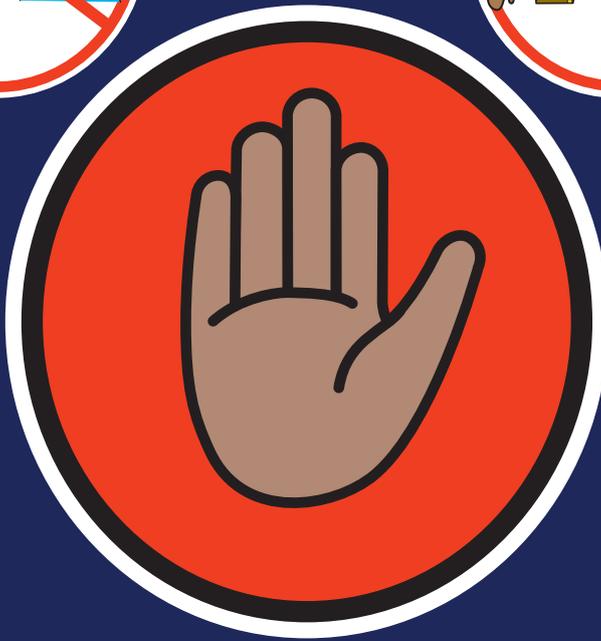




Keeping safe from abuse



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



**Leeds Safeguarding
Adults Board**

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



This leaflet also provides information about



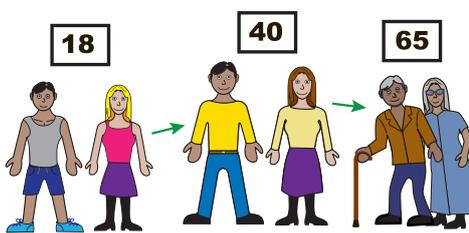
- What abuse is
- How it can be reported
- What happens after abuse is reported.



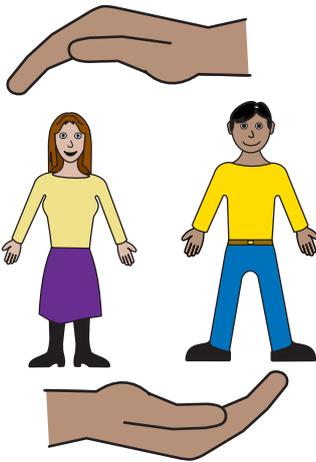
Who is at risk?



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



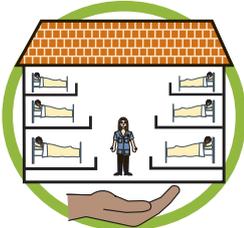
Is unable to protect themselves



Abuse can happen anywhere



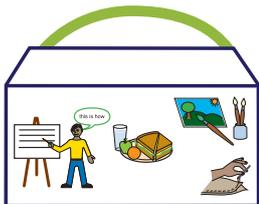
At home.



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.

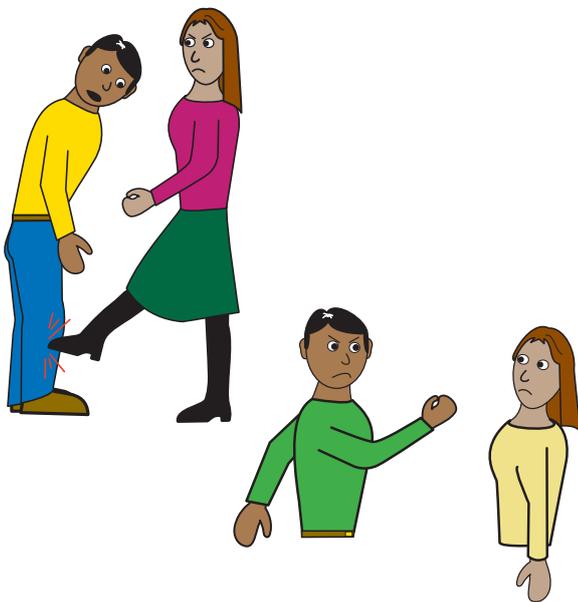


A stranger.



