

# Personal Plan - Safety at Home

1

My Details

2

My Action Plan

## Name (Required)

First

Last

## Email (Required)

## Today's Date (Required)

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# Section 1: Home Security

## Which of these could improve my safety when opening the door to someone?

Tip: Fitting good security accessories to your door will enable you to remain in control.

- Use a door chain to restrict the door's movement
- Use a spy hole to see who's there before opening
- Don't open the door too wide
- Don't invite anyone in unless I know and trust them
- Ask unknown visitors for proof of ID before answering any questions

## Which of these suggestions is the safest place to keep my front door keys?

Tip: Your keys should never be left or hidden outside.

- Hidden in a place no-one else knows about
- Hung in a place where no-one can see them
- Out of sight in a secure pocket

## To deter burglars or other intruders when it is dark, I should:

Tip: Don't give others the impression your home is empty at night.

- Leave a light on or set a timer for a light to come on automatically
- Leave all the lights off

# Section 2: Dealing with Unwanted Visitors

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## Which of these examples is likely to be a cold caller I should NOT trust?

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Tip: Cold callers sometimes visit your home or call you on the phone, but are not always trying to scam people.

- Someone from a religious organisation who wants to hand me a leaflet
- A local MP campaigning for votes
- Someone with no ID is saying there is a problem and that I need to pay them money

## How can I deal with cold callers fairly and safely?

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Tip: Making sure the person is who they say they are will help you stay safe.

- Give them a chance to explain who they are and what they want
- Ask to see their company ID badge
- Ask them for a business card
- Check to see if they have arrived in an official company vehicle
- Ask them to come back at a more suitable time if I am not ready to speak with them

## Should I buy goods or services from cold callers?

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Tip: You must always put your safety first but remember that not all cold callers are criminals.

- YES
- NO
- Not on the doorstep - only after careful consideration and advice from someone I trust

# Section 3: Door-to-Door Scams

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## Who should I ask for advice before signing a contract with someone visiting me at home?

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Tip: It is important to find someone trustworthy to check a contract before you sign it.

- A bank or financial organisation I have never heard of
- Someone who has just sent me an email
- Someone I met online
- My carer, support worker or local support provider
- A close family member or trusted friend
- My employer or another trusted professional such as a solicitor or police officer

## When should I borrow money from a loan shark?

- Only when I need money and can't get it from a bank
- Never

## What should I do if someone I don't know offers to lend me money?

Tip: Never trust people you don't know who want to give you a loan.

- I should not accept credit unless an agreement has been checked arranged in advance
- I should ask to see the person's company ID
- I should ask to see a document stating the terms and conditions of the loan
- I should report any suspicious or aggressive behaviour
- I should ask someone I trust before signing or verbally agreeing to any contract

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## What ACTION will I take to improve my safety at home?

Consider your answers from the previous questions then plan your personal improvements here.

## I will need the following SUPPORT to achieve my goals:

Enter details of WHO can provide support, WHAT support needs to be provided and WHEN progress should next be reviewed. If you do not require further support, enter NONE.

Please continue on a separate sheet if you need to add more information. Thurrock Lifestyle Solutions CIC will review completed forms to provide relevant approved support. The information provided should not contain sensitive personal data such as your address, telephone number or bank details.