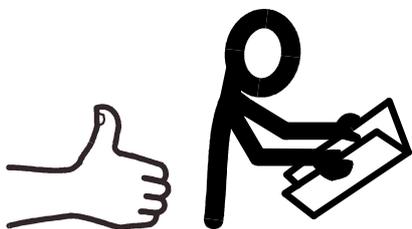


# Safeguarding Adults

## SAY NO TO ABUSE

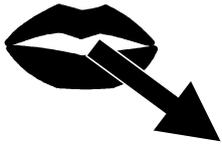


**Service user information**



**Easier Read**

Agreed for use in Adult Social Care, Health and Public Protection services by the Nottinghamshire Learning Disability Partnership Board 2011



## This booklet explains what “Safeguarding Adults” is

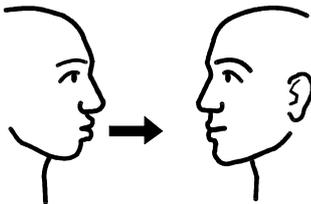
### What is abuse?



- Abuse is when someone does or says something to you which makes you upset or scared.

- Abuse is when someone tries to take away your rights.

- You may be afraid to say something to them to try to stop them.



- Abuse can happen by accident, where someone doesn't realise that they are scaring you. Some people abuse others on purpose.



- **Any abuse is wrong.**

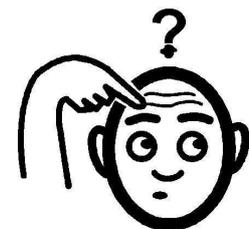
# Who might be at risk of abuse?

## People 18 and older

Some adults might be more at risk of abuse than others.

There could be different reasons for this.

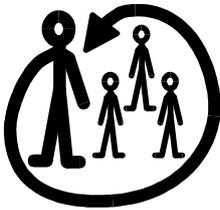
They may:



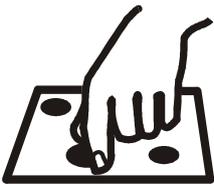
- have physical disabilities
- have learning disabilities
- have sight or hearing loss
- have mental health problems
- be very ill
- have dementia and might be confused or forgetful
- be elderly or frail
- not able to stop someone else from hurting them or taking advantage of them
- depend on someone else to look after them.

Or there could be no apparent reason.

# What are my rights?



- Everyone has the right to live their life free from violence, fear and abuse.



- Everyone has a right to be respected by other people.



- Everyone has a right to make choices about their life and things which affect them.

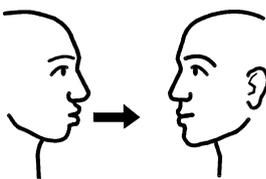
- Everyone has a right to live in safety.

- You have these rights whoever you are. It doesn't matter if you are old, or disabled, or ill. **You still have these rights.**



- This leaflet is about protecting your rights and stopping abuse.

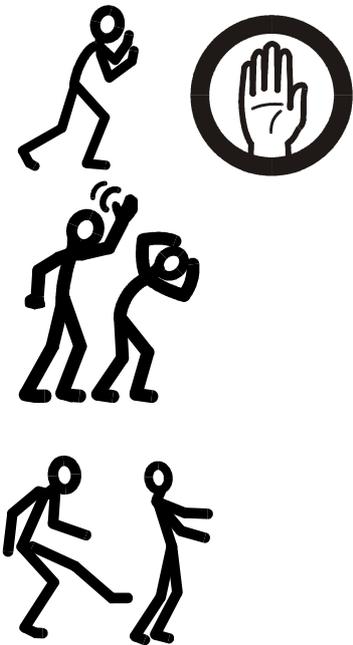
- This leaflet also has information about different forms abuse can take, if you are not sure.



- If you think you are being abused, you should tell someone. There is information on page 10 about who you should tell, and what they will do next.

# Different types of abuse

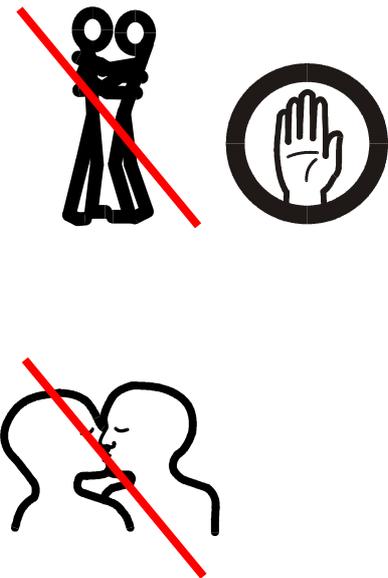
## Physical abuse



Where someone physically hurts you. This can be:

- hitting
- kicking
- pulling hair
- pinching, scratching, shaking
- giving someone too much or not enough medicine.

## Sexual abuse

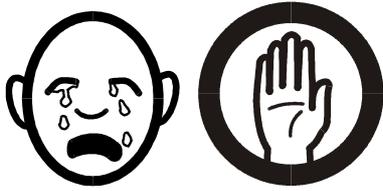


Someone making you do sexual things. This might make you sad, angry or frightened.

This can be:

- being touched where you do not want to be touched, for example, on your private parts
- being made to touch other people in their private parts
- undressing or having sex when you don't want to.

## Emotional abuse

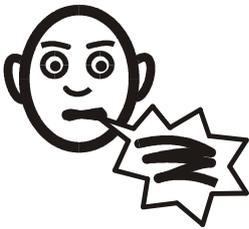


When someone says things to you which hurt your feelings or scare you.

This can be:



- calling you names
- threatening you
- laughing at you
- treating you like a child
- not letting you spend time with other people, or go out
- ignoring you.



