

My Safety Plan

Keep this page in a safe place.
Keep it up to date and provide a copy to someone.

Name:

Date plan made/checked:

My escape route out of the house is:		
My code to signal others that I need help is:		
The people who will know the code are:		
The places I can go in an emergency are:	Name:	Phone no./s (including mobile):
Trusted people who can help me or where I can place items for safekeeping:	Name:	Phone no./s (including mobile):
My safety plan for my pets is:		

Checklist of important items to take if I need to leave:

Address book	Medicare card	Mobile phone
ATM/credit cards	Concession cards	Passport
Bank book/s	Medications	Pension card
Cheque book/s	House/garage keys	Photographs
Birth certificate	House title/lease/rental agreement	Power of Attorney documents
Car keys	Insurance papers	Taxi card
Driver's licence	Jewellery	Will
Eyeglasses	Aids (e.g. wheelchair, walking stick, walking frame, shower chair)	Immigration papers
Emergency bag (pre-packed)	Hearing aids	Money

Emergency/Important Numbers

Police/Fire/Ambulance	
Safe Steps	
My GP/doctor	
My personal alarm provider	
My specialist doctor	
My home care service	
My home nursing service	
Chemist	
Friend/family/neighbour	
Friend/family/neighbour	
Friend/family/neighbour	