

keeping safe at home



Cold callers

Cold callers are people you don't know who knock at the door.



If you have a sky hole or intercom you should check to see who it is before opening the door. You should also keep a door security chain on.



Always ask for the callers ID.

An identity card will always have the callers photo, their name and place of work.



If you are unsure of what they are telling you ask them to come back at a time when your support worker will be with you.



Don't sign any forms or give money to anyone that you do not know.



If you are worried keep them out and don't open the door.



Home safety.

Make sure you keep your home secure by locking doors and windows.



Keep your keys in a safe place.



If you go out at night it is a good idea to keep a light or radio on so it looks like you are at home.



Don't keep a lot of money at home. Keep large amounts of money in your bank account.



Keep money and important letters safe and out of view of others.



Phone Safety.

Never tell people you are alone.



Never give people information like your bank account details, even if they ask you for it.



Hang up if you get a phone call from someone trying to sell you something that you don't want.



If someone is nasty to you over the phone just say nothing and put the phone down.

If you keep getting phone calls you don't like then tell your support worker, family or the police.



Who should you talk to about keeping safe?

If you are worried about keeping safe you should speak to someone you trust like your family, friends or support worker.



In an emergency such as a fire or break in you should call 999.



This information has been co-produced for people supported in Camphill Village Trust communities by the GOT IT Learn to lead group.