



## Staying safe

There are certain safety risks you should be aware of if you have difficulty moving around or a long-term health problem. You might be at risk of abuse, or more prone to falls or accidents. It's important to learn about what safety concerns might affect you and what steps you can take to reduce risk.

This section will give you information about different safety issues such as safeguarding, domestic abuse, accidents and falls and crime. You will also find advice on precautions you can take to prevent them and where you can go for help.

If you've been affected by crime or by abuse you might feel scared and helpless. It's important to know there are places you can go for help and there are things you can do to protect yourself. You are not alone.

Select one of the options from the menu on the left to find out more. Alternatively, you can find some useful information, products and services in the boxes to the right.

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Domestic abuse

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