

# Elder Suicide Prevention Safety Plan for Caregivers

## Create a contact list

1.

of friends, family, former colleagues, neighbors or other helpful individuals who are willing to support your elder at different times of the day with a phone call or visit. Be open about concerns so they understand the situation fully.



## Know your elder's medications

2.

Make a list or snap photos on your phone of medication bottles so you have the names, dosages and times to take them. This info is important to emergency responders, if they are called out.



## Lock up or remove firearms

3.

and other weapons, especially if your elder has a history of mental illness. Protecting against lethal means adds critical minutes that slow down the thinking process, helping to prevent rash decisions.



## Make comfort items accessible

4.

like a favorite sweater, snacks or a photo of a beloved relative. Your elder can choose when or if to retrieve the item for self-soothing.



## Check in with your elder

5.

consistently to provide emotional support. Sometimes, conversing on the phone is enough; other times, sharing a walk, a puzzle or meal will meet your elder's needs for human interaction.



Caregiving for an elderly relative can be exhausting physically and emotionally. If you, as a caregiver, need to refresh and find your own support, check out the **Moodfuel News Resource Guide** under "Caregivers."

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