

## **SAFETY PLAN**

- Know how to call police:**
  1. Emergency line. **911**
  2. Police Dispatch line **423-4567 (Edmonton)**
  
- Keep a written journal.**
  1. Document date, time and a short narrative of events involving abuse / abuser.
  
- Inform someone you trust.**
  1. Family member.
  2. Neighbour.
  3. Friend.
  
- Consider your personal safety by:**
  1. Having a friend or family member come stay with you.
  2. Going to stay with a friend or family member.
  3. Communicating acceptable boundaries / rules.
  
- Secure your home.**
  1. Change the door locks.
  2. Screen phone calls using call display.
  3. Change your telephone number.
  
- Secure your mail.**
  1. Redirect your mail to a safe location.
  2. Obtain a post office box.
  
- Secure your bank account(s) / credit card (s) / ATM cards.**
  1. Close out account.
  2. Open new account solely in your name.
  3. Change the P.I.N. (Personal Information Number) on cards so only you have the access.
  4. Keep bankcards (ATM), credit cards and cheques in a safe place.
  5. Redirect automatic deposits. (Pension cheques, GST, pay cheque etc)
  
- Have a plan for the next time the abuse happens.**
  1. Know how to get out of the house safely.
  2. Have a place you can go to. (Friend / neighbour / relative)
  3. Identify someone you can call that you can talk to or have come over.
  4. Have a bag of clothing / personal items packed and ready to go.
  5. Know that you can go to the Edmonton Senior's Safe Housing.

**IT'S OKAY TO SAY "NO" AND TELL SOMEONE!**

