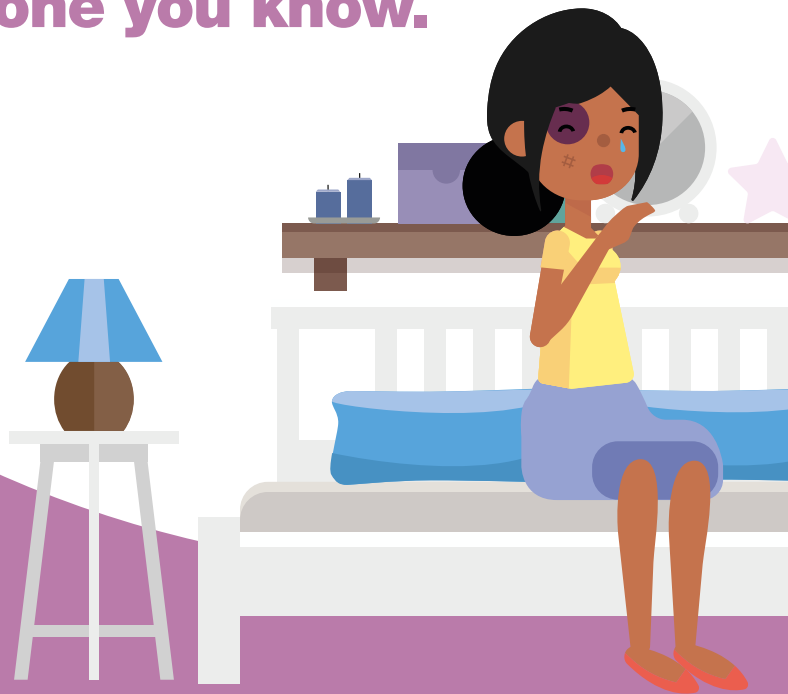


Adult Safeguarding

**What you can do if
someone is abusing you
or someone you know.**



What is Abuse?

Abuse can take place in many different ways.

It can be when someone hurts you, treats you badly, or says or does things to make you feel upset or frightened.

It could happen once or it could happen many times.

There are different types of abuse and some people suffer from different types of abuse at the same time.



What is Safeguarding?

Keeping people safe is called Safeguarding. Safeguarding means that people are protected from abuse and neglect.

An important part of safeguarding is helping people to be independent as possible and make choices about how they want to live.

Everybody has the right to:

- Live without fear
- Be treated with respect
- Make choices that are acted on
- Refuse to do things they do not want to do

The law says that the local authority (Derbyshire County Council) and the agencies they work with must safeguard adults who have care and support needs who are at risk of abuse or neglect.



Who & Where?

Abuse can be caused by a stranger or someone you know.

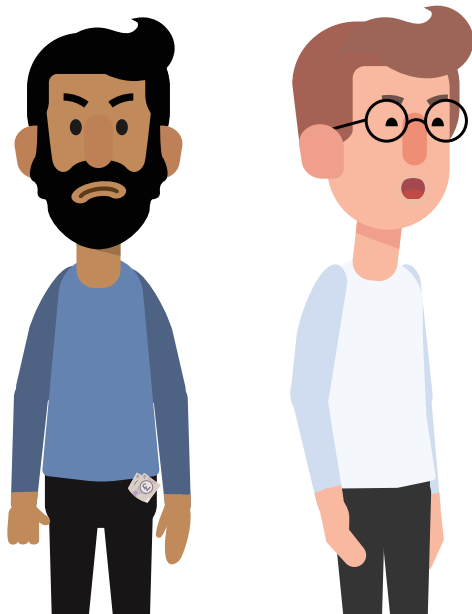
This could be someone who is:

- A member of your family
- A care provider, paid staff or a professional
- A neighbour
- A stranger
- A friend
- A volunteer
- A partner

Abuse can happen anywhere.

It could happen:

- In the house or home where you live
- In hospital
- At a day centre
- At work
- In the community
- In someone's home
- A care home or nursing home



Adults who may be at risk of abuse or neglect

An adult at risk of abuse or neglect is someone who is aged 18 or over, they have care and support needs and they are not able to protect themselves from abuse or neglect.

