

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.