

Pascas Care

Family Shelters Protection



“Peace And Spirit Creating Alternate Solutions”

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Pascas Foundation is a not for profit organisation
Queensland, Australia

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FAMILY SHELTER PROTECTION

If you require urgent assistance, please call police on 000 (triple zero)

Support for victims of domestic violence

If you are a victim of domestic violence and need assistance in reporting the matter or advice on what to do, then we will endeavour to do whatever we can to assist you. Domestic violence is not just subjected on women and children. Men are also victims of domestic violence. We do not discriminate.

- We can provide close personal protection officers (bodyguards) and other security solutions for you and your family; however, we must stress the police should be your first point of contact. The police should always be made aware of any threat or perceived threat directed at you or your family.
- We provide close personal protection, support and security for high risk persons under threat of physical harm whether it is at home, at work, in transit or during potentially volatile matters of domestic violence, property and/or child handovers.
- Our contracted bodyguards and security drivers are experienced protection specialists who come from a variety of security employment backgrounds such as law enforcement, military special operations and the private security sector.
- If you are the victim of stalking, we can conduct surveillance on you to catch your stalker out. This is known as counter-surveillance. With the aid of video evidence, you can prove to police there is a pattern of behaviour that constitutes stalking or a breach of a condition in an existing Domestic Violence Protection Order. This evidence is admissible in Court and can assist police as well as your legal team to obtain a conviction.
- If you think you are being spied upon electronically, our bug sweeping team can sweep your home, vehicle and phone for illegally installed malware, listening devices (bugs) and tracking devices.

Important crisis support links and contacts

[Harm Prevention Solutions](#)

- +61 7 351 72 441 (Australia)
- +64 2 040 291 402 (New Zealand)

[DVconnect](#)

- Women: 1800 811 811
- Men: 1800 600 636

[Uniting Care QLD](#)

- 07 3253 4000

[Scope](#)

- 07 5430 9300

[Queensland Government DFV Support](#)

Important video instructional information on Domestic Violence and available legal services can be found on the Queensland Courts website at:

- <https://www.courts.qld.gov.au/going-to-court/domestic-violence/videos-on-domestic-violence-court-process>

What constitutes domestic violence?

In 2012, Queensland made some major amendments to the Domestic and Family Violence Protection Act. One of those amendments was to include **subsection (2) (h) – Unauthorised Surveillance** under [Section 8 of the act “Meaning of Domestic Violence”](#)

Unauthorised surveillance of a person means the unreasonable monitoring or tracking of the person’s movements, activities or interpersonal associations without the person’s consent, including for example, by using technology.

Examples of surveillance by using technology:

- Reading a person’s SMS messages
- Monitoring a person’s email account or internet browser history
- Monitoring a person’s account with a social networking internet site
- Using a GPS device to track a person’s movements
- Checking the recorded history in a person’s GPS device

These actions constitute unlawful stalking under Section 359B of the Queensland Criminal Code.

Domestic violence includes:

- Physical or sexual abuse – punching, hitting, choking, or threatening to punch or hit, forcing a person to participate in sexual acts, damaging someone’s property or threatening to damage property, including hurting or threatening to hurt pets.
- Emotional or psychological abuse – stalking, repeated text messaging, making insulting comments, calling someone names, blackmailing or extorting, preventing contact with family and/or friends, controlling someone’s appearance, putting them down, threatening to expose their sexual orientation.
- Economic abuse – denying, withholding, controlling or misusing money or property, or threatening to do so.
- Threatening behaviour – saying things or acting in a way to make someone feel afraid, threatening to commit suicide or self-harm, stalking.
- Coercive behaviour – forcing, intimidating or manipulating a person to do things they don’t want to do, such as sign a contract (e.g. for a loan) or a legal document giving another person power over their affairs (e.g. power of attorney).

What is considered a domestic violence relationship

Violence is considered domestic violence when any of the behaviours listed above take place in any of these relationships:

- An intimate personal relationship – two people (regardless of gender) who are, or were, a couple, engaged, married, in a de facto relationship, the parents of a child or in a registered relationship (a legally recognised relationship between two people regardless of gender)

- A family relationship – two relatives (by marriage or blood), including a child over 18, parent, stepchild, stepparent, brother, sister, grandparent, aunt, uncle, nephew or niece, as for some community groups, a person who is not related by blood or marriage but is considered a relative
- An informal care relationship – one person who is, or was, depending on another person for help with daily living activities. (Note: It is not considered ‘domestic’ violence when a person is a paid carer under a commercial arrangement.)