## Financial abuse



When someone takes your money or other items

This can be:



- stealing your money or other items
- making you buy something you don't want to buy
- using your money to pay for their items
- when you don't have a choice in how your money is spent
- when someone tells you that you have to give them your money or your home.



## Neglect



Not giving you things that you need.

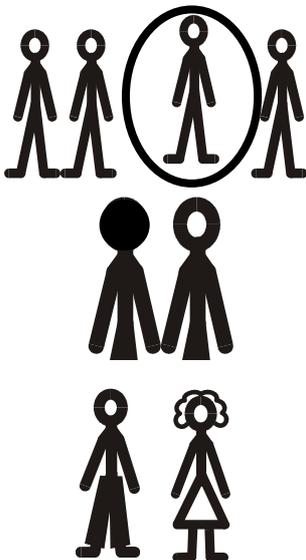


This can be:

- not having your prescribed medicine when you need it
- not being taken to the doctor if you are ill
- being cold a lot of the time
- often being hungry
- only having dirty clothes to wear
- not having your equipment, for example, hearing aids, walking frames, wheelchairs, when you need it.



## Discrimination



When people are treating you unfairly because you are different.

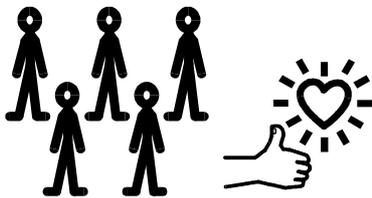
This could be because:

- of the colour of your skin
- of your religion
- of your sex
- of your age

# Discrimination



- of your disability
- of your language
- of your sexuality (such as being gay).



You could still be at risk of neglect or abuse even though it isn't happening at the moment.

Most people you meet in your every day life will not abuse you.

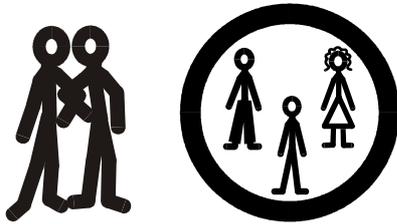


But sometimes people do get abused. You need to know about this so you can speak out if it happens to you.

Some adults need extra help to stop abuse because:

- they are an adult with a learning or physical disability
- they are frail because of their age or illness
- they have a mental health problem.

## Who could abuse you?

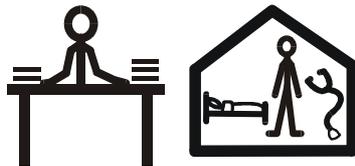


- Anyone.
- Abuse could be by someone you know. It could be a family member or carer, a staff member or someone you employ to look after you.
- It could be someone you don't know very well or even a stranger.



- But most people will **NOT** abuse you.

## Where could you be abused?



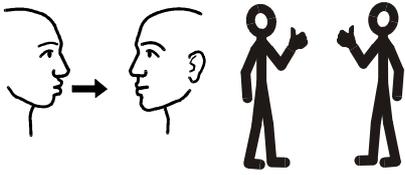
Abuse could happen anywhere:

- in your home
- at a day centre or college
- at work
- in a hospital
- in a care home
- at a club
- outside.



But most places, including the above, will usually be safe.

# Who can I tell if someone is abusing me?



**Tell someone you trust.  
Tell them as soon as you can.**

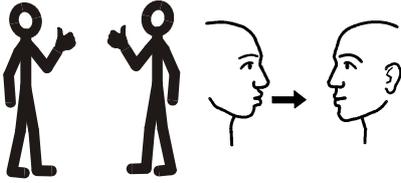
They could be a professional person you can trust such as a:

- Doctor
- Nurse
- Social Worker.



Or it could be:

- someone who regularly cares for or supports you
- someone in your family
- the police
- a friend
- a lawyer
- a carer at your care home, or day centre, or in your home
- a church minister
- someone from a charity, like Age Concern, Mencap or Mind
- a lecturer or someone else from your college
- a care inspector from the Care Quality Commission.



The person you trust may need to tell other people for you to get the help you need.

The person you tell may not be able or willing, to act on your behalf. You may need to tell someone else you trust so that they can take the matter forward.

## What happens next after I have told someone?

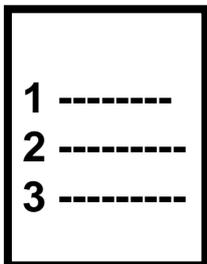
The people helping you should:



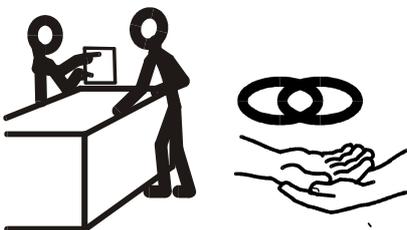
- want to make sure you are safe above all else



- listen to your views about what you want to happen next



- make a plan of what to do and agree it with you



- give you help and support to cope with your feelings about the neglect or abuse.



## Who to contact:



### Adult Social Care and Health

**Adult Social Care and Health – Golden Number**  
08449 808080  
Monday to Friday 8.00am – 8.00pm  
Saturday 8.00am – 12.00noon



### Kings Mill Hospital

**Adult Social Care and Health out of Hours**  
Emergency Duty Team 0300 4564546

**Safeguarding Adults Nurse Advisor**  
King's Mill Hospital  
01623 622515 ext 6059  
Hours 9.00am – 5.00pm



### Patient Advice & Liaison Service

### Patient Advice and Liaison Service (PALS)

King's Mill Hospital  
01623 672222

Newark Hospital  
01636 685692

Sherwood Forest Hospitals   
NHS Foundation Trust

This information was produced by Sherwood Forest Hospitals NHS Trust

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