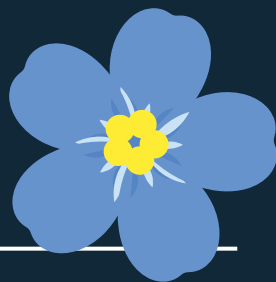




**Diogel
ac Iach
Safe
& Well**



FREE Safe and Well check from the Fire Service for people and families affected by dementia



**Gwasanaeth Tân ac Achub
Canolbarth a Gorllewin Cymru**
Mid and West Wales
Fire and Rescue Service



Gwasanaeth Tân ac Achub
Fire and Rescue Service



**Gwasanaeth Tân ac Achub
De Cymru**
South Wales
Fire and Rescue Service

Mae'r ddogfen hon ar gael yn Gymraeg



It's estimated that Dementia affects around 1 million people in the UK and around 50,000 people living with dementia in Wales.

The Fire and Rescue Service can give practical advice to people and families affected by dementia to stay safe in their own home. This can include checking and installing new smoke/heat detectors, referring to other relevant agencies, and discussing issues such as scamming, slips, trips and falls, isolation and loneliness.

We work alongside many partner agencies including Care and Repair, Dementia UK, Alzheimer's Society, Local Authorities and the British Red Cross to best support the person living with dementia to stay at home and continue living at home.



To request your free safe and well check, please call:

0800 169 1234

Safe and Well is a free home fire safety visit, tailored to an individual's needs that can support members of our community to help protect them and their property from fire.



Revisits

We would advise that you arrange follow up visits with your Fire and Rescue Service as your condition changes.

Please ring
0800 169 1234
to arrange a safe and well visit.





As part of a Safe and Well visit, MAWWFRS can provide and fit (free of charge):

- A range of alarms which may include Smoke, heat and carbon monoxide alarms
- Fire-retardant bedding and throws
- Hard of Hearing alarm systems
- Ashtrays
- Extension cables
- Other safety equipment as appropriate



How does it work?

**MESSAGE
IN A
BOTTLE**
IT COULD HELP
SAVE YOUR LIFE

The Lions 'Message in a Bottle' is a simple idea that encourages people to keep their basic personal and medical details including a list of the medication they are taking or a repeat prescription form in a common place at home where these can easily be found in a medical or other emergency. Your information is kept on a sheet of paper provided in a plastic bottle in the fridge and the bottle comes with two labels – one to be displayed on the inside of your front door or the main entrance to your home and the other on the door of your fridge.

Why keep the bottle in the fridge?
Because it's the last thing that
burns in the event of fire.

For more information

Email: enquiries@lionsclubs.co

Telephone: 0121 441 4544



THE HERBERT PROTOCOL

Safe & Found



What is the Herbert Protocol?

The Herbert Protocol is a form that carers, family or friends of a vulnerable person, or the person themselves can fill in.

The form contains a list of information to help the police if the person goes missing, including:

- **medication required**
- **mobile numbers**
- **places previously located**
- **a recent photograph**

Filling in the form can be a valuable way of communicating with a relative because it causes them to think about where they used to live and work. This triggers memories that they like to talk about, and can enrich your visit.

The police only need the form at the point the person is reported missing. It should be stored securely, but where you can find it quickly.

If you discover a person is missing, call 999. The sooner the police know someone is missing, the sooner officers can start looking for them.

When you ring the police, tell them you have the Herbert Protocol profile available.

Contact your local Police Force

Telephone: 101



Dyfed Powys Police Force
contactcentre@dyfed-powys.pnn.police.uk



North Wales Police Force
OPCC@northwales.police.uk



Gwent Police Force
contact@gwent.pnn.police.uk



South Wales Police Force
SWP101@south-wales.police.uk





Lighting

Eyesight and perception can be affected so ensuring there is enough lighting in a person's home can help. Replacing light bulbs for high wattage bulbs and allowing as much natural light as possible can help.

Fitting dark curtains in the bedroom to help with sleep and using lamps or low-level lighting to help see the way to the bathroom. The use of timers can help orientate to time of day.

Keeping Safe in the Home

Bedroom

Kitchen

Toilet

HOT

COLD

Signage, Labels and colour contrast

Creating signs to point out rooms or items within the home. This can help the person remember where items are kept.

Hot and cold signage by taps can prompt a person to use the correct tap.

Assisted Technology

We would encourage the use of assisted technology to enable a person to stay safe in their own home. The following devices can be provided by your local authority (charges may apply)

- Lifeline telecare systems
- Falls pendant
- Activity sensors
- Water overflow sensor
- Under floor sensor lights
- Smart doorbells
- Amplified Telephone equipment

Linked Smoke, heat and CO alarms can be fitted by the provider





Reducing risk of falls

Slips, trips, and falls can be reduced by removing thick rugs and ensuring thin rugs are secured down with anti-slip tape.

Correct fitting footwear, avoiding backless footwear where possible.

Installation of handrails and bannisters can aid a person to get around safely. We can refer you to Care and Repair or an occupational therapist via Social services or your GP.

Where possible flooring within the property should be one colour throughout as different contrasts can look like a step or a different level to a person living with dementia.



Key safe / Smart doorbells

A key safe can provide emergency access to your property, your unique code will be logged with our fire control.

Cold callers / Junk mail

To deter doorstep scammers, 'no cold caller' signs can help prevent unwanted callers to your property. These can be sourced from your local community policing team. Persistent cold callers should be reported to the police.



Life story documents

To aid communication, creating a life story can be reassuring to a person living with dementia.

These can be downloaded from the following websites –

Dementia UK
www.dementiauk.org

Alzheimer's society
www.dementiauk.org



Gas kitchen appliances

To help keep you safe living independently at home, it may become unsafe for you to use your gas cooker. Wales and West utilities offer a free service to provide a locking cooking valve which can be fitted to your appliance.

Request a locking cooker valve -
www.utilities.co.uk



Further advice and Support



Dementia UK Helpline

0800 888 6678

www.dementiauk.org



Alzheimer's Society Helpline

0333 150 3456

www.alzheimers.org.uk



Age Cymru Helpline

029 2043 1555

www.ageuk.org.uk/cymru

ALL OUR FIRE STATIONS ARE A

SAFE HAVEN

Any member of the public

Including children and young people
can go to a fire station if they feel unsafe
in any situation.

**If crews are out and you need
immediate help, please ring 999**

We're always open and we're always here for you.

www.mawwfire.gov.uk