

# Safety

We have the right to be protected and to feel safe.





**Do you need support  
to keep your home safe?**

## Do you need support to keep your home safe?

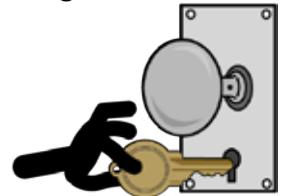
It is your right to have a safe home. Having a safe home means that you say who can and can't come into your home. It might also mean having security in place which stops people from coming into your home when you aren't there. It means having a plan to know what to do if you are worried that somebody has come into your home without your permission.

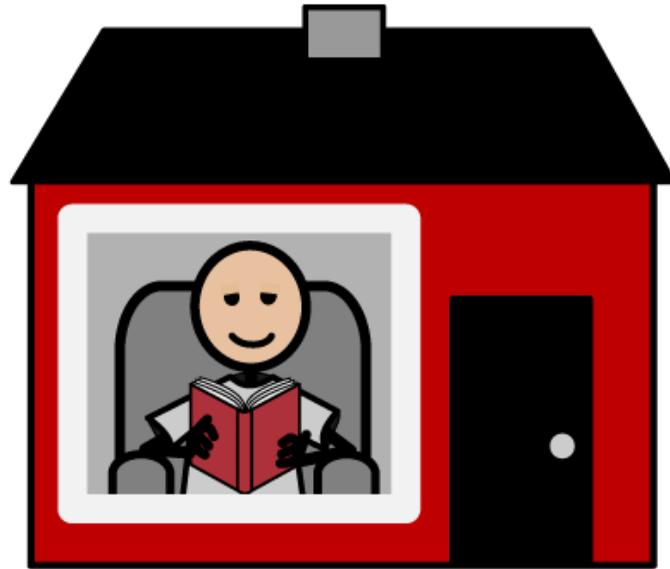
Do you and your supporters need help to make a plan to keep your home safe which includes:

- keeping your fly wire door locked or chain on your door when you are home alone?
- locking doors at home at night?
- what to do if you or your supporters lose your keys or are accidentally locked out?
- having a regular place to keep your keys or phone so you don't lose them?
- having locks on your doors which you open with a code in case you lose your keys?
- technology to help you see who is at the front door?
- support to decide who you let into your home, including support workers, friends or family?
- how to use a house alarm which goes off if somebody comes into your house when you are out?
- what to do if somebody breaks into your house and damages or steals things?
- what to do if you find a stranger in your house?
- help to put emergency numbers into your phone?

**What else could you and your supporters do to make a plan to keep your home same?**

Write your ideas in your planning manual.





**Do you need support  
to be safe at home?**

## Do you need support to be safe at home?

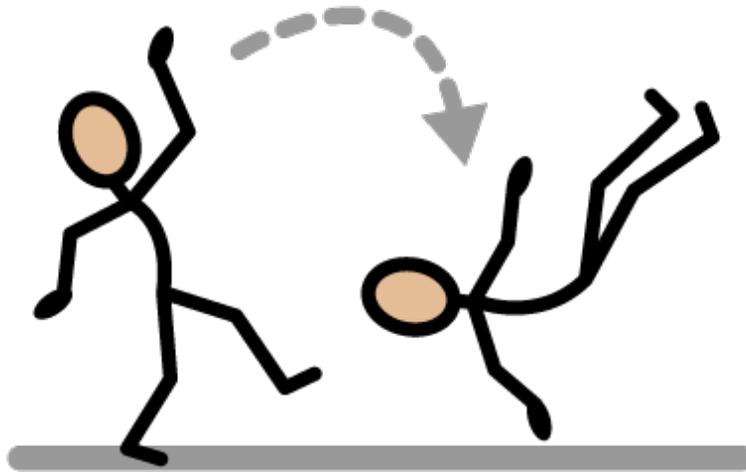
It is your right to be safe in your own home. Whether you live alone, or share house with others, you should always feel safe. You should be able to ask for help if you are worried about your safety. Being safe at home means that you don't get hurt when you are at home. It means that your things don't get broken. It means that other people in your house such as housemates, friends or partners don't hurt you by doing things you don't like. It means feeling good, calm and happy at home.

