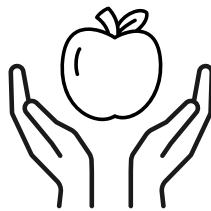




# Safeguarding Adults

An Easy to read booklet



# Content

Cover page	_____	Page 1
Content Page	_____	Page 2
What is Safeguarding ?	_____	Page 3
What is Abuse ?	_____	Page 4
What kinds of abuse are there?	_____	Page 5
Who can be an abuser?	_____	Page 6
What are the signs of abuse?	_____	Page 7
What are the signs of abuse?	_____	Page 8
What should you do?	_____	Page 9
What will happen next?	_____	Page 10

# What is Safeguarding?

**Safeguarding means protecting an adult's right to live in safety, free from abuse and neglect. The aims of adult safeguarding are to: prevent harm and reduce the risk of abuse or neglect to adults with care and support needs.**

# What is Abuse?

**Abuse is when someone causes us harm or distress. It can take many forms, ranging from disrespect to causing someone physical or mental pain. It can occur in someone's home, a care home, a hospital or a public place. Often the people who commit abuse are taking advantage of a special relationship.**

# What kinds of abuse are there?



## Physical Abuse



This is when someone hurts you by hitting, kicking or biting.



## Emotional Abuse



This is when someone makes you feel bad - like saying nasty things, shouting or threatening



## Financial Abuse



This is when someone takes your money or things which belong to you without asking.



## Sexual Abuse



This is when someone touches your body or makes you do sexual things you do not want



## Organisational Abuse



This is when paid staff in a hospital or care home do not care for you very well.



## Neglect



This is when people who are there to help you do not look after you very well.



## Discrimination



This is when people treat you badly or unfairly because of who you are.



## Modern Slavery



This is when people are forced to do work for little or no money.



## Self-neglect



This is when you stop looking after yourself by not eating well or keeping yourself clean.



## Domestic abuse



This is when you are abused, threatened or hurt by family, partner or ex-partner.

# Who can be an abuser ?



- Most people do not abuse others.



- Abuse can happen anywhere, at anytime and by anyone. It could be:



**A staff member  
or volunteer**



**Someone in  
your family**



**A friend or  
neighbour**



**Someone you do  
not know**

# Who are 'adults at risk' of abuse?

'Adults at risk' are people who are 18+ and need more help than others to stay safe and live their lives.

Who needs more help...



People with disabilities



Older people



People with poor mental health



People with long-term illness



People with addiction problems

# What are the signs of abuse?

There are many signs of abuse. Even if you are not sure whether these signs mean abuse, you should still report them to us.

The person being abused could:



Look dirty or is not dressed properly



Have an injury that is hard to explain



Seem frightened around certain people



Be unusually scared, upset, worried or withdrawn



# What should you do?



If these things happen to you or someone you know who is a vulnerable adult in Havering, report it to us.

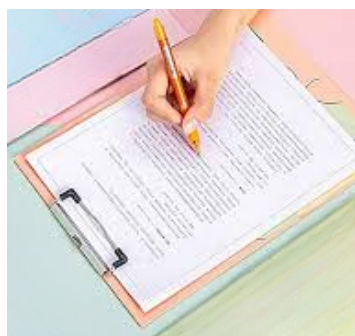
Here are some examples of vulnerable adults:

- the elderly
- frail people
- those with learning or physical disabilities
- people with health issues
- people with mental health needs

To report a concern about an adult - click here



To report the abuse of a vulnerable adult please visit Haverings safeguarding adults page - <https://safeguardinghavering.org.uk/adultsboard/> and click the big red button in the top right hand side and fill out our online form .



Please give us as much information as you can so we can look into it.



In an emergency call **999** for the Police.

# What will happen next?



The safeguarding adults team will receive the referral and your report will be taken seriously.



We will try to find out more about what has happened.



If we need too, we will work with the adult at risk to put a plan in place that helps to keep them safe.

Contact:

Adult Social Services Safeguarding Adults Team

Telephone: 01708 433 550

Email: [safeguarding\\_adults\\_team@haverling.gov.uk](mailto:safeguarding_adults_team@haverling.gov.uk)

Mental Health

Telephone: 0800 995 1000 (Freephone)

Call for Mental Health help and advice anytime day or night. NELFT can arrange for an adult to speak with a mental health professional. They can also signpost to services and support.