



Disability services. Putting you first.

Being safe at home



Easy English

arUma.



Aruma worked with Natalie Parmenter in

- 2021
- 2022



We did **research**.



Research means we

- look for information
- talk to people

so we can learn more about something.

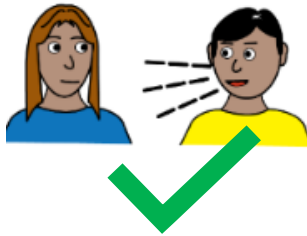


We talked to people with a disability
who live in an Aruma home.

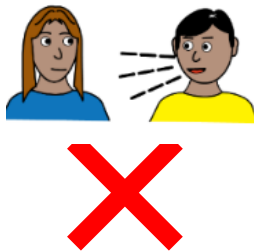
They wanted to join in our research.



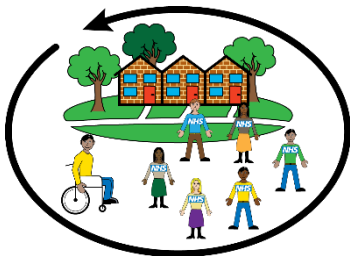
We talked about being safe at home.



We learnt when people who live in Aruma homes felt safe.



We learnt when people who live in Aruma homes did not feel safe.



We learnt how others can help people who live in Aruma homes feel.



We learnt how Aruma can help people who live in Aruma homes feel safe.

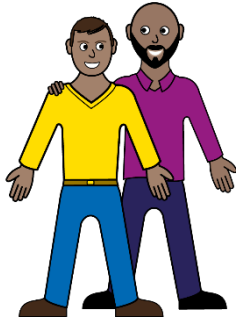


We learnt what people who live in Aruma homes can do to feel safe.



People in Aruma homes said they feel safe when they have good support to help

- choose who to live with
- choose where to live

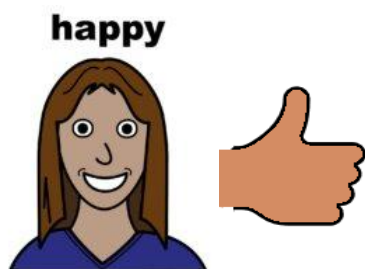


People in Aruma homes said they feel safe when

- people trust them
- they can trust people



People in Aruma homes said they feel safe when they know what to do when they are in danger.

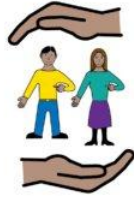


When people feel safe they might

- be more healthy
- be more happy
- feel protected



being safe



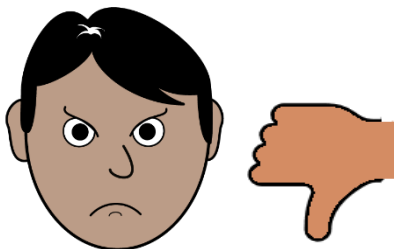
People in Aruma homes said they do not feel safe when they are

- **disrespected**
- are **confronted**
- are **lonely**
- do not feel a part of the **community**



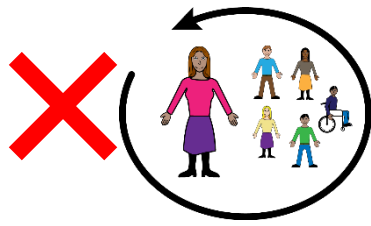
Disrespected means

- not being listened to
- not being trusted
- not being supported well by a support worker



Being **confronted** means other people might be

- angry
- rude



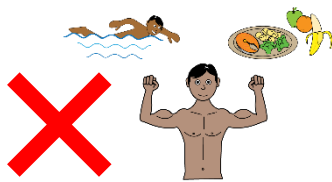
Lonely means

- not having control at home
- being treated badly
- not being understood



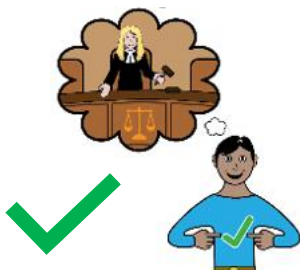
Community means

- being safe with others
- being a part of things when they go out
- being happy to go out

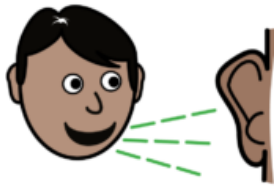


When people who live in Aruma homes are not safe it makes them

- unhealthy
- feel sad
- feel scared



You have rights at home.