Do you and your supporters need help to make a plan to keep you safe at home which includes:

- what to do if you don't feel safe with somebody you live with?
- what to do if you don't feel safe with one of your support workers or other staff?
- what to do if you are worried about something, like an argument between neighbours, by having a plan to go inside, lock your doors and call someone?
- getting to know your neighbours and which houses you can go to if you need help?
- how to ask for help if people move or damage your things at your home?
- what to do if people stop you from having things you like or want in your home?
- what to do if somebody breaks into your house and damages or steals things?
- what to do if you find a stranger in your house?
- having people you trust drop in at your home regularly to make sure everything is ok, including how your paid staff or housemates are treating you?

**What else could you and your supporters do to make a plan for you to be safe at home?** Write your ideas in your planning manual.





**Do you need support to know  
what to do about safety risks  
at home?**

# Do you need support to know what to do about safety risks at home?

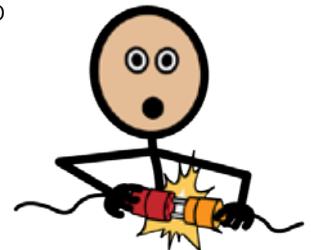
There are all sorts of things which can happen while you are at home which can risk your safety. Some things can also risk the safety of your housemates or your guests. With good planning you can avoid many risks and accidents. You can know what to do when something unsafe happens.

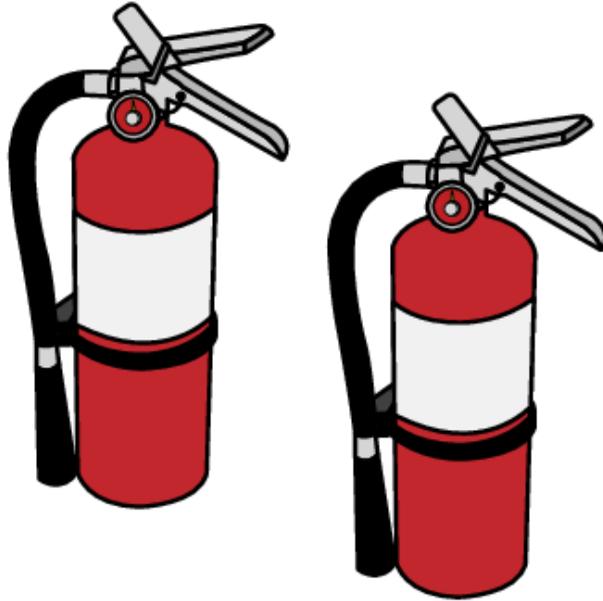
Do you and your supporters need help to make a plan to avoid safety risks at your home by:

- teaching you what to do when there is water or liquid on the floor you can slip on?
- putting a non slip surface on tiles or other slippery floors?
- getting modified emergency bells or call alarms in case you fall and need help?
- checking electrical devices and leads at least every six months to make sure they are in good condition?
- making your use of electricity safe, like having electric kettles which turn themselves off instead of kettles on a stove top?
- making sure you know what to do if the electricity goes out, like having torches and batteries handy?
- helping you to understand that electrical appliances must be kept away from water?
- having a visual plan of what to do if you smell gas or think there is a water leak?
- having the contact numbers for emergency services handy at home and in your phone?
- knowing the safest ways to help you calm, when you are upset or angry that also respect your freedom and authority?
- finding out whether an assistance dog could increase your safety at home?
- having an emergency plan for big emergencies like floods or cyclones?

**What else could you and your supporters do to help you to know what to do about safety risks at home?**

You can write your ideas in your planning manual.





