

Home Invasion

This factsheet outlines some common issues and reactions to home invasion.

Home invasion occurs when an offender enters a property without the consent of the resident and while the resident or others are home.

Further information can be obtained by contacting the VSS Helpdesk on 1800 VICTIM (1800 842846).

Home invasion occurs when an offender enters a property without the consent of the resident and while the resident or others are home. It may or may not involve theft of property or violence; violence may not necessarily be physical (it includes threats, verbal abuse and intimidation).

The term 'home invasion' sometimes has different meanings to different people (e.g. police, community members or the media).

1. Common issues for people who have experienced home invasion

If you have experienced a home invasion, you may be dealing with a range of issues as a result.

For example, you may be considering increasing your home security by changing locks or upgrading the security around your home. Many people may even be considering moving house. This can be a major disruption and requires careful consideration.

You may have questions about the police investigation or the court process if the offenders are apprehended.

You may require information about Victims of Crime Compensation.

2. Common reactions

Many people consider their home to be a place where they are safe and think that crime is more likely to happen in a public place. People may hold the belief that 'my home is my castle' or a sanctuary from the world. When you experience a home invasion, this sense of security is often shattered.

There can be a wide range of reactions to this kind of crime. These are normal reactions to a traumatic event, and may include some of the following:

- nightmares or sleep disturbances (especially if the invasion occurred at night)
- flashbacks to the event
- anger
- physical injuries (if physically assaulted during the invasion)
- physical complaints related to the experience (see the 'Trauma and your body' fact sheet)
- anxiety and stress
- change in beliefs (for instance believing that certain kinds of people are untrustworthy from now on)
- change in lifestyle or routine (such as spending more/less time at home, staying with friends or having friends and family stay with you at your home)
- desire for increased security
- feeling unsafe in the home
- thinking about whether the offender will return.

3. Coping

It is important to remember that often the intensity of the above reactions lessens over time. There are some practical things that you can do for yourself to help you recover from the experience. These include:

- increasing your sense of safety – this may involve practical things such as changing locks, upgrading aspects of security around your home or even making some short-term arrangements such as asking friends or family to stay with you for a while
- trying to maintain regular routines as much as possible
- eating well and getting enough rest
- talking with supportive friends or family
- exercise
- relax
- professional counselling/support.

FURTHER INFORMATION

If you would like more information please contact the VSS Helpdesk on

1800 VICTIM (1800 842846)
or view our website at victimsa.org

We can provide you with information about a range of things including reactions to crime or local supports and Victims of Crime Compensation.



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SUPPORT
SERVICE

1800 VICTIM
(1800 842846)
victimsa.org