The Domestic Violence Prevention Centre assists women affected by domestic and family violence to remain in their homes where it is safe to do so. Being able to stay at home means women can maintain their routines and support networks and keep the stability of family life, particularly where children are involved.

They assist clients in developing and implementing personalised safety plans and address the counselling and support needs of clients and their children through referral and brokerage. Support may also include increasing physical security of the woman's home / unit.

The service works to enhance the safety of women and their children by brokering service provision for respondents who are subject to domestic violence orders that include an ouster condition and/or a breach of an existing order and/or the experience of hardship.

This service operates in conjunction with all other services currently provided by the Domestic Violence Prevention Centre Gold Coast Inc.

If you require immediate assistance, please call the police on 000.

Gold Coast or Beenleigh region of south east Queensland:

Free counselling, support, information and referral for women and their children who have or are experiencing domestic and family violence.

[\(07\) 5591 4222](tel:0755914222) (9am–4.30pm, Monday to Friday)

[\(07\) 5532 9000](tel:0755329000) (9am–4.30pm, Monday to Friday)

EVERY DWELLING GROUPING will have UNIQUE SECURITY REQUIREMENTS:

With every dwelling, be it be a free standing home, a group of townhouses or a block of home units, the complex will be reviewed to optimise the safety of those to be accommodated as well as those assisting these guests.

The grouping of guests in a locale is to optimise the utilisation of social workers times whilst providing the potential for the delivery of the maximum potential support for guests.

Ten appears to be the key number. A social worker may readily support and assist ten adults. Or a social worker may be optimally engaged with ten children and their six single parents (on average).

Thus, clustering in ten delivers synergies and optimisation of support services. Further, ten, twenty, thirty also brings about economies for visiting specialist services for a wide range of professions.

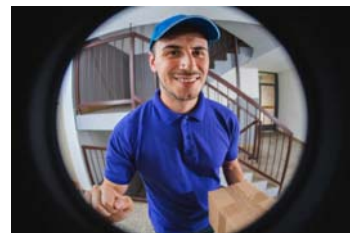
Factors for consideration with family shelter protection may encompass:

- That the nature and use of the building being acquired does not appear to change its apparent use – it remains as residential accommodation. There is no announcement to the public that it is for social housing.
- Each complex and dwelling has a unique non-descript name.



- The names of guests remain tightly withheld from all but the managers of the complex. No one's name is provided to anyone other than the names of authorised counsellors and professional support carers who are to visit.
- Should transport be provided by the administration, motor vehicles remain un-badged and of a non-descript nature – just another motor vehicle or people mover.
- The capability for people to see into a unit or home is to be restricted by screens and appropriate structures such as plants. Privacy is to be optimised for the guests or as required.
- Balconies should not present guests on display like a canary in a cage.
- In this example, there are no ground floor units.
- To enter the complex, be it to the lifts or to the care parking area, keys and combinations are required.
- The balconies, commencing one floor up from the ground, are protected from view on three sides. The balcony front can be discretely tinted and additional methods of screening can be applied such as garden pots.
- Windows into the units can be screened as considered appropriate as a regulation to be applicable throughout the complex.

- Security cameras can record people moving in and out of the building, on the landing areas of each floor and the approaches to the building can be monitored.
- Spy holes fitted to the dwellings front door augments surveillance cameras at the main entrance and elsewhere.
- There is at least one car space for each unit. Motor vehicle transport could be provided should public transport security be an issue for any guest.
- Access to the roof is direct by lift. A community function room on each roof top for those within either or both buildings is possible. Such community roof top facility is to provide two consulting rooms as well as a general function room. The balance of the roof area would provide recreation for children as well as barbeque facility. A toilet is on each roof deck as well as plumbing for a kitchenette.
- What is to be considered is the balcony railings, particularly on the roof. They may all need to be raised. In doing so, their tinting and additional screening would be addressed.
- Fire detection and alarms being maintained.
- Establishing interaction with immediate neighbours to come to the aid of each other in times of stress. This may be in times of personal emotional support as well addressing outside aggression.
- At least one onsite caretaker / counsellor would be permanently resident. Others would be visiting. Onsite caretakers are feasible for larger dwelling complexes.
- Other local services for domestic violence and distressed social housing would be asked to review the security and facility issues of any proposed family shelter building, in view of their experiences and what is considered required.
- The police would also be appraised of the purpose intended for the dwellings and their comments and guidance sought.
- Generally speaking, lodgings need to be secure, discrete and readily accessible to schools, shops, entertainment, employment and all essential services. Thus public transport nearby is important.
- The local government may be asked to assist with the appropriate closed circuit television monitoring of the nearest public transport pickup and putdown stops to the facility.
- There may be occasions when full time security personnel may be engaged on site. From time to time, outside services may be engaged.
- Mobile phones and email services may be required to be changed for guests who are being subjected to severe aggression prior to being relocated into a social housing facility.
- Relocation to alternative accommodation may be appropriate in severe predator events. Collaboration with all social housing service providers in the area is to be ongoing at all times.
- Protocols and standards of security will be developed for consideration throughout the family shelters to be provided everywhere. This will be ongoing with constant review and for further improvement.



