

# Safeguarding Adults

## for people self-isolating



We want to make sure that the **most vulnerable** are **safe** when they are self-isolating. 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?



### 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.

- Don't give out **bank details / bank / cards / PIN**
- Don't **invite volunteers** into your home or offer **payment in cash** or goods
- Use **spyhole** or **call out** before opening door – or use **door chain/video doorbell** if you have these
- Use **passwords** to ensure the person helping you is the person you are expecting
- If a situation **feels wrong - stop - think**
- If someone offers something **too good to be true - stop - think**



You can contact **Adult Social Care** on **0161 217 6029** if you **need support** or you **feel unsafe**. In an emergency, call **999**.



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL

If you are worried about a child, call **0161 217 6028**.  
Out of Hours **0161 718 2118**.

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