



Fact Sheet KPS01 April 2013

Keeping safe and secure at home

There are several simple and affordable things that you can do to put a burglar off from breaking into your home.



- Always lock your doors, close all windows, remove all keys and set your alarm
- Do not leave the keys in the door or window, even when you are at home
- Do not leave spare keys outside- criminals know where to look. If you can, fit a key safe
- Keep garden tools and ladders locked away
- Mark your property with your postcode and house number
- Only keep money you absolutely need in the house.

Your crime prevention officer (at your local police station) can offer advice about alarms.

Home insurance will need minimum security standards such as British Standard mortice locks and window locks. If you have good security and are a member of Neighbourhood Watch, insurance may be cheaper.

If you think there is someone in your home...

DO NOT GO IN!

Call the police from a neighbour's house. If you are inside, call the police as soon as possible.

REMEMBER: You and your family are the most precious things at home.

Keeping Safe at Home

Almost one million older people a year go to hospital because they have had an accident around the home

You can cut down the risk of having an accident by looking after yourself and your home

You may need small jobs around the home. If you do, contact your local Adult Services or Age UK for help

For larger jobs, like roofing, major electrical, plumbing and building work, the Council may help you to apply for grants as well as find reliable trades people.

Who to call if you have an accident at home

You can register with Careline, which lets you call someone in an emergency. Staff will come to your home 24 hours a day, 365 days a year, to see what the emergency is and to help you.

To contact Careline phone 0845 434 5440

Sheltered Housing

Sheltered housing can give you the best of both worlds – living independently in your own home while being safe and secure in the knowledge that there is warden nearby. It is an opportunity to meet new people and make new friends. Many schemes have groups which arrange social activities. Use the contacts list at the back of the handbook for more information.

'Buy with confidence' - Trading Standards Approved



'Buy with confidence'- Trading Standards Approved is a scheme launched to promote and support good, reliable tradesmen and retailers, whilst in turn increasing consumer protection and confidence by providing an approved trader list, initially in the area of renewable energy and energy saving products and services.

Member companies have been independently checked by staff from authorities' Trading Standards Services.

Only if businesses pass stringent checks can they display the 'Buy with confidence' logo. Details of firms you can trust should be available by phoning your local council or by going onto their website.

If you have good service from a company that is not on the scheme, the website enables you to recommend them for membership.

For full details call: 08454 040 506

Keysafe

Keysafe is a small combination lock safe which is fitted to the outside of your property. A number is then programmed into the safe. If there is a problem or someone official needs to get into your home then they can access the Keysafe using the number.

Relatives and Residents Association (RRA)

It is often difficult for relatives with loved ones in care to get advice as there are so many questions they need to ask.

RRA provides advice and information for older people who are in residential care. They are involved in projects linked with older people and work in close co-operation with organisations such as **Help the Aged** and **Age Concern**.

Advice line: 020 7359 8136

Open Monday to Friday from 9.30 until 16.30

Emergency Planning

How to prepare in an emergency

Fire, flooding, power or water cuts, extreme weather, accidents. Sometimes emergencies do happen but you can help yourself by being prepared. Here are some ideas that may help you cope.

Before an Emergency

Key a friend or family member's telephone number into your mobile phone and call it 'ICE'.

'ICE' means 'In Case of Emergency'

In the event that you cannot make a call yourself, the Emergency Services will be able to look up 'ICE' in your telephone and contact someone who knows you.

Think about what you might need with you. Consider putting key items into a grab bag that is small enough to carry, stored safely and easy to find.

If you need this factsheet in a different format, please contact the Communications Officer for Adult and Communities on:

Tel: 020 8359 7150

Email: adultsocialservices@barnet.gov.uk