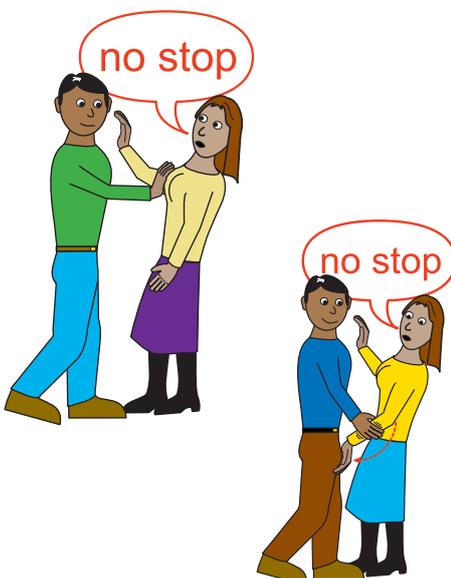
Different kinds of abuse

Physical abuse



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

Sexual abuse



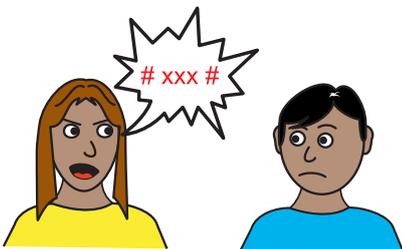
This is when someone touches your private parts when you don't want them to, or makes you touch them.

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

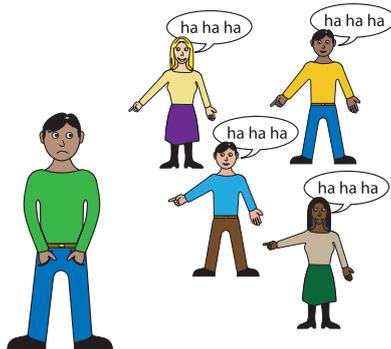


Different kinds of abuse

Psychological abuse

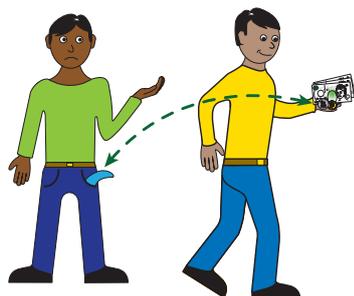


This is when someone makes you feel sad, afraid or not important.



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.



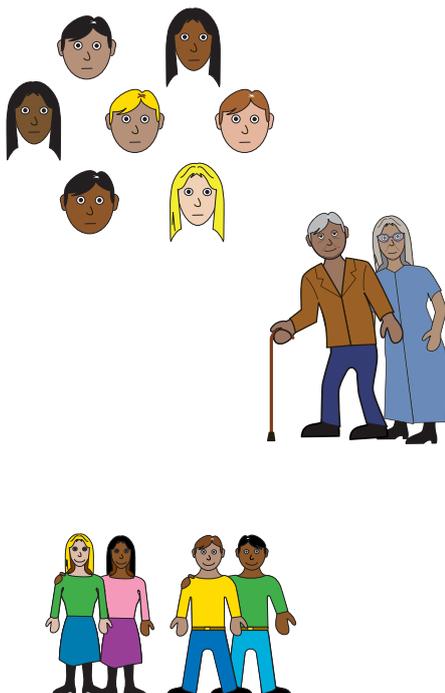
Different kinds of abuse

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

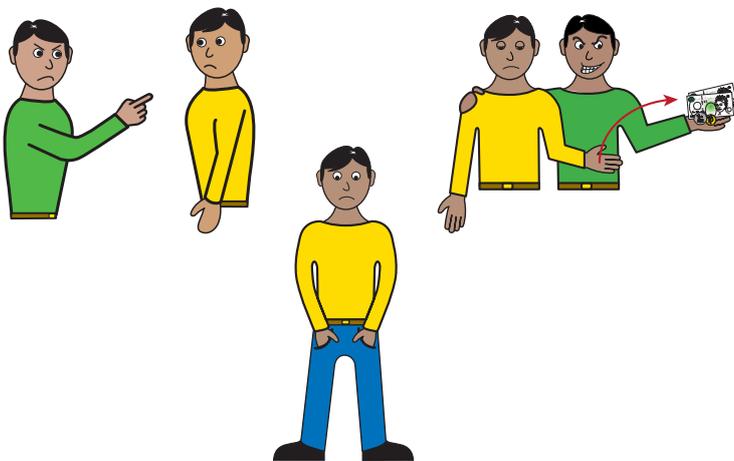
This could be because of your:

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



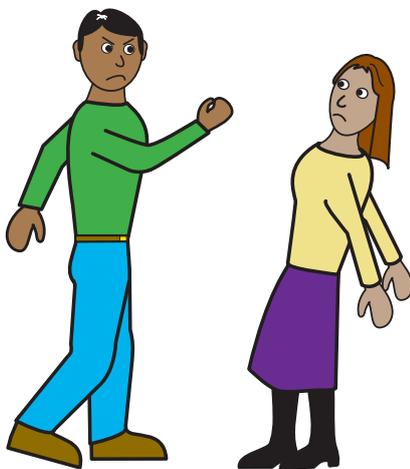
Different kinds of abuse

Modern Slavery



This is when some 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

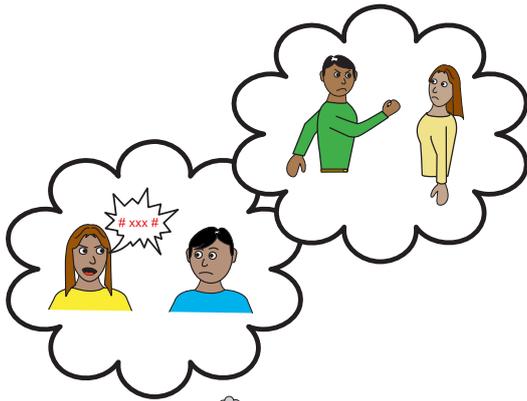


This is when someone might come to harm because they do not look after themselves.

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

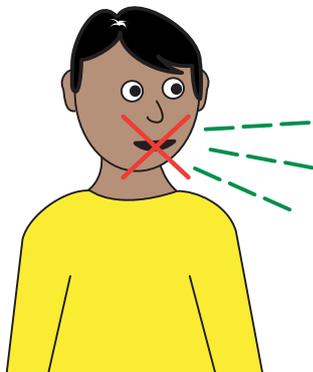
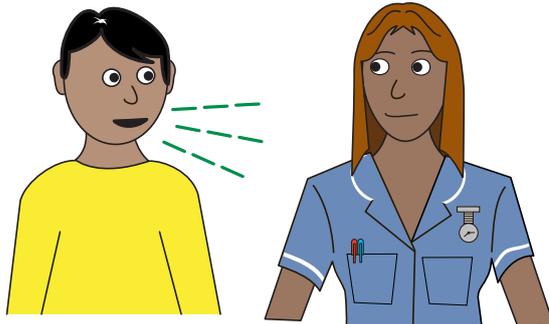


What you can do?



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:

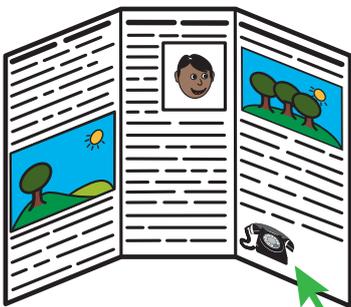


Abuse is always wrong, whatever the circumstances.

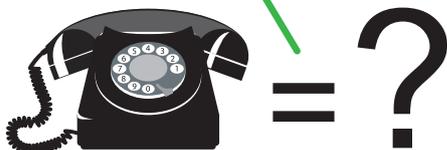


You can help the person to be aware of the support available.

You could give them this leaflet



You can use the contact numbers on this leaflet to report abuse and/or to seek advice.





What you can do?



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



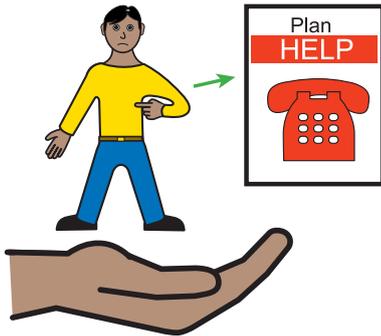
If you think a crime has occurred, you can contact the police.