You have the right to be listened to

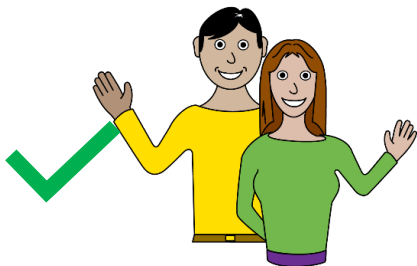


You have the right to belong

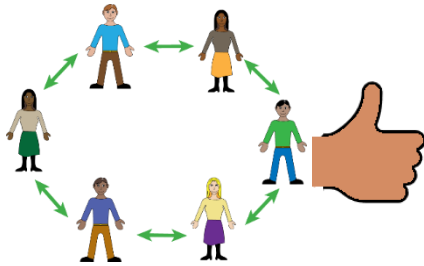


Belong means you feel

- safe
- **included**
- accepted
- supported
- in control of your life
- able to make choices



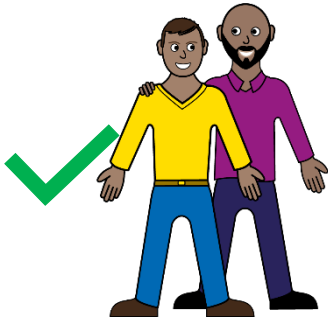
You have the right to **be accepted**.



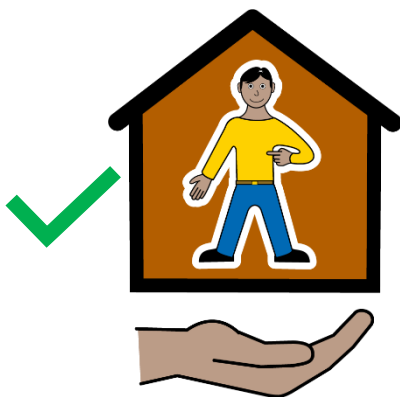
Be Accepted is about you not be the same as others. Like you

- have a disability
- are a girl who likes girls
- come from another country

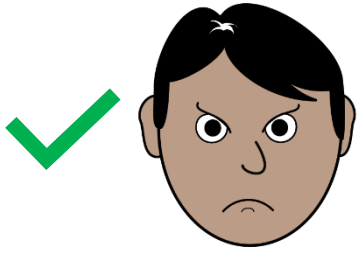
people should keep treating you good.



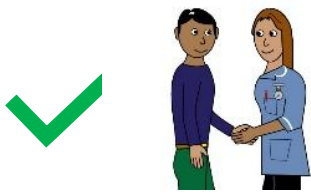
You have the right to spend time with your family.



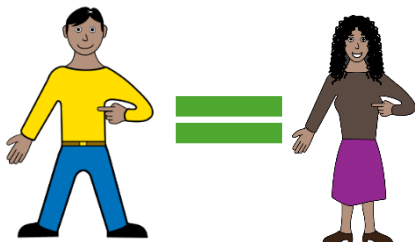
You have the right to choose what happens at your home.



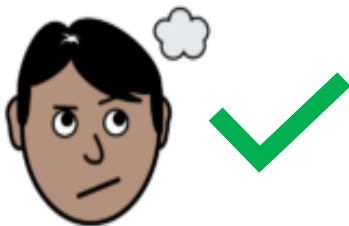
You have the right to make a complaint to make things better.



You have the right to be treated with kindness. People cannot be mean if they do not like you.



