Your Safety

Booklet number 3 for adults who have learning disabilities
Look out for local phone numbers in Birmingham where you can find out more in this book.

these are numbers for Birmingham City Council

these are numbers for the National Health Service
We all need to keep safe.

This is even more important as you grow older.

In this 3rd booklet in the series Growing Older with Learning Disability in Birmingham we will give you information to help you keep safe.
## What’s in this book and where is it?

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Growing Older with Learning Disability in Birmingham

In the home

Make sure your home is well lit.

If you cannot change a bulb ask someone to help you. Use step ladders – do not climb on chairs or tables.

Use step ladders to help you reach things.

Do not climb on chairs or tables.

Always keep the chain on your door when you have to open it to someone you don’t know.
If **someone you don’t know** comes to your door ask them who they are.

Ask them for their **ID card** [this is a small card with their photo and name on it]. You can phone the number on the card to check who they say they are

or

Ask them to come back later and make sure you have someone with you.
Be extra careful in the home

Knives and scissors are dangerous. **Do not** walk or run with them in your hands.

**Always** put them down somewhere safe.

Make sure you **put all your cleaning things away** safely like bleach, toilet cleaners, washing up liquid.

Don't leave money, rings, bracelets, necklaces or watches where they can be seen.

Make sure you keep all your **medicines** in a cabinet. This should have a lock.
In the kitchen

Make sure your kitchen is **well lit**.

If you cannot change a bulb **ask someone** to help you. Use step ladders – do **not** climb on chairs or tables.

**Use** step ladders to help you reach things.

Do **not** climb on chairs or tables.

Take your **mug to the kettle** when making hot drinks.

Keep your kitchen tidy and especially mop up any thing you have spilled.
Be extra careful in the kitchen

Never walk away from a chip pan, a frying pan, toaster or a grill when you are using them. They can set on fire.

If anything does set on fire
phone the fire brigade 999 straight away and get out of the house.

Do not use water to try and put the fire out. This will make it worse.

Knives and scissors are dangerous. Do not walk or run with them in your hands.

Always put them down somewhere safe.
In the bathroom

Make sure your bathroom is **well lit**.

If you cannot change a bulb [ask someone](#) to help you. Use step ladders – do **not** climb on chairs or tables.

Use non slip bath mats in your bath and your shower. Make sure you keep them clean.

Ask if you can have grab rails fitted.

You can get grab rails for your bath and toilet too.

**Speak to your social worker about this.**
Growing Older with Learning Disability in Birmingham

Be extra careful in the bathroom

Always check the water in your bath is not too hot.

There are things you can buy to help make sure your bath water is not too hot.

- Anti scald plugs
- Hot Spot Scald Warning Rings
- Water Temperature Alert

You can find out more about these and other things to help you keep safe in your bathroom at:

www.bathingmadeeasy.com
In the bedroom

If you use an electric blanket make sure you use it properly. Make sure you lay it flat on your bed. Get it checked for safety every year. Ask someone to help you.

You might want to think about getting a night light if you get up in the night. You can buy these at most do-it-yourself shops. There is a list of do it yourself shops on page 26.

Do you move about in bed a lot? You can get a bed rail fitted. Bed rails will help to keep you in your bed. There are many different types.

Speak to your social worker about getting help with costs for this.
Be extra careful in the bedroom

Never smoke in bed. A fire may start if you fall asleep while you are smoking.

Be very careful if you use candles as they can cause fires:

- use a proper candle holder or a large metal or glass plate—never put them on a plastic surface like your TV or bath, they will melt them
- never put candles under shelves
- keep candles away from your curtains
- keep candles away from open windows and open doors
- if you leave the room put candles out with a spoon or a candle ‘snuffer’
In the garden

Keep your garden tidy. Keep it safe. Enjoy it.

A shed in your garden will give you somewhere safe and secure to keep your garden tools.

If you have a gate into your garden keep it shut and keep it locked.

While you are doing your garden make sure you keep tools standing up and not lying on the ground. You may trip over and hurt yourself.
Growing Older with Learning Disability in Birmingham

Be extra careful in the garden

Bonfires and fireworks are lovely and very dangerous. **Don’t** stand too close to the fire. **Don’t** go back to a firework that hasn’t worked. Ask someone to help you.

Barbecues are fun and very dangerous. Make sure you stand your barbecue on a **flat** surface while you are using it.

Garden ponds are peaceful and very dangerous. **Don’t** stand too close – you might fall in. You can put a net over your pond to help make it safer.

Your skin is important. Use sun cream to keep your skin safe when you are in the garden.
In the street

Tell someone where you are going. Tell them what time you will be back.

Make sure you know where you are going.

