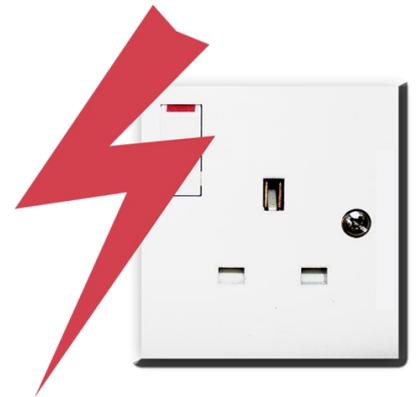


Who can help me to stay safe?



Fife's Health
& Social Care
Partnership



FIRE AND RESCUE SERVICE

Fife
COUNCIL

Fife Adult Support & Protection

www.fife.gov.uk/adultprotection



There are lots of services in Fife that can help keep you safe and protected.



This booklet tell you about these services.

It tells you how to get in touch with them.

It gives you advice.



Read this booklet with someone who supports you.

You don't have to read it all in one go.

If you need this booklet in large print, braille, audio CD or tape call:
03451 55 55 00.

If you need this booklet in another language call one of Fife Council's
Language Lines:

خط هاتف اللغة العربية: 03451 55 55 77

বাংলায় আলাপ করার জন্য টেলিফোন লাইন: 03451 55 55 99

中文語言熱線電話: 03451 55 55 88

Polskojęzyczna linia telefoniczna: 03451 55 55 44

اُردو زبان کے لیے ٹیلیفون نمبر 03451 55 55 66

Adult Support and Protection



Adult Support and Protection helps adults who are being harmed by someone or are harming themselves

If you are being harmed or neglected, call the Adult Protection Phone Line on **01383 602200**.



When you call the phone line the person on the phone will:

- Listen to what you say and ask you questions to understand what has happened.
- Check that you are safe right now.
- Get medical help if it is needed.
- Tell Police if there has been a crime.
- Get help from the right people to keep you safe and stop the harm.





Fife Cares

Fife Cares have Home Safety Advisers who do free home safety visits.

Home Safety Advisers can tell you how to keep your home safe and secure.



To book your free Fife Cares visit:

Call: 03451 55 15 03

This is the Social Work Contact Centre.

Tell them you want to book a Fife Cares visit.



or you can book it online at: www.fife.gov.uk

Search for 'Home Safety and Security'

During our home safety visits to households where there are vulnerable adults, Home Safety Advisers will advise on:



- Falls awareness



- Fire safety



- Electrical safety



- Smoke alarms.



Child Safety visits

This is for people with a child under 5.

They give you advice on:

- Stair safety
- Fire and electrical safety
- Blind cord safety
- Smoke alarms
- Child car seat safety



To book your free visit call: 03451 55 15 03

This is the Social Work Contact Centre.

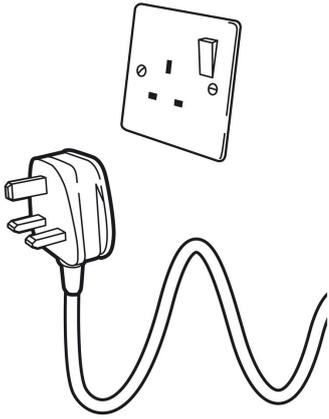
Tell them you want to book a Fife Cares Child Safety visit.

or you can book it online at:

www.fife.gov.uk

Search for '[Home Safety and Security](#)'

Child Safety Tips



When you are finished using them, unplug:

- hairdryers, straighteners, or curling tongs
- laptop or tablet
- phone charger

Put them away somewhere safe and out of reach to let them cool down.



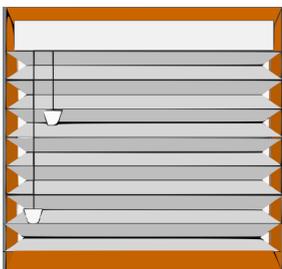
Keep chemicals away from children.

Keep them in a high cupboard or lock them away.

This includes the things you use to clean your kitchen and bathroom and washing capsules (liquid tabs).



Keep perfume and e-cigarettes away from children.



Tie back your blind cords or have cordless blinds.



Have stair safety gates at the top and bottom of your stairs if you have children under 2 years old.

Safe, Secure & Supported at Home



Domestic abuse is when you are hurt by your partner.