30 Home Security Tips to Protect You

Securing Your Home on the Outside

1. Yard lighting

Making sure your outdoor areas are well-illuminated is an effective way to keep potential criminals / predators at bay. A well-lit house not only indicates that there are people at home, but it also makes any suspicious activity clearly visible to you and your neighbours.



2. Street lighting

Potential criminals / predators scouting out homes / units will be deterred by a well-lit street. Predators prefer dimly lit areas that allow them to go undetected.

If your neighbourhood lacks sufficient street lighting, take action with local officials to push for better lighting. If there is an active neighbourhood association in your area, get involved with them and drum up support for your cause.

3. Improve Visibility

The visibility of your home / unit from the road or from a neighbour's home plays an important role in securing your home from the outside. If your house / unit is not visible from the road, or the road is not visible from inside your house, you may want to reconsider the landscaping as a security precaution.

Overgrown shrubbery and large obstructing trees can block your view of the road, as well as hide certain areas in your yard. Out-of-sight areas in the yard are great spots for predators to hide—but these spots are easy to eliminate!

Trimming large bushes and removing overgrown trees will help to increase your visibility and help your neighbours spot suspicious behaviour around the property.

4. Demarcate your property

A fence, gate, or wall around the home / unit lets others know exactly where the property begins. Apart from keeping unwanted visitors out, having a fence or wall around the yard will increase your sense of security and immediately make you feel safer. It also allows you to easily discern a trespasser from a visitor.

5. Hide expensive items

Don't leave any expensive purchases visible in the yard or near your windows. Potential criminals passing by your home look for signs that your home contains high-value items that are easily carried off. Expensive purchases, such as electronics, should be put away when they're not in use.

6. Motion detectors

Equip the property with a top rated security system and feel the worry fade away! Today's high-tech alarm systems come with built-in motion detectors that alert you to movement on the property.



We don't need to be at home to receive these alerts, and we can customise the zones in need of surveillance. Furthermore, alarm systems with motion sensors and cameras act as a deterrent to potential predators, thus making them one of the best precautionary measures we can take to secure the property.

7. Lock your doors

Locking doors seems like an obvious thing to do! But many people become complacent when it comes to latching their front door or locking up the garage when they leave. Automatic closing is essential.

People assume that predators wouldn't try to open the garage door or that breaking in through the front door is too obvious. But that's not the case.

What locks are best for security?

Schlage or Yale are good brands to start with.

If you want the absolute best of the best, consider a solid metal magnetic lock like a Evva MCS which has anti-drill measures. Even many of the best locksmiths aren't able to crack this one. Also consider established lock brands like:

- Mul-T-Lock (MT5+ core)
- Medeco
- Assa Abloy

The bottom line? Lock the doors when you leave and when you come home.

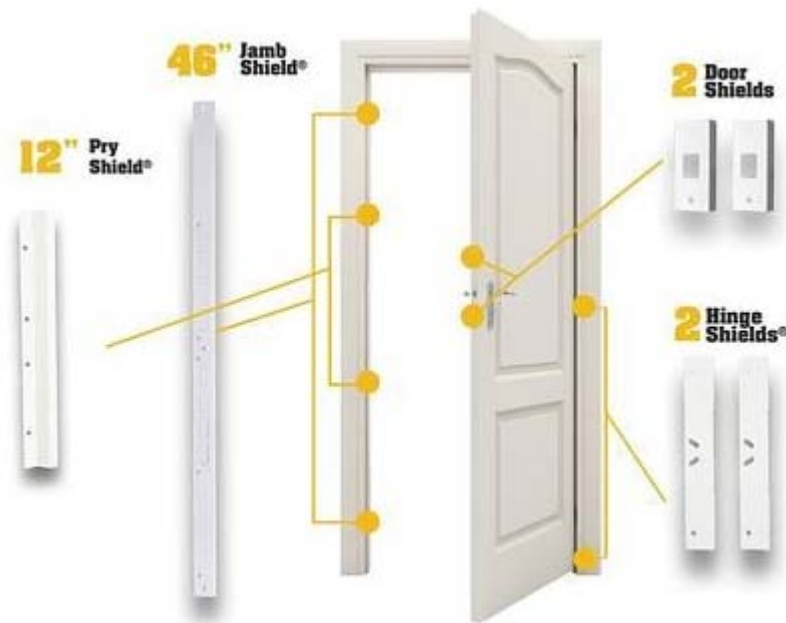


8. Reinforce your door

Here's what you can do to strengthen the door against physical attacks:

- Get 3-inch screws for your strike plate and hinges. These will bite into the stud and help defend against kicking attacks.
- Use a metal sleeve insert around the lock hardware of the door. Consider an extended steel strike plate that lines your entire door jamb.

