



# Nottinghamshire Safeguarding Adults Board

**Help  
Stop.**  
abuse &  
neglect

Worried about  
physical, financial,  
emotional abuse  
or neglect?



**Report in confidence:**

Online at [Nottinghamshire.gov.uk/abuse](https://www.nottinghamshire.gov.uk/abuse), or call 0300 500 8080

## Who is at risk of abuse or neglect?

People 18 or over may be at risk of abuse or neglect if they are not able to protect themselves because of their care and support needs. This might be because of:

- physical disability
- learning disability
- the person's mental health
- their age



## What types of abuse are there?

Abuse or neglect can be:

- **Physical** – including hitting, slapping, punching, kicking or the misuse of medication on someone
- **Sexual** – including rape or sexual assault acts. It may be non-contact such as teasing or being photographed
- **Psychological** – including threats, humiliating, controlling or intimidating someone
- **Financial** – including stealing or tricking the person out of money or material possessions like their house or jewellery
- **Domestic** – including controlling, coercive or threatening behaviour, 'honour' based violence, female genital mutilation, forced marriage
- **Discrimination** – treating someone unfairly because of their disability, race, religious beliefs, sexuality, etc
- **Neglect is also a form of abuse** – leaving someone without food or heating, refusing to take care of their personal needs, failing to provide access to appropriate health and social care
- **Self-neglect** – not caring for your own personal hygiene, health or surroundings

- **Organisational** – when paid staff in a care home, hospital or home care agency do not care for people properly or respect their rights
- **Modern slavery** – when people are forced to work for little or no pay

## Where can abuse happen?

Most people will not carry out abuse, but if it does take place, it could happen anywhere, e.g. someone's home, a hospital, care home, at work or in the street.

It could be carried out by anyone, e.g. family member, friend, carer, paid member of staff or stranger.



# How can I report abuse?

If you have been abused, or know someone who has, please report this to Nottinghamshire County Council on **0300 500 80 80**.



You could also report this to someone you trust e.g. police, doctor, family member, social worker.

In an emergency, you should contact the relevant emergency service (police, ambulance, and fire and rescue service) by dialling 999.

## What will happen next?

We may need to inform other people or organisations, such as the person's doctor, but we will ask permission before we do this.

We will work with the person affected to find out what they want to happen following a report of abuse and keep the person involved throughout the process. People have the right to change their minds about what they want to happen during the process.



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