Keeping Safe at Home

Cold Callers

Cold callers are people you don't know who knock on your door.

If you have a spy 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 not there 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 not sure 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 if they ask you for it.

If you get a phone call from someone trying to sell you something that you don't want then hang up.

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 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 workers.

Helpful Telephone Numbers

Support workers office:

Police

Emergency: 999

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