

Do you look after someone?

You have the right to feel safe.



If you are worried that the person you look after may harm you, or you may harm them getting support early can help keep you safe.

Getting help does not mean you have not been looking after someone well, or that you do not care about them. You will be listened to and supported in your Caring role as little or as much as you wish.

Examples of what might you feel less safe:

- Someone is verbally or physically aggressive to you
- Unwanted sexual behaviour

- Controlling behaviour such as criticising you, isolating you from friends or family or controlling what happens in the home
- You are worried someone might hurt you on purpose or by accident
- The person you care for refusing to accept anyone's help but yours
- You are worried you might harm the person you look after
- You feel pressured into doing more than you are able or want to

Planning and staying safe - get help early!

Understanding an illness and its effects can help you know how to manage difficult situations. **Carers Matter Norfolk** offer advice about where to get training. **0800 083 1148**

Carers Matter Norfolk can help you make plans to maintain your safety and Wellbeing. They will have a conversation with you about your individual circumstances and needs

and help you to make a plan to maintain and improve and improve your safety and Wellbeing. This is called a 'Carers Assessment' and you will not be forced to 'give up' or continue Caring if you don't want to. **0800 083 1148**

If you or the person you care for needs extra support, **call Norfolk County Council (NCC)** adult social services for an assessment **0344 800 8020** - They can also offer support with technology that might help you or advice from Occupational Therapy on equipment which can help.

If you think you may harm the person you are looking after call Norfolk County Council. A caring relationship can create extra pressure and feelings of frustration.

Your **GP / medical practice** can help with physical and mental health for both you and the person you care for.. They also have access to social prescribers/ Community Connectors, to link with groups / charities to reduce isolation and improve your mental health.

Let your GP know you are a Carer.

Mind have support available for people experiencing difficulties with their Mental Health. Their website has helpful advice and you can contact them on **0300 123 3393**

Safety plan - If there are particular things that happen that make you feel at risk from the other person, make a safety plan: think about what you can do, or put in place, to get help or feel safer quickly. Maybe the person you care for can get very agitated at times, might harm you through their actions. Can you leave the room or the home quickly; are there friends or family you can call

for support? Are there particular ways of calming the other person down? Leeway can support you to do this.

Emergency plan – plan for periods of difficulty such as the person you care for being unwell, or if you become unwell
www.norfolk.gov.uk/care-support-and-health/get-help-with-looking-after-someone/prepare-for-emergencies



When should you speak to the police?

- If you feel frightened of the person you are caring for
- If they have hurt you physically, or threaten you, including with a weapon
- If you feel you are being coerced or controlled by the person
- If you do not feel safe
- If you cannot leave the person to get away from danger

What can the police do?

- Come to make sure you are safe.
- Calm a situation down.
- Understand that someone has Care and Support needs
- Arrest someone but only when a crime is suspected/committed
- Contact other agencies to help you or the person you care for.

If you need emergency assistance, always call 999

Norfolk Integrated Domestic Abuse Service (NIDAS)

0300 561 0555

When you contact NIDAS, an experienced and dedicated team will listen to your story, to find the best support for your needs. The support is totally confidential and non-judgemental, and you will be believed. They know how difficult it can be to make that first contact.

If you are assessed to be at standard risk of harm, this does not mean you are not at any risk. NIDAS is unable to support you directly, but there are other services which can offer support. The NIDAS worker will talk with you about your options and, with your consent, will refer you to a suitable service.

If you are assessed to be medium or high-risk, you will have dedicated support including an action plan to address risks and prioritise needs and may access group/support programmes offered by NIDAS.