**Do you need support to  
plan for fire safety at home?**

## Do you need support to plan for fire safety at home?

It can be scary to think about a fire at home. You will be much safer if you have thought about what to do if there is a fire. Most household fires are preventable. There are many things you can do to keep you safe from fire in the future. For example, having working smoke alarms in the right position in your home can help a lot.

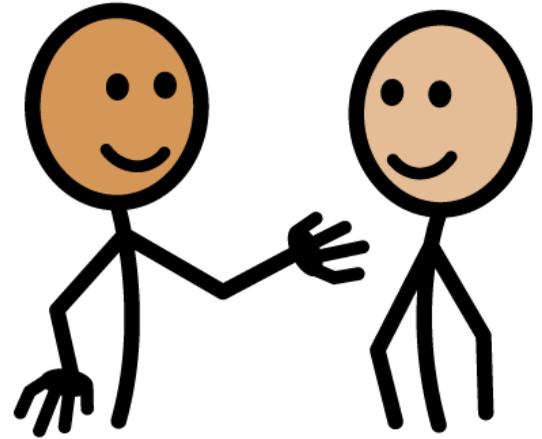
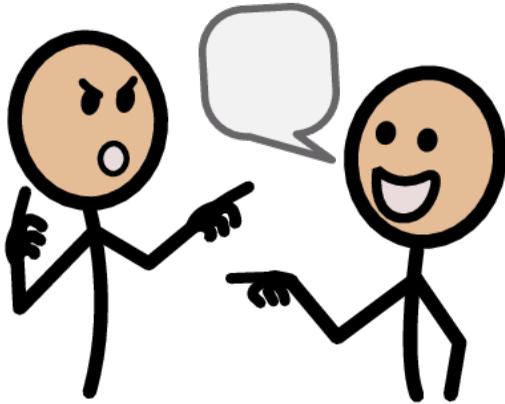
Do you and your supporters need help to make a plan for fire safety, for example by:

- learning how to stop common causes of house fires?
- learning which equipment to get and how to use it, like fire extinguishers or fire blankets?
- learning what to do if someone's clothes catch on fire?
- learning first aid for burns?
- getting advice on the right equipment to get you out of your bed and house if there is a fire, like sheets or scooters, and training from a therapist to use this equipment in an evacuation?
- getting advice on a tailored evacuation plan if you live on the second floor or higher?
- having a good smoke alarm system, like having many interconnected smoke alarms, or accessible alarms such as strobe light or vibrating bed alarms?
- getting advice on installing a sprinkler system if you need support to move around your house?
- designing a testing system for your smoke alarms and fire safety equipment the recommended number of times each year?
- getting advice on how to design your home for fire safety, like having a phone by your bed, your bedroom near an exit, clutter at a minimum in escape routes or a house number which is clearly visible at night?
- practicing your evacuation plan as often as needed with your supporters and supervision from a qualified professional?

### What else could you and your supporters do to plan for fire safety at your home?

You can write your ideas in your planning manual.





**Do you need support to  
stay safe in your relationships  
with other people?**

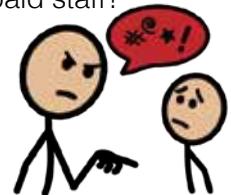
## Do you need support to stay safe in your relationships with other people?

