



Home Alone packs



This leaflet has information about the Home Alone campaign and Home Alone packs. It was made by the North Yorkshire Learning Disability Partnership Board



A North Yorkshire self-advocate called David Bruce shared his experience of living on his own when something bad happened



David told us that a flat below where he lived was deliberately set on fire. He was so scared that he didn't know what to do.



David thought it would be really good to do a campaign so people know what to do if something unexpected happens when you are at home alone. David's idea was called the Home Alone campaign.



We talked about David's idea in our self-advocacy groups and at our Self-Advocacy Forum. Everyone thought the Home Alone campaign was a really good idea.



We worked together in the North Yorkshire Learning Disability Partnership Board to decide what information would be useful for people who live alone.



We said there should be a fridge magnet where you can write the phone numbers of people who can help you. People should make sure you always keep the magnet on your fridge or somewhere you can see it.



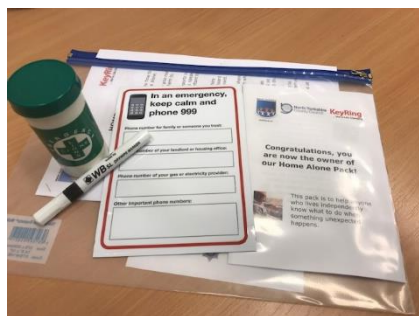
We included the Lions **Message in a Bottle**. This has a form inside where you or someone you know can fill in your medical information. You can keep this bottle in the fridge.



The ambulance service will look for this bottle in your fridge if are called to your home in an emergency so they know how to help you.



We also included a leaflet about what to do if you can smell gas, and some information about smoke alarms.



All of this helpful information is available in the Home Alone packs.



Sadly, David died in 2017. David's family and his friends from the Partnership Board said that David would still want people to have Home Alone packs.



In 2018 we got together to remember David and his work and to tell everyone about the Home Alone packs.

We said that everyone who wants a Home Alone pack should be able to have one.



If you want a Home Alone pack or more information, please contact Shanna Carrell at North Yorkshire County Council by email: shanna.carrell@northyorks.gov.uk