The 'Safe, Secure and Supported at Home' service is for people who have suffered domestic abuse.

To get this service you must not be living with the partner who hurt you.



A Home Safety Adviser can visit your home to tell you how to keep your home safe and secure.

They will tell you about:



- Door and window security
- Personal safety
- Security lighting



To book your free visit call the Social Work Contact Centre on: 03451 55 15 03



Tell them you want to book a Safe, Secure and Supported at Home visit.

or you can book it online at:

www.fife.gov.uk

Search for 'Home Safety and Security'.



Community Alarms and Telecare



Equipment is available to help people live safely and independently in their own home.

This makes it quick and easy to get help in an emergency.

Community Alarm Service

This is a pendant button which you can wear round your neck or on your wrist.

When you press it, it calls someone who will contact a family member, key-holder, support worker or the Mobile Emergency Care Service to come and help you.



Telecare Service

Telecare uses sensors and monitors in the home to raise the alarm if you couldn't get help yourself.

Some Telecare devices alert a carer or family member in the same house that something has happened to the person they care for.



To ask about these services call the Social Work Contact Centre on: 03451 55 15 03



Fife Falls Response Service



If you fall in your own home and need help:

- press your community alarm pendant or
- call your GP Surgery or
- call NHS 24 on 111 (If GP Surgery is closed)



If you are not hurt they will send the falls response team to help you back on your feet safely.

If you are hurt they will send a Doctor, Nurse or Ambulance.

Hints to prevent falls



Keep floors clear so you don't trip.

Use tape to stick your rugs or mats to the floor, or nail them down.



Use bright lights in your home, especially on your stairs.



Have your eyesight tested regularly.

Ask at your local opticians.

If you need help to look after your feet:

- ask your doctor about NHS Fife Podiatry
- or call Footcare Fife on 0800 389 6046





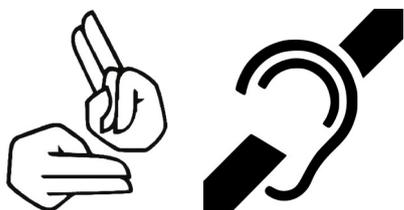
Fire Safety Visit

Fire officers will:

- Help you make a fire escape plan
- Tell you about carbon monoxide detectors.



- Fit free smoke alarms and show you how to test them
- Give you advice on equipment for people who have additional support needs.



This includes smoke alarms with vibrating pads and flashing lights to warn people who can't hear well.



To book a free home fire safety visit:

- Call 0800 0731 999
- or text 'FIRE' to 80800
- or do it online at: www.firescotland.gov.uk



Fire Safety Tips

Have working smoke alarms upstairs and downstairs in your house and test them each week.

If you cannot reach the test button, use the end of a long brush to press it.

Smoking is a major cause of illness and death.

If you choose to smoke, put cigarettes out properly in an ashtray.

Pour water on cigarette ends before putting them in a bin.

Never smoke in bed.

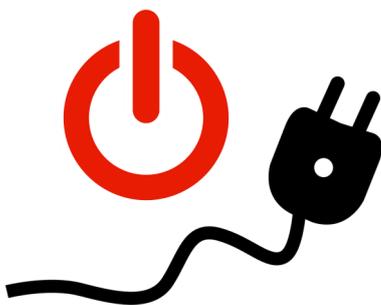
Keep lighters and matches away from children.

Stay in the kitchen when you are cooking.

Turn electrical items off when you're not using them. If you go out or go to bed turn off things like:

- washing machine
- tumble dryer
- chargers for phone, laptop or a tablet

If you have a fire, get out of the building, stay out, and call the Fire Service on 999.





Help and Support

In an emergency call **999**

If it is not an emergency call Police on **101**

or the Adult Protection Phone Line on **01383 602200**



www.fife.gov.uk/adultprotection

www.fife.gov.uk

Search for 'looking after our communities'

www.firescotland.gov.uk



People who use British Sign Language or someone who has a hearing loss should text the SMS Emergency service if they are in danger.



To register for this service text the word **register** to **999**.

You will get a text back with more information.

If it is not an emergency:

- text Police Scotland SMS 24 hour number
- or text Fife Council SMS number **07781 480 185**

Both these SMS services need you to register.



The Police SMS number will be sent to you when you have registered.



Get both registration forms at:

www.fife.gov.uk/adultprotection.