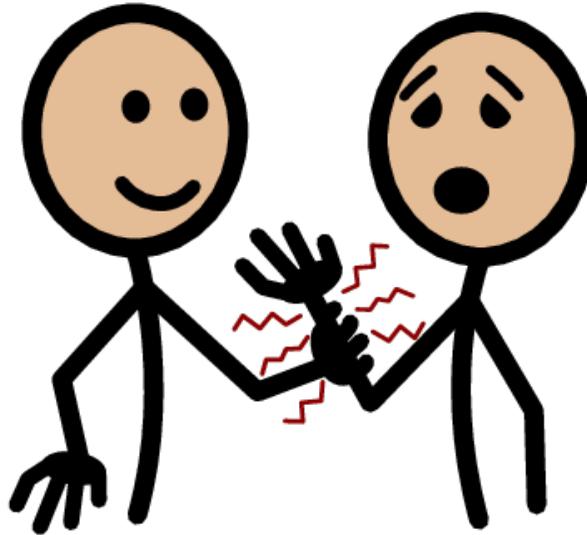
We can all have times where we don't feel safe in our relationships with other people. Sometimes we might not be sure if we are safe with people we meet when we are out and about. There might even be times we don't feel safe with people we love or are close to. It's important to have some rules about how relationships work so you can be safe. It's also important to trust your feelings. If you don't feel safe with another person, you can choose to not see them. You can talk to somebody to ask for help.

Do you and your supporters need help to make a plan for your safety in relationships, for example by helping you to understand:

- how to know what is and isn't ok in relationships, including friendships and sexual relationships?
- what's ok for different relationships you have - like being careful about how much information you share with somebody you just met?
- that your pension or income is your money, and that it is your right to choose what you do with it?
- how to set up your own bank account and ways you use your money so you are in control?
- how to make decisions about when it is and isn't ok to give your money or things to other people?
- what bullying is, and what to do if you feel bullied?
- your responsibility to respect the rights and boundaries of other people?
- how to be safe in sexual relationships?
- when it is and isn't ok to give people your personal information?
- what to do if somebody steals something from you?
- what to do if somebody offers to pay you to do something which you don't want to do?
- how to regularly check in with somebody you trust about how you feel about your paid staff?
- the difference between safe and unsafe secrets?
- who can help you make decisions, for example if somebody wants you to do something with/for them and you aren't sure what to do?

**What else could you and your supporters do to support you to stay safe in your relationships?** You can write your ideas in your planning manual.





**Do you need support to understand when a person does something to you that is NOT ok?**

# Do you need support to understand when a person does something to you that is NOT ok?

Sometimes it is hard to know what is and isn't ok. People might do things that you don't like, but say that you have to go along with those things. People might hurt you, but then say they didn't mean it or ask you not to tell anyone. It can be hard to know what to do if the person hurting you is a partner, close family member, friend, or support worker. If the things people do make you feel scared, worried, angry or anxious then that's not ok.

Do you and your supporters need help to think about:

- how you can tell something is wrong by noticing the things your body does when you don't feel safe, like your heart beating faster, sweating, feeling bad in your stomach or finding it harder to breath?
- how others can tell something is wrong by knowing how you behave when you are upset or somebody does something you don't like?
- what you or others can do if you ever feel bad, scared or uncomfortable around somebody?
- how you can ask for help if someone says things to you which you don't like or which make you feel anxious?
- how you can understand that it's not ok for people to touch your body if you don't want them to?
- what you can do if you ask people to stop touching you and they don't listen to you?
- what to do if somebody does hurt you?
- where to go to learn more about protective behaviours?
- what support you need to be able to say when something is wrong, like talking about what you can say, which words to use, doing role plays etc?
- ways you can learn more about your rights and the ways you should expect to be treated?
- what language about feelings and saying when something is wrong you need in your communication system or device?

**What other support might you need to help you to understand when a person does something to you that is not ok?** You can write your ideas in your planning manual.





**Do you need support to  
stay safe in your  
relationships online?**

## Do you need support to stay safe in your relationships online?

Talking to other people on the internet can be lots of fun. Many of us enjoy sharing things about ourselves on social media like Facebook or Twitter. You can learn things about other people too. We can play games and enjoy chat rooms about our favourite subjects. Being online can also risk your safety. Just as for any other relationship you need to know how to stay safe when you are online.

