

Keeping safe from abuse



This leaflet tells you how you can get help and advice



"I have the right to live a life free from abuse"



An easy read information leaflet for adults in Leeds

The Leeds Safeguarding Adults Board
has arrangements in place to protect
people from abuse.



This leaflet also provides information about

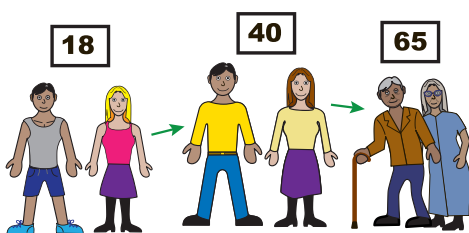


- What abuse is
- How it can be reported
- What happens after abuse is reported.

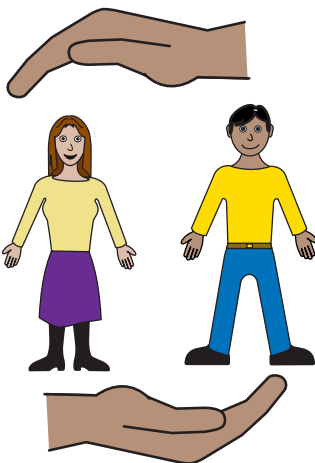


Who is at risk?

An adult at risk is a person who is:



18 years or older.



Has care and support needs.
This may be because of their age,
disability, mental health needs, drug
or alcohol misuse or other condition.

and



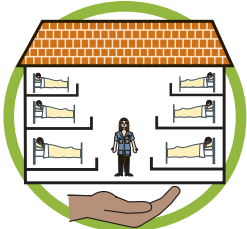
Is unable to protect themselves.



Abuse can happen anywhere



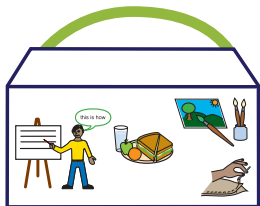
At home.



In a residential or nursing home.



In a hospital.



In a day service.
At work or in an educational setting.



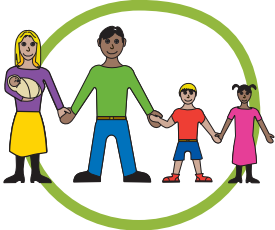
On the internet or phone.



In a public place or in the community.



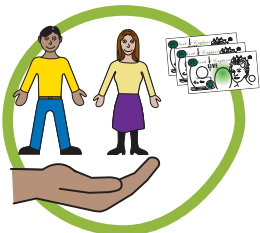
Abuse can be caused by anyone



A partner or relative.



A friend or neighbour. Sometimes a person can pretend to be your friend so they can abuse you. This is sometimes called Mate Crime.



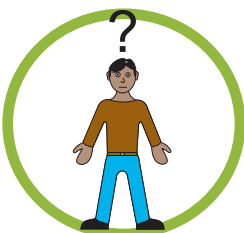
A paid or volunteer carer.



Other service users.



Someone in a position of trust.

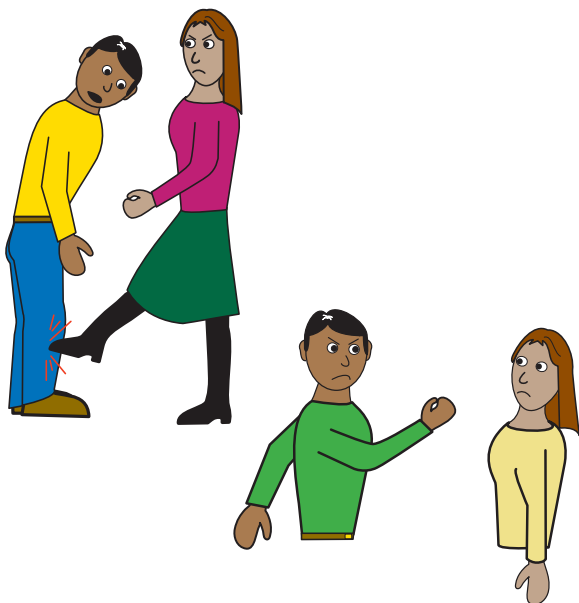


A stranger.