Go out in groups when you can.

Stay in busy well lit streets.
Be extra careful in the street

Keep your mobile phone, purse or wallet and your keys safe. Put them in a bag or in your pockets.

Carry your bag across your shoulder or under your coat.

Walk away from big groups of people and people you don’t know.

Only cross the road when the green man tells you it is safe. But keep looking both ways.
Abuse

This means that someone who is looking after you is not treating you right. This may be a friend or family member.

• they may be touching you or making you touch them
• forcing you to have sex
• hitting, kicking or punching you
• shouting at you all the time
• locking you in a room
• tying you to something so that you cannot move about
• they may be spending money that is yours
• they may be bullying you
• they may be calling you names because of your colour or your disability
• they may be neglecting you [this means they are not looking after you properly]

Do not be afraid to tell someone that this is happening to you. You can be male or female. You can tell your doctor, nurse, the police or someone that you trust.

0121 303 3310
Monday to Friday 9am to 5pm

0121 675 4806 [Emergency Duty Team]
all other times 5pm – 9am
You can phone at night, weekends and Bank Holidays
Getting help if you have been abused

Respond
For victims or people who have abused others. Support and training for families, carers and professionals is available.

0808 808 0700
for help

www.respond.org.uk

Voice UK
Support for people with learning disabilities and other vulnerable people that have been abused or a crime has been committed against them. Voice UK also support families, carers and professional workers.

0845 122 8695
Monday to Friday 10am to 4pm
Growing Older with Learning Disability
in Birmingham

More help

Adults and Communities
You can tell someone in Adults and Communities about abuse or hate crime at any time.

0121 303 3310
Monday to Thursday 08:45am to 5:15pm
Friday 08:45am to 04:15pm

0121 675 4806 [Emergency Duty Team]
all other times 5:15pm – 8:45am
Friday – Sunday 04:15pm to 08:45am
You can phone at night, weekends and Bank Holidays

Specialist Learning Disability Psycho Therapy Service

0121 465 8650 NHS

My doctor _________________________________

My nurse _________________________________

Someone I trust _______________________________
Hate Crime

Tell the police if hate crime is happening to you or others in the local community
- they may be calling you names or hitting/kicking you because of your colour or your disability
- they may be throwing stones or bricks and breaking your windows

0845 113 5000
ask for the Vulnerable Persons Officer for your area

There is a Vulnerable Persons Officer at all the police stations in Birmingham.

ICE – this means In Case of Emergency. This is a number you keep in your mobile phone of someone you trust that someone else can phone if you need them.

You can use 999 on your mobile phone even if you have no credit.
Keeping clean [hygiene]

It is important that you keep your hands clean.

**Always** wash your hands after:

- you have used the toilet
- you have touched **raw** meat – especially chicken
- you have done any work in your garden
- you have blown your nose, sneezed or coughed – especially if you have a cold or flu
Floor safety

Mop or sweep up any food or drinks you have dropped or spilled on the floor.

Don’t sweep things under your rugs. This will make your rugs lumpy and you could trip over and hurt yourself.

Make sure any carpets you have are fitted properly.
If you have rugs or mats in your kitchen or bathroom buy ones that have a rubber backing so that they don’t slip. You can buy non-slip strips to put on the back of rugs. There is a list of do it yourself shops on page 26.

If you have wooden floors don’t polish or wax them. This will make them slippery and you may slip and hurt yourself.

Keep your rooms as tidy as you can. Don’t leave things on the floor. You may trip over and hurt yourself.
Fire Safety

There are things you can buy to help keep you safe in your home.

Use **smoke alarms**. Ask a friend to fit them for you. Make sure you test them every week to make sure they are still working. Change the batteries every year.

If you have gas in your home. Carbon monoxide is a gas you cannot smell and you cannot see. Get a **carbon monoxide detector** fitted. Get one from your local do it yourself shop.

You can buy **small fire extinguishers** to put in your kitchen [they will put out small fires].

and **fire blankets** [for small chip pan and frying pan fires].

