

Safety Planning – Safety Tips for Seniors

- I will rehearse my escape plan and practice it.
- I will back the car into the driveway when I arrive home so I can escape quickly if I need to.
- I will keep a list of emergency numbers in an accessible place.
- I will review and revise my safety plan every _____ in order to plan the safest way to leave the residence.
- I will use my judgement and intuition. If the situation is very serious, I should consider doing what I know will calm my abuser down. I must remember that I have to protect myself until I am out of danger.
- Make arrangements with friends or family so that you can stay with them if necessary – make arrangements to have your pet stay somewhere, if pet is unable to stay with you. The local SPCA may be able to assist.
- Make as much noise as possible (set off the fire alarm, break things, turn up the stereo or TV) so that neighbours can call the police for you.

3) Learn Safe Habits

- I can learn to erase phone numbers and history on computers.
- I can get more informed about family finances; I can open my own bank account, protect joint funds, set small amounts of money aside, or seek assistance from family members or friends.
- I will not let a family member pressure me into signing any legal documents.
- I can rehearse an escape plan, including non-abusive family members living in the home who are also victims.
- I can look into and consider writing a Personal Directive and/or Enduring Power of Attorney.
- I can set up direct debiting to pay bills

I can call to get support and information from:

- Medicine Hat Police: 403-529-8481 or Emergency “911”
- Medicine Hat Community Response to Abuse and Neglect of Elders (CRANE): 403-529-4789
- Alberta Aids to Daily Living: 1-877-644-9992
- Alberta Health Services (Long/Short Term Care; Meals on Wheels; Mental Health Services; Home Care Services; Public Health Services; Day Support Programs: 1-800-408-5465
- Office of the Public Guardian: 403-529-5145
- Protection for Persons in Care Act: 1-888-357-9339
- Medicine Hat Women’s Shelter: 403-529-1091
- Your Doctor or Health Care provider