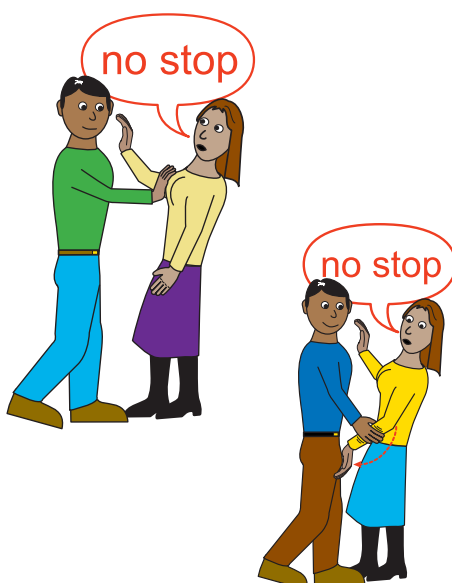
Different kinds of abuse

Physical abuse



This involves being hit, slapped or kicked, or being hurt in another way.

Sexual abuse



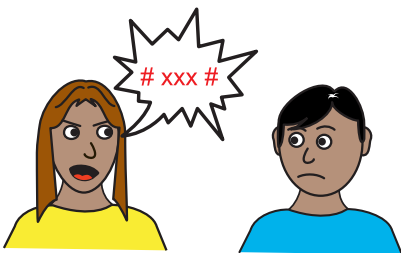
This is when someone touches your private parts when you don't want them to, or makes you touch them.

It is also when someone talks to you about sex when you don't want them to.

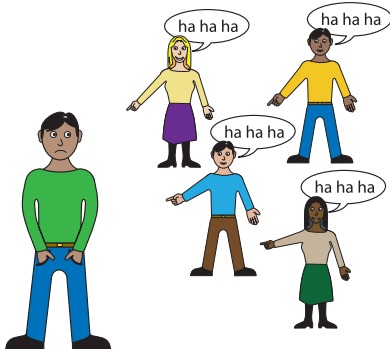


Different kinds of abuse

Psychological abuse

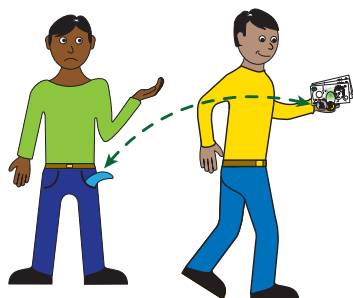


This is when someone makes you feel sad, afraid or not important.



This could be by shouting at you, calling you names, or making fun of you.

Financial or material abuse



This is when someone takes something that belongs to you without asking, or makes you give them things.



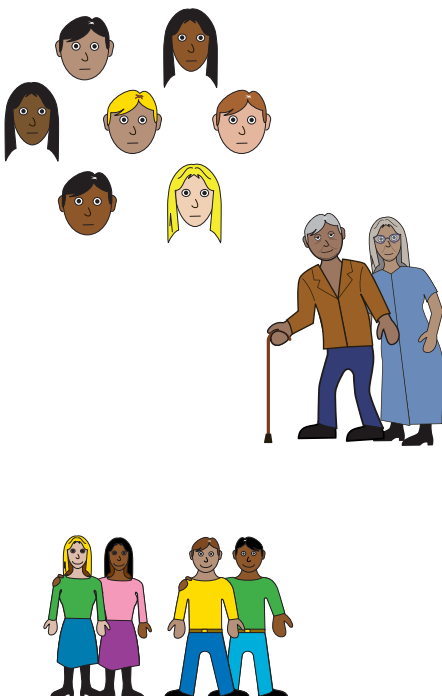
Different kinds of abuse

Neglect



This is when you do not get the help you need. It might include not getting help with your medication, or your care needs, or not giving you enough food.

Discriminatory abuse



This is when someone treats you badly because you are different to them. This is sometimes called Hate Crime.