Some examples of adults who may have care and support needs are:

- Older people
- People with a visual or hearing impairment
- People with a physical disability
- People with a learning disability
- People with Autism
- People with a mental health problem
- People with a long term illness or condition



Physical Abuse

Physical abuse is when someone:

- Hits you or slaps you
- Kicks you
- Burns you with something
- Pinches your skin
- Pushes you
- Holds you down

They might be caused by someone who wants to hurt you or by someone who is not being careful enough when looking after you.

Jon thought he had made a friend at the day centre but would a true friend keep hurting him like this?



Domestic Abuse

Domestic abuse is when your partner or a family member:

- Hurts you
- Bullies you
- Threatens you
- Tries to control you
- Makes you feel afraid

*Julie's husband
has stopped her
from seeing her
friends and hits her
when he has been
drinking*



Sexual Abuse

Sexual abuse can be:

- Someone kissing you when you do not want them to
- Someone touching you when you do not want to be touched
- Having sex when you do not want to have sex
- Taking pictures of your body when you do not want this to happen
- Sending you messages about sex when you do not want to see them
- Sending you messages with pictures of private parts or asking you to send pictures of your private parts when you do not want to see or send these

Becky's boyfriend persuaded her to send photos and is now threatening to show them to her family



Emotional Abuse

Emotional abuse is when someone:

- Says bad things to you and hurts your feelings
- Does not listen to you
- Says they will do bad things to you or someone you care about
- Shouts at you
- Call you names

*Martin's carer
teases him in front
of his friends which
makes him feel
embarrassed and
worthless*



Financial & Material Abuse

Financial Abuse is when someone takes your money or your things. Financial abuse can be someone:

- Stealing your money
- Making you pay for other people's things
- Telling you what you have to spend your money on
- Not letting you have your money.
- Making you claim benefits rather than go to work
- Trying to make you change your finances or will when you don't want to
- Trying to make you to sign over property or possessions when you don't want to

Priya's son uses her bank card to withdraw money for himself when he does her shopping



Modern Slavery

Modern Slavery is when you are asked to work or do things that you don't want to without getting paid or not getting paid enough. You might be:

- Asked to work somewhere you don't want to
- Asked to marry someone you don't want to
- Be paid less than you thought you would be
- Be threatened if you want to leave
- Be working very long hours with little or no break
- Be kept in a job against your will
- Not be given the correct equipment or clothing to keep you safe at work

Living in a room in a house owned by her boss and being paid less than minimum wage, Louisa feels trapped and afraid



Discriminatory Abuse

Discrimination is when you are left out or not allowed to do something because of:

- Age
- Disability
- The language you speak
- Where you are from
- The colour of your skin
- Religious beliefs
- Sexuality
- Gender

Max is teased about his learning disability and threatened by people on his street. Now he is scared to leave the house

