



# Who Will Catch You When You Fall?

## Getting Your Personal Safety Net Ready

	Yes	No	Unsure
1. When life is challenging for you, are you comfortable asking for help?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have at least three people in your life that could help you in a sudden crisis or long term challenge?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have information in your wallet or purse that identifies your primary care doctor, your medical insurance, and contact information for those to notify in case of an emergency?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you carry contact information for any of your neighbors?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. If you were unable to communicate on your own behalf, would your emergency contacts know how to find the information they'd need to be helpful to you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Would your emergency contacts and other safety net members know how to reach each other?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When you are helping someone else in a crisis, are you able to get support for yourself from others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you answered "Yes" to all 7 questions, congratulations! You have many of the important fundamentals of a great personal safety net.

If you answered "No" or "Unsure" to even one of these questions, you may have a hole in your safety net. Holes like these can dramatically affect your quality of life, especially when you are facing a crisis.

You can fix some holes easily, right away. Within the next three days, set about the task of amending your personal safety net so that you can answer "Yes" to as many of these questions as possible.

If you need help or guidance, find more information on our website  
[www.personalsafetynets.com](http://www.personalsafetynets.com) or call us at (206) 659-0665.