



Safeguarding Adults at Risk of Harm Easy Read Guide

What is safeguarding?

Safeguarding means making sure you are safe from abuse and are able to be independent and make your own choices. You might need support to understand what will happen when you make those choices.

What is abuse?

Abuse is when someone hurts you or treats you badly.
Abuse is always wrong and can happen to anyone.

There are different types of abuse.

Sometimes the different types of abuse can happen to someone at the same time.

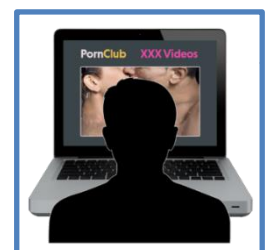
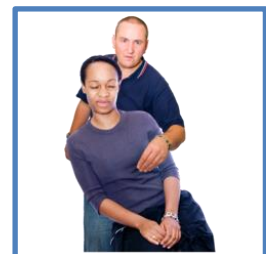
Physical Abuse is when someone hurts you.

This can be when someone hits, kicks, bites, scratches you or pulls your hair



Sexual Abuse is when someone touches your private parts or other parts of your body in a way you do not like or do not want. It is also when someone makes you do sexual things that make you sad, angry or frightened.

This can be when someone kisses you without asking, makes you touch them, touches your bottom or breasts or other private parts, makes you look at pictures or films of a sexual nature, have sex with you when you do not want them to.



Emotional Abuse is when people do things to you that upset you because they know it upsets you.

This can be when someone teases you, swears at you, ignores you, puts you down, treats you like a child, or makes threats.



Financial Abuse is when someone takes your money or things which belong to you.

This can be when they control your money or make you pay for things. It is also when someone steals your money or the things that belong to you.



Neglect is when people don't keep you safe. It means you are not being looked after properly. It could mean you are not getting support when you need it or not getting the right support.

This can be when people don't give you enough food, help you get dressed or go shopping. It can be when they don't give you your medication or take you to the doctors if you are ill.



Organisational Abuse is when staff in a hospital or care home do not care for you properly or respect your rights.

This can be when some of the staff are not trained, there may not be enough staff on duty, staff do not take time to understand your needs, staff ignore you, or you are made to stay in your room.



Discrimination is when people treat you badly because you are different to them.

This can be because of the things you believe in, the colour of your skin, a disability, who you choose to love, or if you speak a different language.



Domestic Abuse is when someone in your family or someone you are in a relationship with abuses you.

This can be when they make threats or hurt you, or they try to control you.



Modern Slavery is when people use other people to make money for themselves.

This can be when someone forces someone else to work for free or very little pay. People get treated badly, and someone else controls where they live and what they do.



Self-Neglect is when you are not looking after yourself or the place you live in.

This can be when you don't or can't keep yourself or your home clean, you don't care about your health, you hoard things, or don't look after your pets.



Where can abuse happen?

Abuse can happen anywhere and may happen in:

- Your home
- Hospital or GP
- Care home
- Day centre
- At work
- In the street
- On the bus or train, or in a taxi



What should you do?

If any of these things happen to you or someone else you must tell someone about it. You must always tell someone even if they tell you not to.

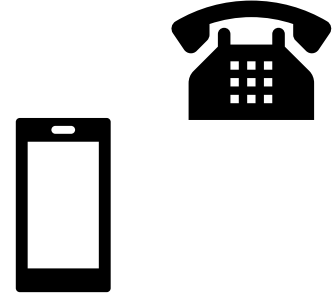
You can tell any of these people:

- Someone in your family
- Your support worker or carer
- A social worker
- A police officer
- A friend
- An advocate or support group
- A doctor or nurse
- Or someone else you trust



If you are worried or want to talk to someone about things that have happened to you, you can call the Social Care Service where you live or speak to your Social Worker during the day on:

Stockton-On-Tees	01642 527 764
Hartlepool	01429 523 390
Middlesbrough	01642 065 070
Redcar & Cleveland	01642 771 500
Evenings and Weekends	01642 524 552



You can report abuse and neglect to the Police by calling 101.

You must ONLY ring 999 in an emergency.

What happens next?

We will make sure you are safe.

We will listen to your concerns and make a plan that keeps you safe based on **your views and wishes.**

We will make sure you know what is happening at all times.