

Safeguarding Adults: Protecting people from abuse and neglect

An EasyRead guide



Look!



Listen!



Speak out!

What is adult abuse?

Adult abuse is when someone hurts you or treats you badly.

Anyone can abuse or mistreat you.



Adult abuse is wrong and can happen to anyone who is over 18



It is important to know what adult abuse is



It can happen in many different ways



It is important to know where to go and who to speak to for help if someone is being abused

Why does adult abuse happen?

Adult abuse can happen for different reasons.

It can be because people:



do not know how to behave properly



have not had any training about abuse, or any help or support to understand what abuse is

Or



because they are bullies and nasty to you

Adult abuse is wrong

Some people find it hard to get help. Some people are unable to take care of themselves, or keep themselves safe.

This could be because they:



have a disability or a
mental health problem



cannot see or hear
very well



are old and delicate

There are many different ways someone can be abused. We will now explain what they are, and how you might be able to tell if it happened.

What is discrimination?

This is when someone hurts you or treats you badly because they think you are different to them.

This could be because of:



your religion or belief



a disability you have



Or it could be:

because you are from a different race



because you are gay

It can also be:



because you are a
man



because you are a
woman



because of your age

What is physical abuse?

It can be:



when someone hits or slaps you



when someone pushes or kicks you



when someone gives you medicine you should not be taking

How can you tell if physical abuse has happened?

There are ways that you can tell if someone has had physical abuse done to them.

They may:



have broken bones or cuts and bruises



have burns or marks on their body



not want to be touched, or be in pain

What is psychological abuse?

This can be when:



someone threatens you



you are bullied



some people say bad things to you

How can you tell if psychological abuse has happened?

They may:



be a lot quieter than they normally are



not be as happy as they normally are



be scared and jumpy

What is financial abuse?

This can be when:



someone steals from you or cheats on you



someone tries to make you give away money or property you own, like a house OR tries to make you give away anything you have been given by someone in a will

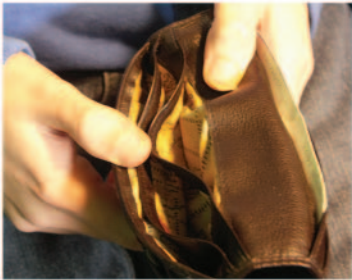


someone tries to make you spend money or benefits on things you don't want to

How can you tell if financial abuse has happened?

There are ways that you can tell if someone has had financial abuse done to them.

They may:



find it hard with money when they are normally OK



not pay their bills



not have any of their things any more

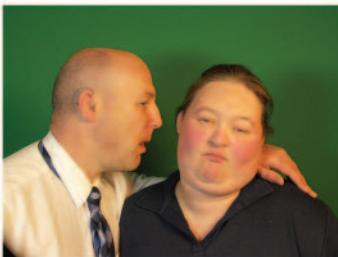
What is sexual abuse?

This can be when people **say or do** things to you, to do with sex, that you do not like.

This could be something like:



showing you DVDs or pictures to do with sex when you say NO



saying things to you about sex when you say NO



kissing you when you say NO



touching you where they should not touch you when you say NO

How can you tell if sexual abuse has happened?

There are ways that you can tell if someone has had sexual abuse done to them.

They may:



not want you to touch them any more



start swearing



start to look and act different

What is neglect?

It can be:



when you do not get the medical help you need



when you are not given enough food or drink



when you are left alone for a long time, and not given anything that you like to do

How can you tell if neglect has happened?

There are ways that you can tell if someone has been neglected.

They may:



be in pain and
become poorly



be very hungry, thirsty or
untidy

Where can abuse happen?

Adult abuse can happen in different places.

It can happen in:



your home



the street



a hospital

Where can abuse happen?

It can also happen in the place you live, or where you get care.

This could be a place like:



a care home



a nursing home



sheltered accommodation
or housing schemes

Who can you tell?

You can report adult abuse in many ways. Tell someone you know and trust.

This could be:

your family



your carer or key worker



your friends



Who else can you tell?

You can also tell other people you trust:



the police



a doctor



a nurse



people you work with

If you tell us you have been abused, we will always take it seriously



Our most important job is to make sure that you are safe



We will listen to what you want to happen to put things right



We will ask you if you want to talk to other people, like the police or a social worker



Sometimes we might have to tell the police what has happened, to keep you or someone else safe

If you tell us that someone else has been abused, we will always take it seriously



We will get in touch with them to make sure they are safe



We will listen to what they want to happen to put things right



We might have to tell the police or other people what has happened

We will make sure that you do not get into trouble for reporting the abuse.

If you tell us you have been abused, we will help you in any way we can



You can bring a friend, a relative, a carer or an advocate to any meetings we have



If you like, we will arrange for you to have an advocate to help you. This is a person who will listen to you and help you have your say



We will make sure you don't get into any trouble for reporting the abuse



We will tell you everything we are doing to sort out the problem and keep you safe

How to report adult abuse

If you or someone you know have been abused you can phone:



The police:

For emergencies 999

For non-emergencies and advice
101

Open all day and all night



Bradford Council:

Phone the Adult Protection Unit on
01274 431077

Monday to Thursday, 8.30am to 4.30pm

Friday, 8.30am to 4pm



Or you can report abuse online:
www.bradford.gov.uk/makeanalert

How to report adult abuse

If you or someone you know have been abused you can phone:



Bradford Council:

The Emergency Duty Team can give you emergency advice outside office hours



Phone 01274 431010

Monday to Thursday, 5pm to 7.30am
Friday to Monday, 4.30pm to 7.30am



Or you can report abuse online:
www.bradford.gov.uk/makeanalert



Look!



Listen!



Speak out!

In Bradford lots of organisations work together to protect you from abuse, this is called Safeguarding Adults. They are from:

Bradford Council
Police
Housing
Probation
Health
Fire & Rescue Services
Voluntary organisations
Community groups

For more information about their work visit:
www.bradford.gov.uk/apunit



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