



RESOURCES

Safety Planning Checklist

If you are fearful and may need to leave a situation for your safety, you may want to consider putting together an emergency kit with:

- emergency phone numbers written out and stored in a safe place
- emergency money (e.g. for a taxi, hotel or payphone)
- extra clothing
- a list of medications, name and phone number of pharmacy, and at least three days' worth of medications
- glasses, hearing aids and other assistive devices such as cane, walker or wheelchair
- a safe place to go in the event of an emergency (both in and outside your home)
- an escape route from your home
- keys for your home, car, and safety deposit box
- copies of relevant documents, including:
 - identification (e.g. birth certificate)
 - marriage certificate or record of common-law relationship
 - notice of assessment from most recent income tax return
 - cheque books and credit cards
 - lease, rental agreement, or house deed
 - bank book and recent statements
 - health card
 - Social Insurance Number
 - passport
 - immigration papers

This information was taken from the Ontario Government – Ministry for Seniors and Accessibility. To learn more please visit: www.ontario.ca/page/information-about-elder-abuse, 2025