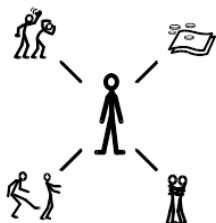


Safeguarding adults - keeping safe



This easy read document is about keeping safe, part of how we safeguard adults in Nottinghamshire.



Safeguarding is how we help to protect people from abuse and neglect



We think that everyone should be able to live their life feeling:



- Safe



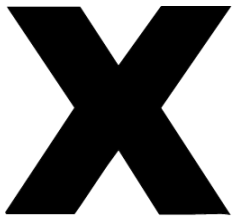
- Respected and treated well by people



- Listened to



- Able to say NO to things they don't want to do.



Remember:

abuse is always wrong

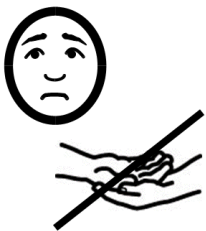
abuse is not your fault

abuse should be reported

What is abuse and neglect?



Abuse is when someone does or says things that frighten you or cause you harm.



Neglect is when you are not being looked after properly and your care and support needs are not being met.

Who might be abused or neglected?



- Older people



- People with a visual or hearing impairment



- People with a physical disability



- People with a long-term illness or condition



- People with a mental health problem

Who might abuse you?

Anyone could abuse someone. It could be:



- Someone in your family



- Neighbours



- Strangers



- Friends



- Volunteers



- Carers



- Staff and other professionals



How might people be abused?



Physical abuse could be when someone hits, slaps, pushes or kicks you.



Sexual abuse could be when someone touching your body or private parts without your permission or when someone makes you touch them in a way you do not want.



Financial abuse could be when someone takes your money or other things that belong to you



Psychological abuse could be someone being unkind to you, threatening you, swearing at you, calling you names or someone ignoring you.



Cyber bullying could be people using social media, emails, text and messaging services to threaten and upset you



Domestic abuse could be physical abuse, sexual abuse, financial abuse, or psychological abuse by your partner or a family member.



Modern slavery could be abuse or threats to make you work for nothing or very little

Discrimination abuse could be someone bullying or hurting you because of:



- Your religion
- A disability



- Your age
- Your sexual preference



- The colour of your skin or hair
- Where you come from



Organisational abuse could be staff in organisations such as hospitals, support services or the police treating you badly, neglecting you or providing a bad service.



Neglect when you might not be kept warm, given enough food or your medication.



Self-neglect when you are not taking care of yourself properly.



We have other easy read documents to tell you about:

[different types of abuse](#), and
[the process we follow](#).

Where can abuse happen?

Abuse could happen:



- at home
- in hospital
- at a day centre
- at work



- in the community

Who should you tell?



If you have been abused,

If you are being abused,

If you know some else is being abused:

You should tell someone you trust

This could be



- a family member
- a friend
- a police officer
- a doctor or nurse
- a council, social worker or support worker

How to report abuse or neglect



**In an emergency
dial 999**



If it is not an emergency, you can contact Nottinghamshire Police by dialing 101



You can contact our [Customer Service Centre](#).



The Customer Service Centre is closed in the evenings, at weekends, and public holidays.



At these times you can our Emergency Duty Team by Telephone: 0300 456 4546



You can also report abuse by using our [online reporting form](#).

Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.

There are several ways to contact them, including:



Web: [Use our online contact form](#)



Telephone: 0300 500 80 80



Relay UK

Text Relay: 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



SignVideo

Sign Video

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.

Links in this document

Adult safeguarding – different types of abuse

nottinghamshire.gov.uk/global-content/easy-read-library/safeguarding-adults-types-of-abuse-easy-read

Adult safeguarding – processes

nottinghamshire.gov.uk/global-content/easy-read-library/safeguarding-adults-process-easy-read

Nottinghamshire County Council – online reporting form

nottinghamshire.gov.uk/reportabuse

Nottinghamshire County Council – contact us form

nottinghamshire.gov.uk/contactform

Relay UK app

www.relayuk.bt.com/how-to-use-relay-uk/download-app.html

SignVideo app

signvideo.co.uk/download

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