



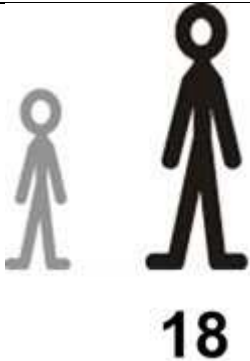
Safeguarding adults In Nottinghamshire



An easy read guide to
understanding and reporting
abuse



Who is an adult at risk of abuse or neglect?



An adult at risk of abuse or neglect is someone who is aged 18 or over



Has care and support needs and because of their needs are not able to protect themselves from abuse or neglect

This might be because of:



- A physical disability
- A learning disability
- The persons mental health
- Their age



What is abuse?



Abuse happens in lots of ways.

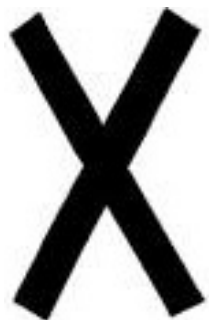
Abuse can be:



- When someone hurts or treats you badly



- When someone does or says things to make you upset or frightened



Abuse is always wrong.

Abuse is not your fault

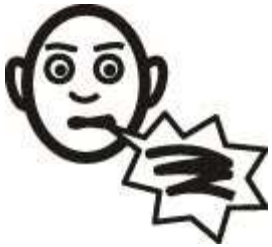


Emotional abuse



This is when people say bad things to hurt your feelings, shout or threaten you

This could be:



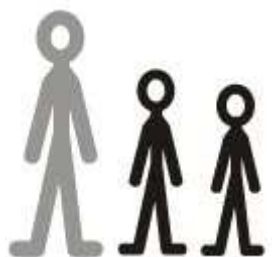
- Calling names



- Blaming you when it is not your fault



- Ignoring you
- Laughing at you



- Treating you like a child



Physical abuse



This is when someone hurts you.

This could be someone who:



- Hits you
- Kicks you



- Pinches or scratches you
- Pulls your hair



- Burns you



- Gives you the wrong medication



Sexual abuse



This is when someone touches your body or private parts in ways you do not like or want

It is also when someone makes you do sexual things that make you sad, angry or frightened

This can be someone:



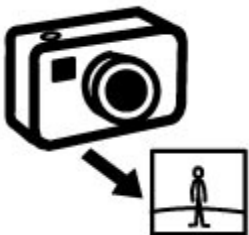
- Touching your bottom



- Touching your breasts



- Making you touch other people in these places



- Making you look at or watch pictures or films of a sexual nature



Financial abuse



This is when people take your money or belongings without asking.

This can be when someone:



- Steals your money



- Takes control of your money
- Makes you pay for other people's things



- Takes things that belong to you



Neglect



This is when people who are there to help you do not look after you properly

This can include:



- Being hungry most of the time



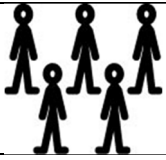
- Not being kept safe



- Not getting the right medical help



- Not having clean clothes to wear



Discrimination



This is when people treat you badly or unfairly because you are different to them

This could be because you:



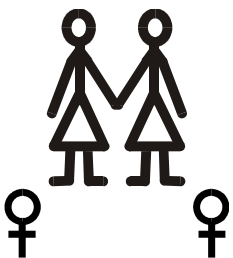
- Have a different coloured skin



- Have different religious beliefs



- Are disabled



- Are lesbian or gay



- Speak a different language



Organisational abuse

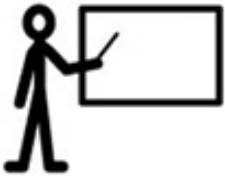


This is when paid staff in a hospital, care home or from a home care agency do not care for you properly or respect your rights

This could be because:



- There are not enough staff on duty most of the time



- Most of the staff are not trained



- The rules and routines are made by the manager and staff



- Your personal things are used by or for someone else



- Home visits are missed a lot of the time
- Home visits are rushed or not as long as they should be because staff are too busy



Modern Slavery



This might be when:



- You are forced to work for no pay, or little pay and threatened or hurt if you do not do it



- You are forced to stay at home to do all the cleaning and cooking for everyone else





Who might abuse you?



Most people will not abuse you



But, people who could abuse you might be:

- A member of your family



- Paid staff or professionals



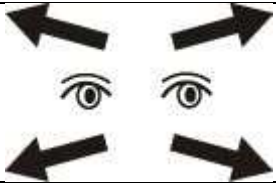
- Neighbours



- Strangers



- Friends
- volunteers



Where can abuse happen?



Abuse can happen anywhere and at any time

It could happen:



- In the house or home where you live



- In hospital



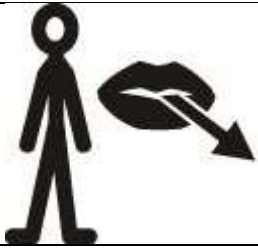
- At a day centre



- At work



- In the street



Who should I tell?



If you have been abused or if you are being abused you should talk to someone you trust as soon as you can.

This could be:



- A member of your family



- A friend



- A police officer



- A doctor or nurse



- A council or social worker



What happens next?



When you tell someone that you are being abused they will usually need to report it to the council or the police.



This is so they can help stop the abuse.



If your carer is the person who is abusing you, we will make sure that you still get the care and support you need



We might need to tell other people about what has happened or get information from other people such as your doctor



We will only do this when we need to and will always try and ask for your permission before we do



You will be asked what you want to happen to stop the abuse or to manage the risk of abuse.

We will try to work towards this whenever we can



We will keep you up to date about what is happening



You can change your mind about what you want to happen along the way



Who do you report abuse to?



If you think you have been abused and want to report it yourself, these are the numbers of the people you can talk to;



Nottinghamshire
County Council

Nottinghamshire County Council



Phone 0300 500 80 80



Nottinghamshire Police



Phone 101



If it is an emergency

Phone 999

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