

# Safeguarding adults for people self-isolating or vulnerable



We want to make sure the most vulnerable are safe when they are self-isolating as well as generally keeping safe - here are some things to think about if you are offered, or need, support during this time.

Try to use existing and trusted community groups. If not, could a family member, friend or neighbour who you know and trust help?

Never give your personal details including your Bank Card and Pin number to people that do your shopping.



For more information on mental health and wellbeing visit:  
<https://www.scvo.info/managing-life-on-the-home-front/>



Protect yourselves and your details from SCAMS. Be mindful of clicking on links in emails or messages, paying for items online from companies you have not researched and giving people money or bank details.

Not sure? Don't answer the door  
If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.



## **CONTACT:**

Your local Safeguarding Adults Board  
Police on **101**  
Crimestoppers **0800 555 111**