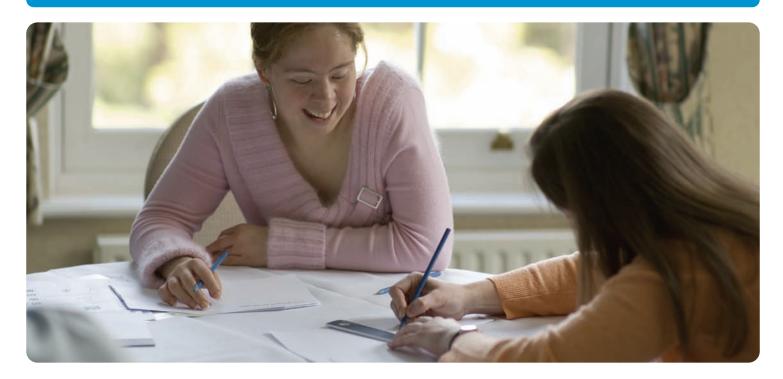


### **Living the Way You Want Series**



# **Staying Safe**

Easy Read

### **About this leaflet**



This leaflet is made by the Down's Syndrome Association.



→ It is in Easy Read.

**Easy Read** means easy words with pictures to help everyone understand.



We ask Having a Voice groups to help us make Easy Read information.



Having a Voice groups are groups of people with Down's syndrome. They help people have their say.





Having a Voice groups make sure the Easy Read information is easy to understand.



You can find out more about Having a Voice on the Down's Syndrome Association website.

## What is in this leaflet?



This leaflet is about staying safe in your home.

# What you can learn

You can learn about:



looking after your things



 what to do when someone comes to the door



what to do in an emergency



You have a right to feel safe in your own home. Here are some tips to help you feel safe:



 always lock the door and shut your windows when you leave your home



keep your keys in a safe place



 if you are going out, let someone know where you are going and what time you will be back



 if someone you don't know comes to your door, you don't have to let them in

You can ask for ID with their name and photo on it



 if something worries you, tell your family or a support worker straight away



 have a list of important phone numbers on your mobile phone or stuck to the fridge



• call 999 in an emergency



you may have an alarm to call for help

make sure you know where your alarm is

### More information





Foundation for People with Learning Disabilities has an Easy Read guide about staying safe:

www.learningdisabilities.org.uk

The **Down's Syndrome Association** has information about safety and online safety on our website:

www.downs-syndrome.org.uk

# Thank you



Thank you for reading this leaflet!We hope this leaflet has helped you.

# Tell us what you think



We want to know what you think about this leaflet.

Email what you think to: info@downs-syndrome.org.uk

# **Down's Syndrome Association**



Address: Langdon Down Centre, 2a Langdon Park, Teddington, Middlesex TW11 9PS

Telephone: 0333 1212 300

E-mail: info@downs-syndrome.org.uk

Website: www.downs-syndrome.org.uk

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

#### Contact us

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www.dsactive.org



www.dsworkfit.org.uk



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www.langdondowncentre.org.uk