By protecting the hinges, lock hardware holes, and strike plate, your door can withstand everything short of a vehicular battering ram. Products like the Door Devil offer a convenient solution.



9. Meet the Neighbours

Get to know your neighbours and form relationships with them. Good neighbours look out for you and will notify you if they sense anything is amiss.

Neighbours get used to seeing the types of visitors who frequent your property and behaviours that occur around the home and the times at which they occur. They can easily spot a stranger who should not be there and alert you if they suspect something is wrong.

10. Neighbourhood watch

If your neighbourhood doesn't already have one, consider forming a neighbourhood watch committee. The committee would be responsible for discussing the goings-on of the area as well as creating crime awareness and discussing any suspicious activity. You can also join online forums or social media groups dedicated to your neighbourhood.

11. Be prepared in bad weather and power outages

Remember, criminals / predators strike when opportunity presents itself. They don't take a day off during a storm or power outage. Be extra vigilant if the weather is bad and your view of your yard is obstructed by rain, snow or fog.

If you experience power outages in your area, make sure to lock all your doors to the outside. Be wary of electronic gates that cease to function when the electricity is cut off—these can easily be pushed open without an alarm sounding.

12. Don't say too much!

Be careful not to say too much about the security of your home / unit or your holiday plans to strangers, especially on social media.

Also, be wary of people who ask too many questions about your daily schedule, home layout, or security equipment. Information that doesn't seem important at the time may very well be critical to a criminal's assault and break-in plan.

13. Be wary of service providers

If you're hiring someone to fix a burst pipe, install an appliance, or even mow the lawn, be wary of the areas of your house that they have access to. Criminals can easily pose as a service provider, as the position allows them unfettered access to your home, free of your suspicion.



Make sure service providers are supervised and aren't wandering around your home freely with an opportunity to unlatch a window or disable a camera.

14. Be vigilant during the day

Statistics show that the most common time for burglaries / assaults is during the day. Contrary to popular belief, break-ins occur more commonly during the day as it's usually the time when you're at work and the kids are at school. Make sure to arm your alarm system when you leave home in the morning!

Securing Your Home on the Inside

15. Install burglar bars

Normally, a burglar can break through a window and enter a home in 5-10 seconds. Ground floor windows are the way burglars are most likely to gain entry to your home.

Installing burglar bars on the windows of your home / unit is an effective method of burglar-proofing. The bars are fitted on the inside of the window frame and provide another layer of security for you and your loved ones. They're not the most aesthetically pleasing, but they are effective at keeping intruders out of your home.

Any trespasser trying to break into your home through a window will have no luck if it is fitted with burglar bars. Additionally, you could double-up on securing your windows by fitting them with safety glass or window laminate. Crimsafe screens are very effective.

16. Lock your inside doors

Of course, you know you should lock your exterior doors at night. But you may want to consider locking interior doors as well as an extra security precaution.

For example, if there is a door leading into the bedroom quarter of your house, this should be locked, too. And if you live alone and want an extra preventative measure, consider locking your bedroom door at night.

If your interior doors need extra reinforcement, try something like the Buddybar Door Jammer, a portable device that when attached to your door can withstand up to 2,560 pounds (1,160 kilograms) of force.

17. Home security system

An alarm system allows you to arm and disarm certain parts of your house / unit at the same time using a keypad. You can alarm the downstairs area of your house / unit while keeping the upstairs disarmed for your convenience. Furthermore, a home security alarm system will show you where the alarm was triggered should it go off.



Modern home security systems come with an array of smart home features that will leave you feeling confident about the security of your household. Control the doorbell, alarm, and cameras from the convenience of your smartphone so you don't need to be at home to know who's at the door!

If you need help choosing the right security system for your home, ask a local alarm company near you.

18. Security cameras

Placing security cameras in strategic places around your home / unit will allow you to monitor important areas of your house. Whether it's a separate camera setup you purchase or it integrates with your smart home security system, the idea is to have access to visual surveillance of your home / unit, whether you're at the office or in your bed. By using a home alarm system with cameras, you'll be able to see whatever is tripping the alarm and confirm whether it was caused by a genuine emergency.



