

Feeling Safe?

The Feeling Safe project was a collaboration between researchers from the University of Stirling and older people who are members of Ceartas Advocacy Project. The project, between January 2017 and June 2019 explored what safety and vulnerability means to older people, and how they keep themselves safe.



We found that people often weren't (only) focused on their safety.

They were focused on:

Living their lives

Being themselves

Getting out and about

Caring for others

Contributing to the community

Older people reported that the following things helped them to feel safe:

- Locking doors (and double-checking they are locked)
- Using appropriate call-screening technology
- Using a community alarm (though others preferred not to)
- Always carrying a mobile phone
- Supportive family, particularly those close by
- Supportive neighbours and friends
- Having a dog
- Writing all appointments down on a calendar straight away
- Planning routes and travel arrangements beforehand
- Getting cashback in a shop rather than using the cash machine
- Living in one's own home
- Adapting the home
- Adapting physical aids like wheelchairs and mobility scooters

- Well maintained pavements and accessible road crossings
- Convenient bus routes and considerate bus drivers
- Using taxis
- Developing a card to hand to someone if feeling overwhelmed in a social situation. For instance it might say: “Sometimes I have difficulty following verbal instructions. Can you show me another way please?” And/or “Please give me 5 minutes to sit quietly”
- Persevering, carrying on trying to do things for yourself
- Adapting when you realise there’s things you can’t manage any more
- Asking for help more
- Asking for help less
- Care workers they could trust
- Consistency of care workers
- Confidentiality of care workers
- Making sure professionals and services knew what was important to them

Fuller findings can be found here:

<https://feelingsafe Feeling vulnerable.wordpress.com/blog>

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