



Elder Abuse Ontario  
Stop Abuse - Restore Respect

## SESSION F

### Be Prepared

**Jayne Culbert, *Age-friendly Peterborough*; Jodi DeNoble, *City of Peterborough*; Laura Proctor, *Elder Abuse Prevention Ontario*; Dawn Berry-Merriam, *Age-friendly Peterborough*; and Carolee Awde, *Geriatric Health Board***

Do you think about... what would you do if there was an emergency and you had to leave your home quickly or what if you cannot stay in your home because you don't feel safe or can't afford it? Life can change in an instant. When you plan for potential life changes you have time to think about your wishes and explore your options. Change is harder when decisions need to be made in a crisis. Learn about the new Be Prepared binder and workshop that will help you prepare for an emergency, safety planning, next step housing, advanced planning, and end of life care.