

What to Take When Leaving an Abusive Relationship

No Time To Prepare

- Medication
- Assistive Devices
- Pets / Service Animals

Time to Prepare

- Adaptive equipment:
wheelchair, shower bench,
crutches, batteries and
communications devices.
- Medications and prescriptions
- Urological supplies
- Contact info of home health
agencies, case-manager, service
facilitator, IL program coordinator
and other service providers.
- Phone numbers of friends or
past personal care assistants
care-givers who can help with
personal care during the transition
and also provide emotional support.





What to Take When Leaving an Abusive Relationship

Legal Papers & Identification

- Driver's license or state ID card
- Birth certificates for you and your children
- Social Security Card
- Social Security award letter
- Proof of disability
- Food stamps card
- Health Insurance, Medicaid, and clinic card
- Certification for Service Animal
- Divorce papers, Child custody papers
- Protection orders
- Money, credit cards and ATM

Miscellaneous Items

- Keys - house, car
- Pictures of you, your children, and abusive individual
- Toiletries and diapers
- Pet, Service Animals and their supplies