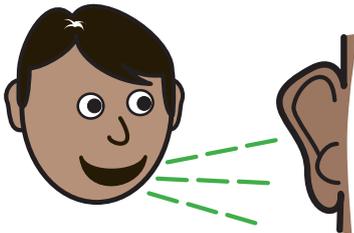
You can always get advice.
You can do this anonymously.
This means without anyone knowing it is you.



What happens after abuse is reported

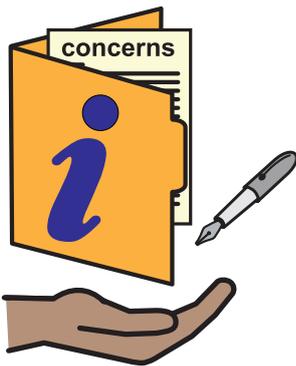


When you report abuse, people will:



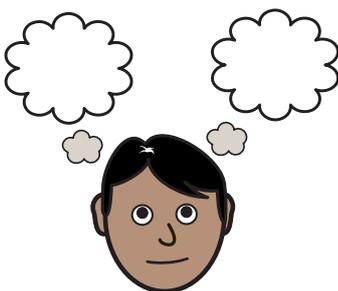
Listen to you.

Take your concerns seriously.



Respond sensitively.

Make enquiries about the concerns.



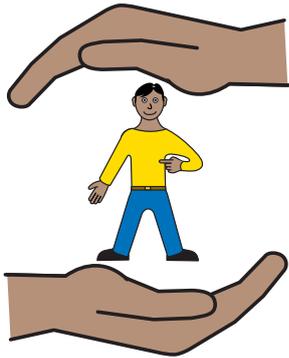
Consider the wishes of the adult at risk.



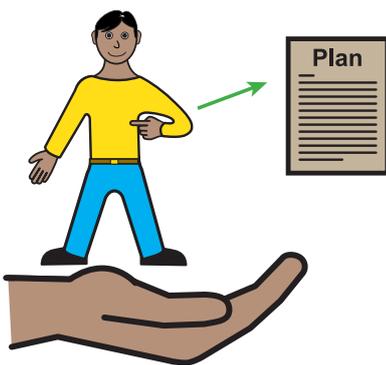
What will happen next?



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

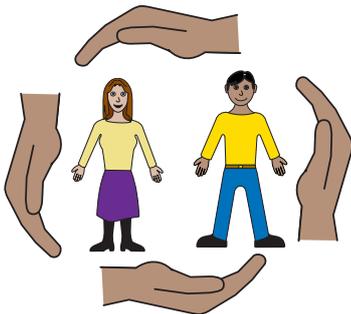


In an emergency contact the police.
Tel: 999



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

To report a safeguarding concern:



Contact Adult Social Care.

Tel: 0113 222 4401

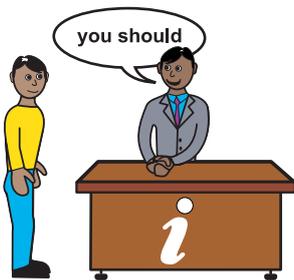


Out of hours: **Tel. 07712 106 378**



How to report abuse

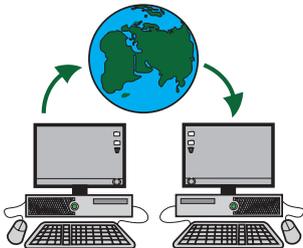
Not sure what to do?



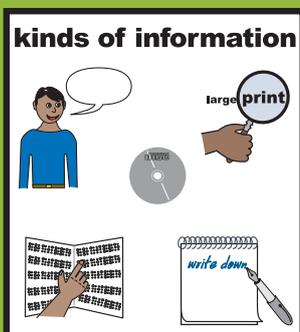
You can get information and advice.
You can do this anonymously.
This means without anyone knowing it is you.



Adult Social Care:
0113 222 4401



Leeds Safeguarding Adults Board
website:
www.leedssafeguardingadults.org.uk



This information can be provided in large print, Braille, audio or a community language, please telephone
0113 378 9455

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.



**Leeds Safeguarding
Adults Board**