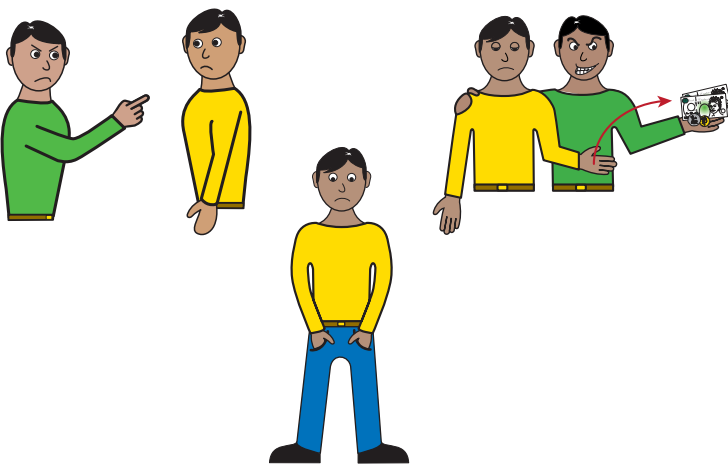
This could be because of your:

- Age or gender
- Sexuality or disability
- Race or religious belief.



Different kinds of abuse

Modern Slavery



This is when someone is forced to work with little or no pay, or threatened with violence if they do not work.

Domestic Violence and Abuse



When abuse occurs between partners or family members, it is often called Domestic Violence and Abuse.



Different kinds of abuse

If abuse is caused by an organisation, it is often called **Organisational Abuse**.

Self-neglect

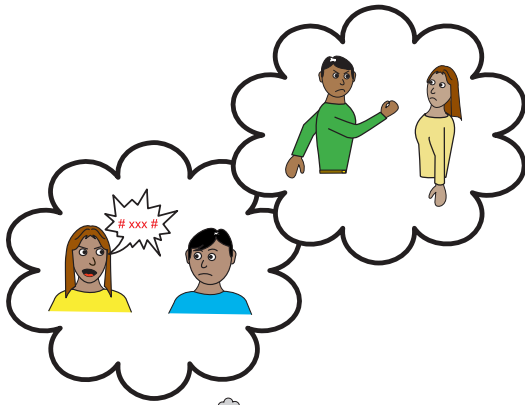


This is when someone might come to harm because they do not look after themselves.

This might be not eating or taking their medication or looking after their personal hygiene.

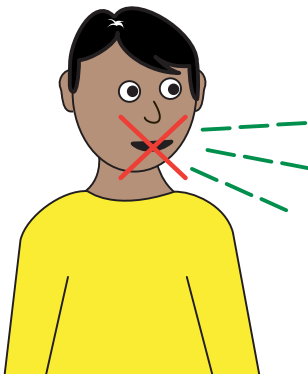
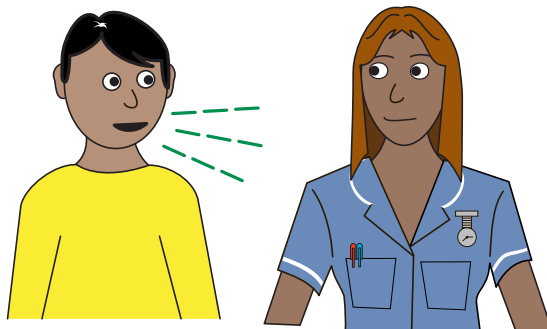


What you can do



No one should have to live with abuse.

By reporting abuse, you can help bring it to an end.



Doing nothing is **NOT** an option.



What you can do

Remember:

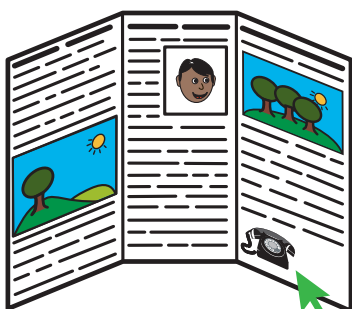


Abuse is always wrong, whatever the circumstances.

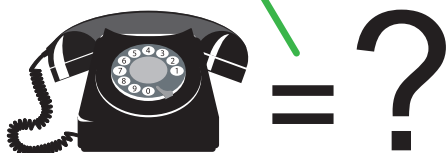


You can help the person to be aware of the support available.

You could give them this leaflet.



You can report abuse and/or seek advice by using the details on page 16.





What you can do



If someone is injured, you may need to help them to a doctor or call for an ambulance.



