**Resources that are available to you:**

- In New York City 311 can be called to report and receive non-emergency services for older adults.
- The Family Justice Center in your borough can be utilized for walk-in services.
- Ask the police to do check-ins.

**The following list of agencies and programs can also be used as resources:**

- Case Management Services
- Financial institutions
- United States Post Office
- Adult Protective Services
- Senior Centers
- Meals on Wheels
- Religious institutions
- Veteran’s Services
- Home care Services
- Hospitals
- Crime Victim Services
- Retiree Services
- Shelter Services

**IMPORTANT TELEPHONE NUMBERS**

Police/Emergency Medical: 911

Emergency Contact:

____________________________
____________________________

Community Support Contact:

____________________________
____________________________

Physician:

____________________________
____________________________

Social Worker/Case Manager:

____________________________
____________________________

Attorney:

____________________________
____________________________

Landlord/Property Management/Super:

____________________________
____________________________

Mental Health Provider:

____________________________
____________________________

Bank:

____________________________

**Safety Planning Checklist**
To prepare for an emergency:

• Identify someone to call and safe place to go.
• Identify a neighbor who can/will call the police if he/she suspects you are in danger. Create a code word to use with this neighbor when asking for help.
• Get an Order of Protection and provide trusted individuals with the Order.
• Get a Lifeline Pendant.
• Change the locks on your doors.
• Manage your financial independence. Be aware of your bank accounts and income.
• Have a bag prepared with all necessary items from the checklist. Keep the bag in an undisclosed location.

What you need to take when you leave:

Identification:

☐ Driver’s License
☐ State ID
☐ Birth Certificate
☐ Social Security Card
☐ Passport
☐ EBT Card
☐ Health Insurance Card(s)

Financial:

☐ Cash
☐ Check Book
☐ ATM Card(s)
☐ Credit Card(s)
☐ Telephone Calling Card
☐ Bank Book(s)
☐ Bank Account Numbers
☐ Stock Certificates
☐ Bonds
☐ Copy of last tax return
☐ Power of Attorney Document

Insurance Papers:

☐ Auto
☐ Homeowners/Renters
☐ Health
☐ Life
☐ Disability

Health Related:

☐ Medications
☐ Medical Records
☐ Hearing Aide
☐ Glasses
☐ Cane
☐ Walker
☐ Health Care Proxy
☐ Living Will
☐ Other Medical Devices:

Items of Sentimental Value:

☐ Pictures
☐ Jewelry
☐ Other: