

FINANCIAL SAFETY

LATER ON IN LIFE

PREPARING A BUDGET



Staying on top of your financial affairs is an important part of preventing financial abuse

Preparing and maintaining a budget can help you to stay in control of your finances and plan for your future.

HAVING A BUDGET ALLOWS YOU TO...

- Save for emergencies
- Notice any discrepancies
- Know what you own and earn
- Find and cut unnecessary spending
- Afford both necessities and leisures
- Set goals for your spendings and savings



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BUDGETING GUIDE

Compare your written budget to your bank statements to check for discrepancies

INCOME

Make a list of all income you receive, including:

- where from
- how much
- how often

EXPENSES

Record what you spend your money on, including:

- where for
- how much
- when

ASSETS

Keep track of:

- your savings
- other items you own of financial value

DEBTS

Keep track of how much you owe, including:

- how much you owe
- when amounts are due
- when any interest-free period ends

WHY IS IT IMPORTANT?

By preparing a budget and putting it in writing, you'll be better able to understand and plan your finances. You can stay in control of your finances and guard yourself against financial abuse.

WHAT CAN I DO?

Learn more about your financial situation and plan for your future with professional advice. Stay connected with people you trust. It's okay to reach out for help.



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