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Safety Plan
For Older Persons

A Safety Plan For Older Persons

- If you are being abused you should know that it is not your fault.
- Tell someone you trust what is happening to you.
- Ask for help. There are a number of resources within your community that can support you through this difficult time.

THINGS TO PACK AND CONSIDER BEFORE LEAVING THE ABUSIVE ENVIRONMENT:

- Emergency numbers and originals/copies of important documents which may include:
 - Marriage certificate, recent bank statements, passport, birth certificate, lease agreement, house deed, insurance papers
- Medications, prescriptions, glasses or mobility devices
- A picture of the abuser & the abuser's license plate number to show the police, neighbours, etc.
- Extra clothing
- Photographs of abuse such as bruises or cuts, as well as bank records if available, to show patterns of withdrawal that you did not make
- Emergency money (\$10-\$20, change for payphone), cheque book, debit, credit, health, and drug cards
- If applicable, cell phone/laptop/tablet and chargers and drug cards

THINGS TO PACK AND CONSIDER WHILE LIVING IN THE ABUSIVE ENVIRONMENT:

- Call 911 if in immediate danger, leave the phone off the hook after the call is made, and make a lot of noise
- Get a cell phone, keep it charged, and program numbers in speed dial
- Create a code word or a signal (e.g., front porch light off at night or on during the day to signal distress) with a trusted friend or relative to signal distress and ask them to call 911 if they think you are in danger

- Open your own bank account at a different bank and/or branch than that used by the abuser
- Keep your bank and credit cards safe & do not tell anyone what your PIN is
- Ensure that no sensitive mail (e.g., mail from your bank or lawyer) is sent to your home — consider having it sent to a trusted friend or relative
- Ask a third party, such as a neighbour, who witnesses the abuse to write and store notes as evidence
- If needed, identify someone who can help you with transportation and accompany you to appointments

SAFETY OUTSIDE THE HOME:

- Be aware of your surroundings especially if you go out at night
- Carry extra money for a taxi
- If you take public transportation, sit near the driver
- You can carry a personal alarm or a whistle
- Don't carry a purse if possible. If it is necessary, try a cross body purse or fanny pack
- Don't carry large amounts of cash

OTHER TYPES OF ABUSE:

FRAUDS, SCAMS & THEFTS:

- Be aware of telemarketers, bank related scams and thefts by deception, door to door
- Don't sign anything until you have let a trusted friend or family member read the contract
- Don't give out any personal information over the phone
- Use a shredder to dispose of personal paperwork

**IT'S OK TO SAY NO - DON'T LET ANYONE PRESSURE
YOU INTO ANYTHING**



Caledon \ Dufferin
Victim Services
Support, Information, Referrals