

Unique Care Group



Participant Safety Plan

Easy Read 'My Safety Plan'



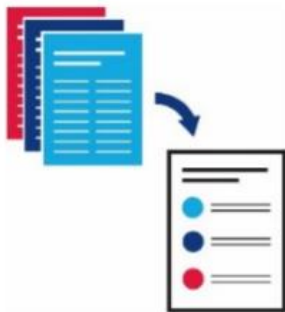
Unique Care Group wrote this information.

When you see the words "we" or "us", it means Unique Care Group



We have written this document in an easy to read way.

We use pictures to explain some ideas.



This Easy Read document is a summary of another documents.

What is this Document About?



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.
- A friend
- A family member
- 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.

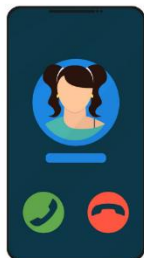
Write this number in your plan.

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.
I call 000 from my mobile or the neighbours
If I cannot get out, I stay close to the ground to not breathe in smoke.

If someone I do not know is at my door...
I do not open
I check who they are through a window. If I am waiting for a repair person, I ask for their ID or other proof through the window.
I call someone I trust, like my family, a friend, or a support worker if I am scared.

Contact Us



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