

Facing actual time in custody is a hard reality of criminal law. Your lawyer will have advised you this is a possible sentence, there are a few things you can do to prepare for that outcome.

Preparing for Prison

Say your goodbyes before court

You will not be allowed to hug you loved ones at the bar table after being sentenced. You should take your time with friends and family before court starts.

It is only natural to want to say good bye again but the bail/police officer is not going to allow it.

Have cash on you for your Trust Account

Have \$100 in cash on you to place into your prisoner trust account. It may take some time for funds from outside to make it into your account.

A small amount of money going right into your account will make the adjustment a little bit easier.

Have the contact details of loved ones ready

For most people, our phones have all the contact details of the people in our lives. You wont have access to your phone for the period you are in custody.

A take list of names and number of people you want to be able to contact.

Have your affairs in order

Wherever possible, organise your life in preparation of you being unavailable. This might mean finding alternative care for children or pets.

Even if you are a sole-parent, never bring young children to court for sentencing.

Do you need a Power of Attorney?

Consider if you should allow some you trust to take care of your financial matters for the duration of your time in prison.

A Power of Attorney could allow a person of your choice the ability to manage your financial or other matters while you are unable to.

Have prescriptions for medications on you

Take any prescriptions for medications you are on to provide to the prison at intake.

A common difficulty is access to regular medication. Some over-the-counter medications may be prohibited substances within the prison.