Security cameras give you the ability to check on areas of your home throughout the day so you can keep an eye on the kids playing in the yard, deck or elsewhere – or follow up on suspicious noises at night.

19. Spare keys

It's essential to have a spare key for your house / unit and keep it in an area that is easily accessible and secure at the same time. But rather than hiding your spare key under the doormat or under a potted plant, leave it with a neighbour or trusted friend instead such as the onsite manager.

Burglars and predators know to look for a spare key around your doors, so be on the safe side and prevent it from getting into the wrong hands.

20. Cover up the glass

While you should be able to see the road from your house, you don't want people to be able to see *inside* your home from the road. Large glass sliding doors and floor-to-ceiling bay windows are pleasing to the eye but also provide a clear view of the inside of your home. Potential predators can easily tell whether there is anyone home, and they have a view of valuable items such as TVs / living areas.

Use curtains, blinds, or privacy film on the glass to obstruct people's view from the outside and prevent any instances of "window shopping." What an outsider can't see will not encourage them!

21. Alarm your windows



Remember the window over the sink—a favourite for seasoned predators!

It's a known fact that the bathroom window on the second story often provides easy access by predators to the master bedroom, jewellery, and other valuables. You may want to consider motion detectors on key second-story entry points as well.

22. Install a dividing gate

Another level of security to consider is a gate that provides an extra barrier between you and any intruder who may enter your home. Many floor plans group bedrooms together at one end of the house or on the second floor. This makes it easier for you to protect that group of bedrooms with a gate. Choose a suitable space—usually, a hallway—and have a swing gate or concertina gate fitted.

Apart from the extra peace of mind you get when going to sleep, the dividing gate will also protect you and your loved ones from coming into contact with any predator who manages to enter your home.

23. Own a fireproof safe

Invest in a safe to store your valuables in. Purchase a fire-proof safe that is bolted to the wall or floor so that predator / burglar can't simply remove the entire safe from your home.

A safe will ensure your valuables are secure and untouched. Make sure to keep the passcode secure with you, and don't write it anywhere it can be easily found—including on your mobile phone!

Whenever you purchase an expensive item, take the receipt and put in the safe. You may need the receipt to help process an insurance claim if something is stolen.

In addition, keep serial numbers (and photos, if possible) of anything you care about. If your laptop gets stolen and you spot it in a local pawn shop, you won't be able to get it back unless you have that serial number already on file somewhere.



Securing Your Home While You're Away

24. Lights

Leaving the light on in one or more rooms of your house is a great way to make it seem as though there is someone at home. Potential predators are deterred by the presence of people in the house and are not likely to target your house if it seems like someone's or some other people are home.

Better yet, invest in smart light bulbs that can be controlled remotely or scheduled to turn on at certain times of the day. Using smart home technology will allow you to fool potential burglars by continuing to turn lights off and on at your normal schedule even while you're away.



25. Keep Your Neighbours Informed

Enlist the help of your neighbours the next time you plan on going away on vacation. Asking them to drop in at your house every evening or every few days will show activity in the house or give the impression that you have guests over. This will further deter any predator from viewing your home / unit as an easy target.

26. Newspapers

Newspapers that collect on your lawn or front porch are a sure sign that no one is home! You're letting a potential robber / predator know that no one has been home for a few days. If your front yard or front porch is visible from the road, make sure to ask someone (a friend or neighbour) to collect the newspaper regularly.

27. Mail

If you'll be away from home for more than a few days, your overflowing mailbox may make it obvious to potential predators that you're not home. Have someone check your mailbox daily, or put a hold on your mail delivery through the postal service. Double-check that you don't have any packages that will be delivered while you're gone, too.



28. House sitter

Consider having a friend or family member stay over at your home if you're going to be away for an extended period of time. This will ensure that someone is keeping an eye on your house, and the presence of someone in the house will deter burglars.

29. Video doorbell camera

Doorbell cameras are a must-have element of a smart home security system and are very effective at providing you with up-to-date surveillance of your home. You can gain access to your security camera's live footage at any time, from anywhere!



A smart home doorbell system will alert you to suspicious activity in your yard and front door so you'll always know what's going on at home, no matter where you are. Ask your security system company to see if they offer these devices and whether their service is right for your needs.

30. Short trips

Consider going away for shorter periods of time if possible. Shorter trips will be less obvious to potential predators who are on the lookout for empty homes / or occupied.

No matter how long you'll be away from home, though, make sure to have someone check on your house / unit to collect mail and newspapers and take precautions to make it less obvious you're away.

SAFE HOUSE