

Keeping Safe from Abuse and Neglect

Easy Read Full Guide



A guide for adults aged
18 or over who have care
and support needs

www.derbyshiresab.org.uk

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Everyone has the right to:



- Live without feeling frightened



- Be treated well by others



- Make their own choices



- Say when they do not want to do something or say if they do not like the way they are being treated

All Abuse is unacceptable and should be reported.

What is abuse?



- Someone hurting you



- Someone not looking after you, or treating you badly



- Someone saying something that makes you feel sad



- Someone making you feel scared



Who might abuse you?



- Abuse can be from a stranger



- It can be from someone you know such as a family member, friend or worker



- Abuse can happen once or lots of times



- There are lots of different types of abuse and you can suffer from more than one at the same time



Abuse can happen anywhere

For example:



- In your home



- In a hospital



- At a day centre



- At work



- In someone else's home

Physical abuse

Physical abuse is when someone hurts you.

It is also physical abuse if you are hurt because someone did not look after you carefully.

Physical abuse is when someone:



- Hits or slaps you



- Kicks you



- Burns you



- Pinches you



- Pushes you



- Holds you down

Domestic abuse

Domestic abuse is abuse by a partner or family member.

It is domestic abuse if your partner or family:



- Hurts you



- Bully you



- Make you feel scared



- Try to control your life, so you cannot do what you want to do, or see the people you want to see



- Threaten you



Sexual abuse

Adults can choose to:



- Kiss



- Cuddle



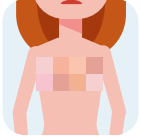
- Or have sex if they want to



Sexual abuse



- If someone tries to touch, cuddle, kiss or have sex with you. When you do not want it, then that is sexual abuse



- No one should take pictures of your body if you don't want them to



- No one should send you pictures of their body if you have not asked to see them



- No one should send you messages about sex if you do not want them to



- No one should ask to see pictures or videos of your private parts

Emotional abuse

Emotional abuse is when someone:



- Says bad things to you and it makes you feel sad



- Does not listen to what you have to say



- Says they will do bad things to you or someone you care about



- Shouts at you



- Calls you names

Financial abuse

Financial abuse is when someone:



- Steals your money



- Makes you pay for things for other people



- Tells you what to spend your money on



- Won't let you have your own money



Discrimination

Discrimination is when you are treated badly or not allowed to do something because of:



- Age



- Disability



- The language you speak or the colour of your skin



- Where you live



- Who you choose to have a relationship with



- Your identity

Organisational abuse

Sometimes people who are paid to look after us do not look after us properly.

Some examples are:



- Not being able to decide when you get up or go to bed



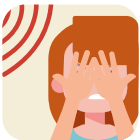
- Being left on the toilet for too long, if you cannot go to the toilet by yourself



- Giving you medical treatment that you do not need



- Not giving you choices about how you live your life



- Not being kind when they speak to you



- People physically hurting you, such as holding or grabbing you

Modern slavery

Modern slavery is when you are asked to work or do things you do not want to without getting paid

It can also be when you are not paid enough for the work you do

You might be:



- Made to work in a job you do not want to do



- Asked to marry someone you do not want to marry



- Paid less than you thought you would for doing a job



- Working long hours with little or no break



Neglect

Neglect is when the person or people who should look after you to keep you safe do not do this properly.

Examples include:



- Not getting the medicine you need if you are unwell



- Not having enough food or drink



- Not being warm enough at home



- Not being given help when you should have it



- Not getting the help you need to keep you and your clothes clean

Self-neglect

Self-neglect is when you are not looking after yourself or you do not let someone look after you when you need help. Self-neglect can mean that you get very poorly or end up in danger of being harmed.

Examples include:



- Living in a very full and messy house which could put you at risk of being in an accident such as a fall, or cause a fire in your home



- Living without heating or hot water



- Not eating or drinking enough or having too much unhealthy food where it makes you very overweight or very unwell



- Taking illegal drugs or the wrong amount of prescription drugs



- Drinking a lot of alcohol or an amount that is having a bad effect on your health

Self-neglect



- Hurting yourself on purpose



- Not asking for medical help when it is needed



What can you do?

If you are being abused or neglected, or you think someone you know is being abused or neglected, you should tell someone you trust.

People you could tell are:



- Someone who is in your family



- One of your friends



- The Police - call 999 if it is an emergency or 101 if you aren't in danger right now



- A doctor or nurse

What can you do?

People you could tell are:



- Someone who works for the Council



- A social worker



- A Carer



- If you are worried that someone is being abused or neglected, you can report this by ringing **Call Derbyshire on 01629 533 190**



What will happen if I tell someone about abuse?

When you tell someone about abuse, they may need to report it to Social Care or the Police. This is so that people can try to stop the abuse from happening.



- You might be asked some questions



- If you are hurt you might have to see a doctor



- You will get support to help you to feel safe

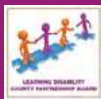


- You can have support from an advocate if you need one. This is someone who can help support you and explain things



- A Safeguarding Plan will be put in place, if you need it. This is a list of things you would like to see happen and what needs to happen to help you to be safe

Please remember there is
**‘No Excuse
for Abuse’**



This leaflet was produced with support and advice from members of the Derbyshire County Council Learning Disability Partnership Board

We will all work together to enable people in Derbyshire
to live a life free from fear, harm and abuse

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