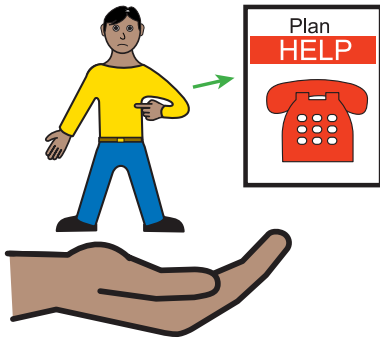
If you think a crime has occurred, you can contact the police.



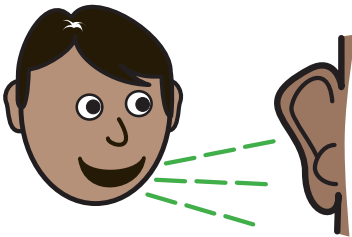
You can always get advice.
You can do this anonymously.
This means without anyone knowing it is you.



What happens after abuse is reported

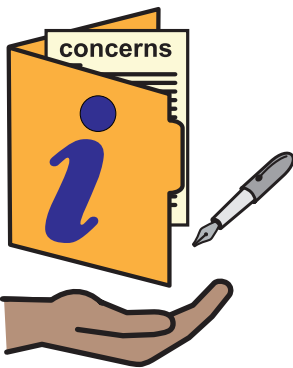


When you report abuse, people will:



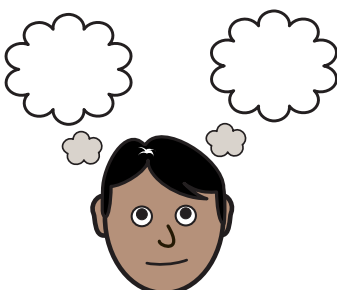
Listen to you.

Take your concerns seriously.



Respond sensitively.

Make enquiries about the concerns.



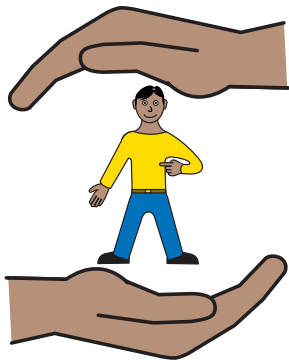
Consider the wishes of the adult at risk.



What will happen next



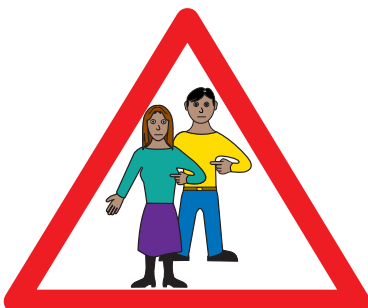
Talk to the police if it is a criminal matter.



Support the adult at risk achieve the changes they want, wherever possible.



Develop a plan with the adult at risk to keep them safe in the future.



Consider if anyone else is at risk.



How to report abuse

To report a crime

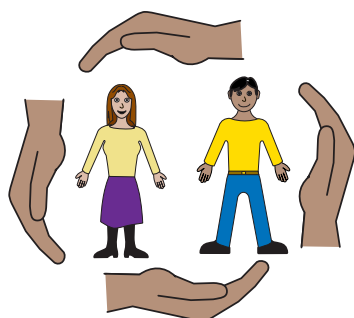


In an emergency
contact the police.
Tel: 999



If the person is not in danger
now, contact the police.
Tel: 101

To report a safeguarding concern:



Contact Adult Social Care

Email: Leedsadults@leeds.gov.uk

Visit Council Community Hubs

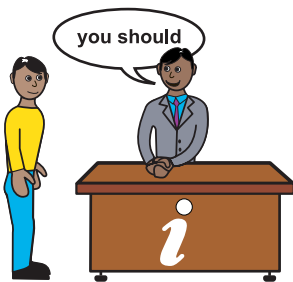
Tel: 0113 222 4401





How to report abuse

Not sure what to do?



You can get information and advice.
You can do this anonymously.
This means without anyone knowing
it is you.



Adult Social Care:
0113 222 4401

The Leeds Safeguarding Adults Board organises safeguarding adults work in Leeds. The Board includes a range of organisations, such as Leeds City Council, health services, police and voluntary agencies.

For more information visit our website:



www.leadssab.org.uk

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Leeds
Safeguarding
Adults Board



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