Do you and your supporters need help to make a plan for your safety in online relationships, for example by helping you to understand:

- why it is important to have rules about what you do online to keep you safe?
- how to make decisions about who to add as friends on sites like Facebook?
- how to make decisions about your privacy settings on sites you go on?
- how to make decisions about buying things online?
- what to do if somebody you meet online asks you for money, or for your bank details?
- what cyber-bullying is?
- what to do if you feel bullied either in person or by phone or online?
- what scams are and what to do if you see one?
- how to be careful when you search for things so that you don't accidentally see things you don't want to see?
- what to do if you do see something online which upsets you?
- when it is and isn't ok to give people your personal information online?
- the risks of taking your clothes off in front of a webcam or sharing photos of your private parts?
- what you can do if you don't want to continue an online relationship and the other person isn't listening to you, like how to block callers on your phone or on Facebook?



**What else could you and your supporters do to support you to stay safe in your online relationships?**

Write your ideas in your planning manual.



**Do you need support to stay safe in medical places?**

## Do you need support to stay safe in medical places?

Sometimes you might need support to feel safe when you go to the doctor, the dentist or to hospital. People may need to understand your medical needs really well so they can make the best decisions for your care. A lot of people feel anxious in medical places and you can plan to have support to feel calm and safe. You may need help to say what's happening for you and what you need, and to be listened to.

Do you and your supporters need help to make a safety plan for when you are in medical settings, especially in case you are there without somebody who knows you well, by recording:

- any medical conditions or diagnoses you have?
- any medication you are on, doses and purposes?
- any surgery you have had in the past?
- how you are when you are well, calm and happy?
- how you express pain or discomfort if this is different to what doctors might expect - for example, if you don't express pain in typical ways?
- the best ways to talk to you and how to understand your communication?
- how to best support you during medical procedures like needles or X-rays?
- what things help you to feel calm, like listening to music, or having favourite things such as string, plastic, or toys?
- what important things to pack if you need to go to the Emergency Department?
- what you don't like, and things you don't want people to do?
- how to respond if you behave in ways that can seem challenging when you are distressed?
- what you need for your diet and personal care if you need to stay in hospital for a while?
- the contact details for people who know you well and who help you to make medical decisions?
- what advocacy support you can get if you don't like what is happening?



### **What else could you and your supporters do to make a plan to stay safe in medical places?**

Write your ideas in your planning manual.



**Do you need support to make sure  
you have the right medication  
at all times?**

# Do you need support to make sure you have the right medication at all times?

Medication can be very important. Medication can be pills or other types of medicine. It is important to:

- take the right medication
- take the right amount of medication
- take medication at the right time each day
- If you don't do this you can get very sick.

Everyone can make mistakes, and sometimes chemists can make a mistake when they give you your medication. You and/or your supporters needs to make sure your medication is correct. It can be dangerous if you get too much or too little medication. You also need good systems so that you don't run out of medication.

Do you and your supporters need to help to:

- make sure you take your medication safely by having the right amount and at the right time?
- get assistive technology, pill boxes or webster packs to help you take medication?
- make sure there is a record of your medication, including a photo of what the right medication looks like?
- check your medication, including webster packs, every time it is picked up or delivered to make sure it's correct?
- name somebody in your team or network to be responsible for checking you are having your medication?
- decide on a system for ordering your medication which means you never run out?
- make sure you have back up medication or a plan in case of an emergency?
- make a plan for replacing medication if you lose it or run out when you are away from home or on holiday?

**What else might be important when it comes to you having the right medication?**

You can write your ideas in your planning manual.





**Do you need support to make sure your medication use is safe?**

## Do you need support to make sure your medication use is safe?

There is more to safe medication use than just taking the right medication at the right time. You and your supporters need to know about the side effects if you take your medication with other tablets or things like alcohol. You need to have a plan to store your medication safely. Its also good to have a plan to check regularly if your medication is still right for you.