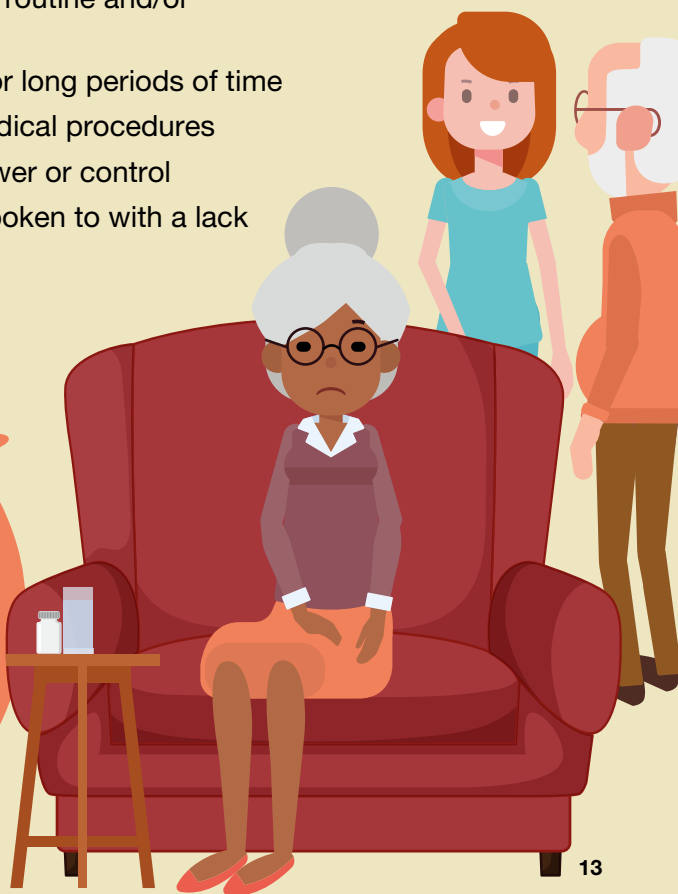


Organisational & Institutional Abuse

Organisational abuse is when you are treated badly by someone who works in a service that should be supporting you. It could be that your care staff or other organisations like the hospital or police treat you badly, neglect you or provide a bad service. Some examples include:

- No flexibility in bed time routine and/or deliberate waking
- Being left on the toilet for long periods of time
- Inappropriate use of medical procedures
- Inappropriate use of power or control
- People referred to, or spoken to with a lack of respect
- Inappropriate physical intervention

Edith doesn't like being made to get up early at her care home and is then left in her chair all day



Neglect

Neglect is when the person or people who should keep you safe and healthy don't do this properly. If you are suffering from neglect:

- You may not receive treatment or medication when you are unwell
- You may not have enough food or drinks
- You may not been warm enough in your home
- You may not receive help when you should
- You may not be clean and suffer from poor hygiene



Self-neglect

Self Neglect is when you are not looking after yourself, or you are not letting someone help you when you need it.

When people self-neglect they can become very ill and can put themselves in danger in lot of different ways. People who are suffering from self neglect may be:

- Living in a hoarded/very cluttered house
- Living without heating or hot water
- Not eating or drinking properly
- Taking drugs or drinking alcohol
- Harming themselves
- Not seeking medical help when they need it

Daniel lives alone and has stopped washing and eating properly. His house is cluttered and dirty



What Can I Do?

What to do if you think someone is being abused or neglected, or if you are being abused or neglected.

If you have concerns or questions about abuse, you should speak to someone you trust.

This could be:

- A member of your family
- A friend
- A Police officer
- A doctor or nurse
- A council or social worker
- A carer
- Another Professional that you trust



What Happens Next?

When you tell someone about your concerns, they might need to report it to the Council (adult social care) or the Police.

This is so the council workers and the Police can help stop the abuse. You might be asked some questions and if you are hurt, you might have to see a doctor.

If you report abuse we will:

- Listen to you and ask what you want to happen
- Take you seriously
- Treat you with respect
- Support you to feel safe
- Support you to make your own decisions
- Keep you informed, involved and up to date with what is happening
- Tell you what will happen next
- You may be able to ask someone to support you, this person would be called an 'advocate'
- A Safeguarding Plan will be put in place if you need it, The Plan is a list of the things you would like to happen and will say what needs to happen to help you to be safe

Contacts

In an emergency stay safe and contact the Police. Telephone 999. If the person is not in any danger now but there has been a crime, contact the Police. Telephone 101.

If you're deaf, hard of hearing, have a hearing loss, or are speech impaired, **you can use emergencySMS by texting 999** from your phone.

To access the service, text the word 'register' to 999; you will then receive an automatic text response, which contains some information about the service – it is advisable to read the information. Once you are ready to proceed with registration, reply to the message by texting 'Yes' back. You will then receive a 'success' response confirming that your mobile is now registered.

Remember though, if you change your phone number you'll need to register the new number with the service again. And if you ever need to test you are still registered for the scheme, just text 'register' to 999 and you will be sent a confirmation message – there is no need to send a test message. Alternatively use the NGT Relay Assistant by dialling **18000** from the app or textphone. Text relay offers text-to-speech and speech-to-text translation services.



If you are worried about yourself or someone else with care and support needs being abused or neglected, please contact Call Derbyshire. Telephone 01629 533190.

You can phone Call Derbyshire anonymously without revealing your name.

If you prefer to use British Sign Language (BSL) you can contact us using a SignLive video interpreter. This service is available on Monday to Friday from 8am to 6pm. It is free to contact us from your home.

You can find out more information on the Derbyshire Safeguarding Adults Board website.

www.derbyshiresab.org.uk

**Please remember there is
'No Excuse for Abuse'**

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

Tel: 01629 533190

www.derbyshiresab.org.uk

@DerbyshireSAB



**DERBYSHIRE
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