



## ***Self-Neglect***

***Are you concerned that that someone you know, perhaps a friend or a neighbour, is neglecting themselves?***

***Perhaps you have noticed some of the following signs of neglect in their home:***

- ◆ Lack of essentials like food, water or heat
- ◆ Poor living environment such as lack of utilities (gas or electric), sufficient space, and ventilation
- ◆ Animal or insect infestations
- ◆ Signs of medication mismanagement, including empty or unmarked bottles or outdated prescriptions
- ◆ The home is unsafe as a result of disrepair, faulty wiring, inadequate sanitation or poor cleanliness
- ◆ Hoarding of items or animals

***Or have you spotted any of the following physical indicators:***

- Poor personal hygiene including soiled clothing, dirty nails and skin, matted or lice infested hair, odours, and the presence of faeces or urine
- Unsuitably dressed
- Bedsores/Pressure Ulcers
- Skin rashes
- Lack of the necessary medical aids (e.g., eyeglasses, hearing aids, dentures, walking frame)
- Signs of dehydration— not going to the toilet, dry fragile skin, dry sore mouth, apathy, lack of energy, and mental confusion
- Untreated medical conditions including infections, soiled bandages, unattended fractures and untreated cough



**Self-Neglect can happen to anyone, but the elderly and those with physical or mental health problems may be more likely to self-neglect, and suffer serious consequences as a result.**

Remember, you should always report any concerns straight away (details overleaf). If Adult Social Care is notified early enough, it might be possible to prevent harm and further self-neglect.

If you make a report, someone will talk to you about this as soon as possible. If there is immediate danger, they will aim to visit you, or the person you are concerned about straight away.

If there is a significant risk of harm, they will aim to visit within 24 hours. For other reports of abuse, they will normally visit within five working days.

### **Adult Social Care will:**

- talk to the person at risk to find out what they want to happen
- support the person to have an advocate (someone to represent them) if they need one
- respond professionally and sensitively and take your concerns seriously
- talk to the police if a crime may have been committed
- talk to other agencies that need to be involved
- agree the best way of helping, including other types of support.
- work with the person to help keep them safe
- make a plan to look into the concerns

**If the person refuses help, but others may be at risk, Adult Social Care will take appropriate action.**



**Safeguarding Adults at risk of abuse and neglect, including self-neglect, is taken very seriously by the Cambridgeshire and Peterborough Safeguarding Adults Board, and its partners, who work together to ensure that adults can live their lives free from abuse and neglect, obtain appropriate care, and live in safety, without fear.**

The 2014 Care Act, sets out our responsibility for protecting adults with care and support needs from abuse or neglect, including self-neglect.

### **Please help us by reporting your concerns:**

- In emergency situations seek appropriate medical attention and contact the police. The protection of the adult is the first priority.
- If the situation is non-urgent you should report your concerns to Adult Social Care so a Social Care Worker can respond to the specific case.

Referrals during working hours in **Cambridgeshire** should be made to:

Customer Services: **0345 045 5202 (8am to 6pm Mon to Fri, 9am to 1pm Sat)**

Referrals during working hours in **Peterborough** should be made to:

Peterborough Direct on: **01733 747474 (9am to 5pm Mon to Fri)**

In an emergency, The out of office hours, Emergency Duty Team Social Worker, for both Cambridgeshire and Peterborough can be contacted on: **01733 234724**



For more information, please visit our website:  
**[www.safeguardingpeterborough.org.uk](http://www.safeguardingpeterborough.org.uk)**