
- When **preparing to leave** an unsafe relationship.
- **After leaving** a unsafe relationship to stay safe in the community.

**CALL POLICE IN CASE OF AN
EMERGENCY**

911

MAKE A SAFETY PLAN NOW- [HERE](#)





➤ HOW TO PREPARE A SAFETY BAG

It is important to prepare a bag in case you have to leave home in an emergency- when you are in an unsafe situations.

Items to consider include:

- Originals/copies of identification documents - Drivers License, birth certificate, passport, health card, Status or immigration card.
- Copy of legal protection documents (court orders, peace bonds)
- Bank and credit cards, extra cash
- Legal Documents (Power of Attorney)
- Medications and list of prescriptions
- Mobility/assistive devices
- Extra clothing
- Copy of keys to house/car and gas in vehicle
- Prepaid cell phone (keep charged)

Keep your bag in a secret location that is easy to access if you need to leave in a hurry, such as trunk of car, hidden in a closet/ garage, or leave it with someone you trust.

➤ OTHER CONSIDERATIONS :

- Develop a code you can use to signal others that you need help.
- Plan an escape route for safe exits.
- Explore personal safety alarms.
- Contact victim services or women's shelter for assistance.
- Consider making a report to police.

WHERE TO GET HELP Provincial supports & Services

**If you are in Immediate danger
CALL - 911**

Assaulted Women's Help Line : 24/7 crisis line for all woman who have experienced abuse.
1-866-863-0511

Fem'aide: Francophone helpline for women dealing with violence.
1-877-336-2433

Ontario Association of Interval and Transition Houses : Shelter information and resources.

Support Services for Male Survivors of Sexual Abuse: counselling, peer support, and referrals.
1-866-887-0015

Shelter Safe: access an online map to locate the closest shelter in your community.

Talk 4 Healing : free and culturally safe helpline for Indigenous women.
1-855-554-HEAL (4325)

Victim Support Line: access to victim services and other supports. Multilingual 24/7
1-888-579-2888

Elder Abuse Prevention Ontario



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**For more
Information and
Resources**

416-916-6728 | Toll-Free : 1-833-916-6728

www.eapon.ca