

# My safety plan

Info guide 2020



**Easy Read**



This info guide is about having your own safety plan.



Your safety plan will help you be ready for an emergency.

An emergency is if something bad happens.



Your safety plan should say

- what to do in an emergency
- what to do if you are hurt
- who to call when you are not safe



## Writing your safety plan

You should be involved in writing your plan.

Your plan will help you remember what to do.



It is good to get someone else to look at your plan.

You can ask

- someone you trust
- your family
- a friend
- your support worker



## Your plan

What your plan looks like is up to you.

Make sure it is easy to read.



Write your plan so that it tells you what to do.

This could be something like

- If someone I do not know is at the door  
I **do not** open it.



Keep your plan in a safe place that is easy to find in an emergency.



Look at your plan often so you remember what to do.

You can practice things in your plan.



## Group homes

If you live in a group home or Specialist Disability Accommodation your service should have an emergency plan.



Ask them to talk to you about it.



## Emergency

Call **000** for

- Police
- Fire
- Ambulance

Only call this number in an emergency.

Write this number in your plan.



## This is just an example safety plan for Fire and Stranger Danger

### If there is a fire in my house...

... I get out of the house.

... if I cannot get out, I stay close to the ground to not breathe in smoke.

... I call **000** from my mobile or the neighbours.

### If someone I do not know is at my door...

... I do not open.

... I check who they are. If I am waiting for a repair person, I ask for their ID or other proof.

... I call someone I trust like my family, a friend or support worker if I am scared.