

Self-Directed Safety Planning Guidebook

Spring 2020



**Adult Advocacy
Centers**



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Introduction

The Adult Advocacy Centers (AACs) have created Safety Planning Questions and a My Safety Plan form for people with disabilities. Although safety planning cannot guarantee safety, creating a plan may empower the planner to take action if they do not feel safe.

Frequently Asked Questions

What is a safety plan?

Safety planning is a tool to help you think about what your response would be in an unsafe situation. You may never have to use your safety plan, but many people find it helpful to know that they have a plan, just in case. There is no right or wrong way to fill out your safety plan.

Why should I use a safety plan?

A safety plan is something that can help you avoid dangerous situations or know the best way to react if you are in a dangerous situation.

What does a safety plan do?

A safety plan can help you stay safe. Your plan will list things that work for you in your specific situation.

The Safety Planning Questions help you think through some important safety questions. The questions are listed in red. You can write your answers in the response section and use them to create a My Safety Plan. Your My Safety Plan gives you a chance to write down some places you can go and people that you can call if you feel unsafe. No one else has to check, look at, or sign your My Safety Plan. This is your plan, created by you!

It may be helpful to have more than one copy of your My Safety Plan. The Adult Advocacy Centers suggests that you have one copy posted and another kept in a private location of your choosing. It is up to you where you want to keep your My Safety Plan. You can keep one plan in your bedroom, and if you feel it is safe to do so, you can keep another plan with your staff. Remember, if you decide to put your My Safety Plan in a place where others can see it, the information that you write down is something that other people will know, too. You should only share it with people you trust. That could include your SSA, a neighbor, or a good friend.

Glossary

Some words will come up a lot when you're writing your My Safety Plan. Here are some definitions of those words:

Advocate: Someone who helps you

Coping Skills: What you do to help yourself when you are in a stressful situation

Privacy: A place you can go where other people can't see or hear you

Safe: When you're not in danger or there is no risk that you will be hurt

Safety: The feeling of being free from danger and not being worried that you will be hurt or injured

Safe Word: A word that alerts others that you are unsafe or need help

Unsafe: When you are in danger or feel that you may be hurt

Safety Planning Questions

You may not have all the information that is asked for in the response section. That is okay. You can answer what you know and not worry about the rest, or you can find out and add it later. You can change your plan anytime you want to. Remember, this is your plan!

My Family, Friends and Community

What does being safe mean to me?

Who are two people I trust?

Person 1's Name:

Person 1's Phone Number:

Person 1's Address:

Person 1's Email Address:

How do I usually contact Person 1?

Person 2's Name:

Person 2's Phone Number:

Person 2's Address:

Person 2's Email Address:

How do I usually contact Person 2?

Do I have my own phone? Or do I share a phone with others?

Does my phone have access to the internet?

Do I have privacy?

Can I be alone to call a person that I trust?

Am I able to use a phone or email when I am alone, or is someone always around when I talk to or email other people?

Does someone listen to my conversation when I call someone? If so, why?

Can I use a phone in my house whenever I want?

Do I contact people in ways other than using the phone? What are those ways?

Do I have a list of important people, their phone numbers and email addresses I can use if I need help?

If so, who is on this list?

Can I call the police or the county board of developmental disabilities if I feel unsafe?

I can always call 911 if I am unsafe and need help right away.

My Home

Where do I live?

Who lives with me?

Who is my service provider or the main person who helps me?

Do I have my own bedroom?

If I don't have my own bedroom, who do I share a bedroom with?

Do I feel safe in my home?

Where do I feel safe?

What makes me feel unsafe?

What happens when I feel unsafe?

Things That Help Keep Me Safe

Who are two friends, neighbors or staff who take me places I need to go?

Person 1's Name:

Person 1's Phone Number:

Person 1's Address:

Person 1's Email Address:

How do I usually contact Person 1?

Person 2's Name:

Person 2's Phone Number:

Person 2's Address:

Person 2's Email Address:

How do I usually contact Person 2?

Do I have a bus pass?

Do I use the bus by myself or does someone come with me?

What do I do when I feel unsafe?

What do I do when I want to calm down?

What do I do when I feel nervous?

Who are two people I talk to every day?

Person 1's Name:

Person 1's Phone Number:

Person 1's Address:

Person 1's Email Address:

How do I usually contact Person 1?

Person 2's Name:

Person 2's Phone Number:

Person 2's Address:

Person 2's Email Address:

How do I usually contact Person 2?

Who are two people I talk to every week?

Person 1's Name:

Person 1's Phone Number:

Person 1's Address:

Person 1's Email Address:

How do I usually contact Person 1?

Person 2's Name:

Person 2's Phone Number:

Person 2's Address:

Person 2's Email Address:

How do I usually contact Person 2?

If I couldn't use the phone or email, what other ways could I get help?

Safe Word

A safe word is a word that I can use to alert others that I need help because I feel unsafe. Using a safe word will allow me to get help without alerting the person that is making me feel unsafe.

My safe word should be a word that I don't use very often but can easily remember. It should be a word that I'm not likely to use by accident.

Because a safe word is an unusual word, using it will alert other people that I need help.

People will not know I am using my safe word unless I tell them what my safe word is and why I am using it.

It is important that I tell at least two people that I trust what my safe word is so they can help me if I feel unsafe.

What is my safe word?

My Safety Plan

What does safety mean to me?

I can call the places or people listed below if I don't feel safe. I can also go to some of these places if I need to. Some of these places are open all the time, and some are only open during the day. The police station is always open. If I am in danger and need help right away - for example, if someone is hitting me - I can call 911.

It is important to remember that abuse is never my fault!

Ohio Department of Developmental Disabilities:



24-Hour Reporting Line - 1-866-313-6733

Online Reporting Form - dodd.ohio.gov/wps/portal/gov/dodd/your-family/report-a-concern/report-abuse



My County Board of Developmental Disabilities:

Address:

24-Hour Phone Number:

My Service and Support Administrator's (SSA's) Name:

My SSA's Phone Number:



Two Neighbors, Friends or Family That I Trust:

Person 1's Name:

Person 1's Phone Number:

Person 1's Address:

Person 1's Email Address:

Person 2's Name:

Person 2's Phone Number:

Person 2's Address:

Person 2's Email Address:



Police Station Near My Home:

Address:

24-Hour Non-Emergency Phone Number:

Emergency Phone Number: **911**



Fire Station Near My Home:

Address:

24-Hour Non-Emergency Phone Number:

Emergency Phone Number: **911**



Emergency Shelter Near My Home:

Address:

24-Hour Phone Number:



Local Mental Health Agency in My County:

Address:

Phone Number:

Hours the Office is Open:



Hospital Near My Home:

Address:

24-Hour Non-Emergency Phone Number:

Emergency Phone Number: **911**



Suicide Hotline 24-Hour Number:

Name of Hotline:

24-Hour Phone Number:

24-Hour Text Line:

Three Ways I Can Stay Safe:

Someone I can call or email to be safe:

Somewhere I can go to be safe:

Something else I can do to be safe other than calling someone, emailing someone, or going somewhere:

Things That I Use That Help Keep Me Safe:

These are my cell phone, assistive technology and mobility devices:

Do I have extra batteries?

Do I have extra chargers?

Other Things That Can Help Keep Me Safe:

What I Can Do to Cope When I Am in a Stressful Situation:

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