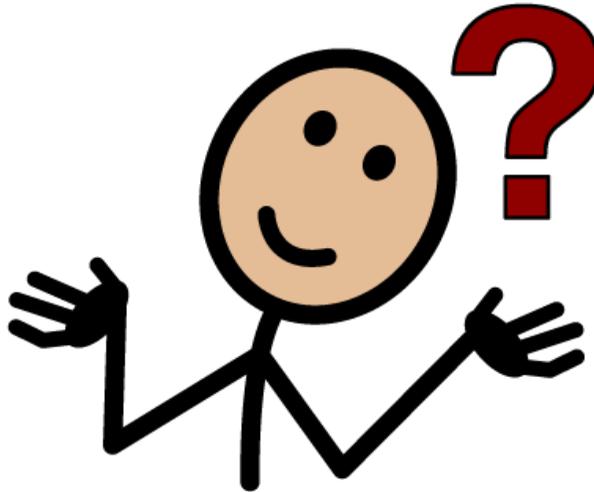
Do you and your supporters need help to:

- make decisions about which medications you take?
- support you to understand what your medications are for?
- understand what might happen if you take a medication, like side effects?
- teach you about the side effects of taking medication with other medications, alcohol or some foods?
- support you to know not to share your medication with others, or others with you?
- plan what to do if you take too much medication or if you get sick after taking medication?
- ways to store your medication safely at home, like 'up and away and out of sight', so children or pets can't get it?
- make sure somebody checks your medications, including any non-prescription tablets like vitamins, at least once every 6 months and return any which are out of date to your chemist?
- make sure your medication is checked by your doctor at least once a year?
- make a plan to find out and address the causes of your behaviour if your medication has been given to try to control behaviours which can be seen as challenging?



### What else might be important when it comes to your medication?

You can write your ideas in your planning manual.



**Do you need help to think about  
who the best people are to go to when  
you're not feeling ok?**

## Do you need help to think about who the best people are to go to when you're not feeling ok?

You can tell someone when you're not feeling ok. You might be feeling sick or be in pain. You might feel scared or worried. You might need help with something. People might be doing things you don't like. You might feel very bad and feel like hurting yourself. You have the right to tell someone and to ask for help when you are not feeling safe.

It's a good idea to have more than one person you can talk to.

It can also be a good idea to have somebody who checks in with you regularly about how you are. Sometimes it is a good idea to ask somebody you know if they can be one of the people you talk to when you are feeling bad.

Who can you plan to talk to when you are not feeling ok, or when you don't feel safe?

- a close family member, like your mum, dad, brother or sister?
- other family members, like your grandparents, aunties, uncles or cousins?
- a friend?
- a support worker or co-ordinator you trust?
- a professional you see regularly or who is easy for you to contact, like your doctor, therapist, psychologist or social worker?
- somebody you see regularly when you are out and about like a teacher, an assistant at your dance class, or somebody at work?
- somebody from a disability advocacy or human rights organisation?
- somebody who is part of your online networks like Facebook (with some safeguards in place)?
- a crisis helpline?

**Who else could you ask to be one of the people you talk to when you are not ok, or not feeling safe?** Write your ideas in your planning manual.





**Do your supporters need help to understand what to do when you don't feel safe?**

## Do your supporters need help to understand what to do when you don't feel safe?

People might need help to know what to do if you tell them you don't feel safe. Once you have told somebody that you don't feel safe, they have a responsibility to do something.

Do your supporters need help to plan what to do by talking about how they can:

- be available by phone, SMS, Facebook message, meeting for a coffee etc?
- make sure they drop in on you regularly if you can't initiate contact without support?
- listen to you and support you to communicate the things that are worrying you?
- believe what you say?
- avoid trying to influence what you think and say if something has happened to you?
- take action?
- know where to go to get additional support, for example advocacy organisations?
- build relationships with your community which help to keep you safe - like making sure people know who to call if you don't turn up for a regular activity, or if they are worried about you?
- make sure that you have access to support, like counselling, if you want it?

### What else do your supporters need to think about for times when you aren't feeling safe?

Write your ideas in your planning manual.