You can feel more safe when others treat you the same.



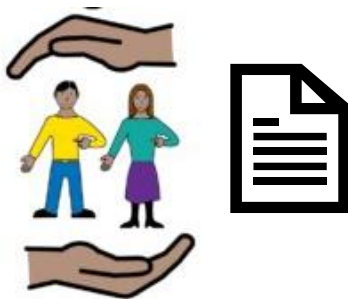
You can feel more safe when others think you can do things yourself



You can feel more safe when others
include you



You can feel more safe when you are
supported well

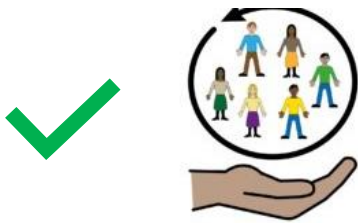


You can feel more safe when there are
better rules. The rules STOP you getting
hurt.



Include means you get what you need to be a part of something like

- a wheelchair so you can go out
- communication you understand in a meeting
- a ramp to be able to go inside

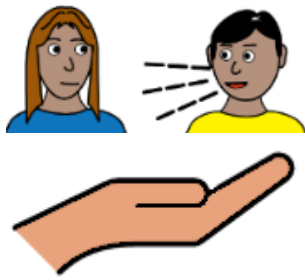


If people learn about disabilities it could change

- how they support people with disabilities
- bad things they say about people with disabilities to good things



Aruma will help others learn



Aruma will support others to talk to people with disabilities



Aruma will put people with disabilities

- on television
- on the internet
- in a magazine



Aruma will put people with disabilities on social media.



Social media is

- Tik Tok
- Facebook
- You tube
- Instagram

aruma.



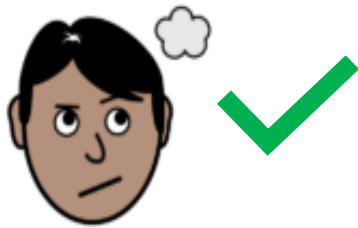
Aruma will help you feel safe. We will

- support you to change what we do
- support you to change how we do it
- ask you to help us learn things

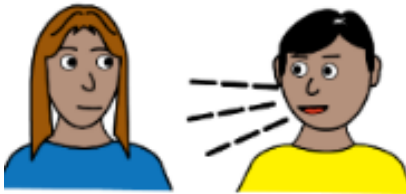


When we do this

- we give you a chance to make decisions at Aruma
- we give people a job that has power
- treat people like they know the most about themselves

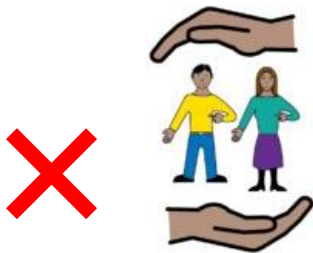


When you have a job that has power others see that you can do more than what they think.



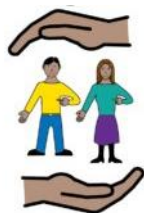
You can help other people. You can

- talk about rights
- help other people use their voice
- help other people when things are unfair



Aruma will look for things that make you not feel safe like

- others in the community
- places
- things in the community
- rules



Aruma will speak up so you feel safe

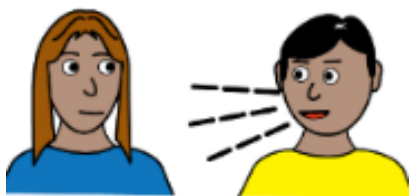


Thank you for reading.

The end.



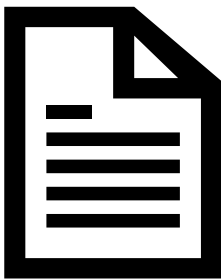
When we say All Images/Resources
copyright © LYPFT.



This means you need to ask before you
use pictures we show you.



Written by Aruma



Based on Exploring lived experiences of
personal safety in supported
accommodation for people with
intellectual disability research

And

Executive summary Parmenter finals