



Keeping Adults Safe from Abuse and Neglect Easy Read Version



Cambridgeshire and Peterborough Safeguarding Adults Board



Keeping people safe is called **Safeguarding**.

Safeguarding means people are protected from abuse and neglect.

And, that they are able to be as independent as possible and make choices about how they want to live.



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



Neglect is when your care and support needs are not being met.



The law says that the Council and the people they work with must safeguard adults at risk of abuse or neglect.

Adults who may be at risk of abuse or neglect



- older people
- people with a visual or hearing impairment
- people with a physical disability
- people with a learning disability
- people with a mental health problem
- people with a long term illness or condition.

Who might abuse you?

Most people will not abuse you.



People who could abuse you may be

- someone in your family
- neighbours
- strangers
- friends
- volunteers
- carers
- staff
- professionals



The types of risk are:



Physical Abuse could be someone hitting, slapping, pushing or kicking you.



Sexual Abuse could be someone touching your body or private parts without your permission. Or, someone making you touch them in a way you do not want.



Financial or material abuse could be someone taking 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.



Domestic Abuse could be physical abuse, sexual abuse, financial abuse, or psychological abuse. Domestic Abuse is when the abuse is by your partner or member of your family.



Modern Slavery could be being forced to work by people who abuse you or are cruel to you.



Discriminatory Abuse could be someone bullying you or hurting you because of

- your religion
- a disability
- your age
- your sexual partner
- the colour of your skin or hair
- where you come from
- the language you speak



Organisation Abuse could be that your care staff or other organisations like the hospital or police treat you badly, neglect you or provide a bad service.



Neglect could be that you are not being given enough food, not being given your medication or not being kept warm.

Self-neglect is when someone does not take care of themselves properly.

Where can abuse happen?

Abuse can happen

- at home
- in a hospital
- at a day centre
- at work
- in the community
- at a social club



What to do if you think you or another adult is at risk of abuse or neglect



If you think you or another adult may be at risk of abuse or neglect contact your local council.



9:00



5:00

Monday to Friday

between 9.00am to 5.00pm

Please telephone

Peterborough – **01733 747474**

Cambridgeshire - **0345 045 5202**



5:00

After 5.00pm and at weekends

Please telephone - **01733 234724**

This number is for the Emergency Duty Team for people living in Cambridgeshire and Peterborough.

In emergencies call the police on 999.

What happens when you make contact?

- They will listen to you and tell you what will happen next.
- They will tell the health and social care team about your safeguarding concern.
- The health or social care team will contact you to let you know they have received your concern.
- They will support the person at risk.
- They may follow up with a safeguarding enquiry.

What will happen if there is a Safeguarding enquiry?



- The adult at risk will be asked what they want to happen and services will plan safeguarding round this
- The adult at risk will get clear and simple information about what abuse is and who to ask for help
- Professional will think about what is best for the adult at risk and will only get involved when they need to
- The adult at risk will get help and support to tell people about the abuse and can get involved in the safeguarding as much or as little as they want



- Staff will look after their personal information and only share it when this helps to keep the adult at risk safe
- The adult at risk will know what all the different people should do to keep me safe.
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Other support for adults at risk of abuse or neglect

They may arrange for an advocate if



- The adult at risk needs support with the safeguarding concern and they do not have anyone who can support them.
- The adult at risk is not able to understand or recognise that they are at risk or abuse or neglect and they have no one to represent their views.



An **advocate** is someone who supports a person to understand information and to express their needs and wishes.



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www.safeguardingpeterborough.org.uk