



Planning for Your Diabetes Care in a Domestic Violence Shelter

Creating a Safety Plan

If you are not safe at home, there are safe places for you to go. One of them is a domestic violence (DV) shelter. Talk to your health care provider (or maybe a social worker) about creating a safety plan. Your safety plan will have several choices, including a DV shelter. If you decide to go to a DV shelter, it might be located in another area. Call first to make sure they have room. This is to keep you and your children safe.

Don't worry about getting to your pharmacy for your diabetes needs. There are pharmacies that can deliver your medication to you at the shelter. For example: Mini Pharmacy is located throughout California and they have an 800 number you can call (1-888-545-6464). They can help you get your prescriptions filled and delivered to you. Also, community pharmacies will deliver your prescriptions to you.

Prepare yourself ahead of time:

- ❖ Keep a card with important phone numbers and information in a safe place. It should include:
 - Your doctor's name and phone number
 - Phone numbers of supportive friends and relatives who can help.
 - Phone number to a local pharmacy or Mini Pharmacy's 800 number (1-888-545-6464)
- ❖ Keep a 7 day supply of medications or prescription information with a trusted friend or family member.
- ❖ Create a safety plan with the help of your provider or a trusted friend or family member.

Other things you should do:

- ❖ Keep change for pay phones with you at all times
- ❖ If possible, open your own bank account - preferably at a different bank
- ❖ Stay in touch with friends, and get to know your neighbors
- ❖ Rehearse your escape plan until you know it by heart
- ❖ Leave a set of car keys, extra money, a change of clothes, extra medication and copies of important documents with a trusted friend or relative

In an emergency call:

- ❖ Police: 911
- ❖ Domestic Violence Hotline: 1-800-799-SAFE (7233)