

## Safety Planning



### **Proactive Strategies:** *Before the behaviour occurs*

- Lock or remove anything that can be used to harm others or themselves
- Kitchen knives, tools, cleaning supplies etc.
- Have phones charged and in accessible locations in case of emergency
- Gather information around what might trigger the behaviour
- Document what happens right before and right after a behaviour occurs
- Have crisis line numbers saved on your phone or a list by the phone
- COAST Niagara
- Take time to get support for the family and yourself (e.g., respite)
- Engage Community Supports
- Contact the DSO to update them on your current situation

### **Reactive Strategies:** *When the behaviour occurs*

- Remove anyone who may be in harm's way when the behaviour occurs
- Clear the room, if possible, to prevent property damage, or harm to other or to self
- If you feel that anyone is at risk of harm call 911