See where you can buy these things on the next page
You can buy all these things from:

<table>
<thead>
<tr>
<th>B &amp; Q</th>
<th>Homebase</th>
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<tr>
<td>Castle Vale</td>
<td>Kings Heath</td>
</tr>
<tr>
<td>B35 7RD</td>
<td>B14 7SN</td>
</tr>
<tr>
<td>☎️ 0121 377 4100</td>
<td>☎️ 08456 407 630</td>
</tr>
<tr>
<td>Selly Oak</td>
<td>Minworth</td>
</tr>
<tr>
<td>B29 6TL</td>
<td>B76 1FG</td>
</tr>
<tr>
<td>☎️ 0121 414 1710</td>
<td>☎️ 08456 407 306</td>
</tr>
<tr>
<td>Stechford</td>
<td>Oldbury</td>
</tr>
<tr>
<td>B33 9AX</td>
<td>B69 3DD</td>
</tr>
<tr>
<td>☎️ 0121 785 2600</td>
<td>☎️ 08456 407 085</td>
</tr>
<tr>
<td></td>
<td>Selly Oak</td>
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<td></td>
<td>B29 6SJ</td>
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<tr>
<td></td>
<td>08456 407 144</td>
</tr>
<tr>
<td></td>
<td>Sutton Coldfield</td>
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<tr>
<td></td>
<td>B73 5BA</td>
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<td>☎️ 08456 407 214</td>
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Or try your local hardware store.

My local hardware store:

__________________________________________
Growing Older with Learning Disability in Birmingham

Other things to help you feel safe

Fire safety check

You can have a **free** fire safety check done in your own home at a time to suit you. Smoke alarms may be fitted for you.

**0800 389 5525**
**free** to call and make an appointment

or

book your appointment here:

[www.wmfs.net/Stay+Safe/Free_Home_Fire_Safety_Check/](http://www.wmfs.net/Stay+Safe/Free_Home_Fire_Safety_Check/)

Crime prevention

Get in touch with your local police station to find out about the Neighbourhood Watch scheme for your area. You can ask them to watch your house if you have to go away for a while.
Growing Older with Learning Disability in Birmingham

Smell gas

If you smell gas

do not:
• smoke or light a match or lighter
• turn lights on or off

do
• open all your windows and doors
• phone the gas board

0800 111 999 free to call all year

Keysafes

If you are unable to let people into your home you may be able to get a key safe. This is a place where a key to your home is kept safe for people you trust to use.

They are free of charge to most people. Please contact the number below for more information.

0121 303 3090
Monday to Thursday 8:45am to 5:15pm Friday 8:45am to 4:15pm
Message in a bottle

This service is run by the Lions Club.

A sticker is put on the inside of your front door and on the front of your fridge door. This tells ambulance, police, paramedics and fire service staff that there is important information about you.

This is given to the hospital staff. The information is on a form inside the bottle. It will tell staff about any medicines you are taking and where they are kept, any allergies you have and any other important information.

Just as important as you it will tell them about any pets you have that will need looking after.

Get one from your local chemist or your doctor. Get one for your carer.
Falls detectors

For people with epilepsy or older frail people that are at risk.

0121 303 2202

for more information

Falls assessments

Do you fall over and you don’t know why?

You can have a falls assessment. Phone one of the numbers below for more information.

Heart of Birmingham
0121 465 8950

North and East Birmingham
0121 465 8851

South Birmingham
0121 465 8200
If you have a disability, there are things you can get that can make your day to day living easier.

You can get information about things that will help you and what services you can get.

The Assist Birmingham Centre will give you information, a free assessment and show you how things work.

Call in or phone:

Assist Birmingham Centre
St Mark's Street
Springhill
Birmingham
B1 2HU

Tel: 0121 464 4942

Opening Times:

Monday to Thursday 9.00am to 4.00pm
Friday 9.00am to 3.00pm
Saturday 9.30am to 1.30pm
Before you go to bed or go out

Make sure you **switch plugs off** and take them out of the socket when you are not using them.

Make sure you have turned your **cooker off** when you **go out** and when you **go to bed**.

Make sure you have turned your **fire off** when you **go out** and when you **go to bed**.

Make sure you lock all your windows and doors when you **go out** and when you **go to bed**.

Make sure you lock all your windows and doors downstairs when you **go to bed**.
Growing Older with Learning Disability in Birmingham

Your emergency services

Police

The police, fire brigade and ambulance services are all your emergency services

Fire Brigade

999 for all these services

Remember - you can phone 999 on your mobile phone even if you have no credit.

Ambulance

You can phone the police about things that are not an emergency like finding out where your local police station is. Use this number if it is not an emergency.

0845 113 5000
Growing Older with Learning Disability in Birmingham

Our thanks go to everyone at Collingwood Day Centre especially

Annie

Richard

Dorothy
Thanks and acknowledgements for their help in producing this booklet go to:

Dr Sunny Kalsy – Consultant Clinical Psychologist

Claire Robinson – Older Adult Specialist Nurse

Shirley Mallon – Senior Strategic Commissioner

Linda Jackson – Partnership Board Co-ordinator

Pictures by:


All information correct at time of printing October 2008
My numbers:

My plumber [water, toilets, heating] ..........................................................

My electrician [lights, plugs] .................................................................

My handyman [put up shelves] ...............................................................