

## Staying Safe



Staying safe is important for your health.

It gives your family and friends peace of mind.

There are things you can do to help keep yourself safe.

### Pegasus

a scheme for people who may find it difficult to communicate when making contact with the emergency services



### Pegasus Scheme

This is run by Bedfordshire Police



If you struggle to talk to the police, ambulance service or fire service when you need to, you can carry a Pegasus card to let them know that you need help.



Visit [Bedfordshire Police website](#)



## The Herbert Protocol

This is run by Bedfordshire Police.



If you enjoy going out for walks by yourself, it can help you to continue to do so.

You will fill in a form to tell the police where you like to visit.



The Herbert Protocol helps the police find you more quickly if you get lost.



You can register with Bedfordshire Police



Ring 101 for details.

Visit [Bedfordshire Police website.](#)

## Telecare



Telecare can offer equipment which can help to improve your safety at home.

This includes alarm pendants, chair alarms, cooker safety and others.



For Bedford Borough, ring  
01234 718128.



For Central Bedfordshire, ring  
0300 123 5544.

## Key Safes



Key Safes allow you to keep a key outside your home.

You can use a key safe if other people need to get into your home.



You can buy one from Age UK Bedfordshire.



Ring Age UK Bedfordshire on 01234 360 510.

## Safe and Well Scheme



The Fire Service Scheme helps people living with dementia reduce the risk of injury from a fire.

The Fire Service will visit your home and carry out a safety check.



For details ring Bedfordshire Fire Service  
0333 399 0031.

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## Driving



It is important that you understand how Dementia affects driving.

By law, when diagnosed with dementia you have to let the **DVLA** and your insurance provider know.



To discuss when you should stop driving, ring Alzheimer's Society on 0333 150 3456



Ring DVLA on 0300 790 6806 to let them know.

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### Further information

[A Guide to Personal Safety](#)