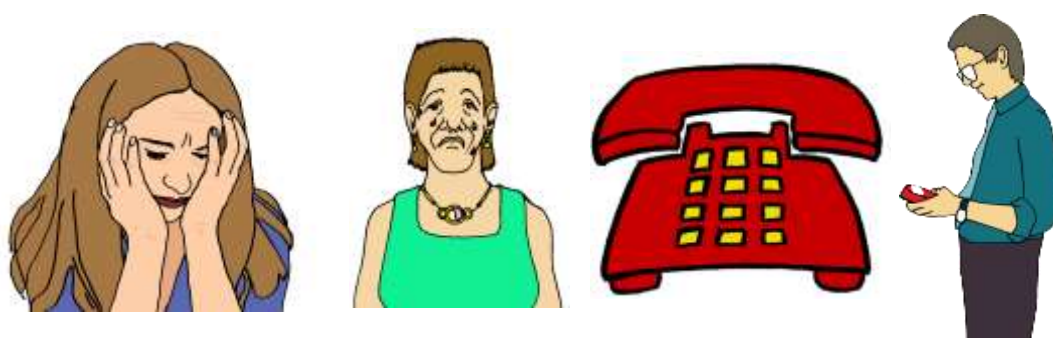




## Safeguarding Adults in Central Bedfordshire

A simple guide to understand abuse and how to report it



You can telephone

0300 300 8122



## Who is at risk?

People with a disability

Older people who need help from others

People with mental health problems

People with dementia

## What are my rights?

Everyone has the right to live free from violence, abuse and fear

Everyone should be respected by other people

Everyone should have the right to make choices about what affects them

Everyone should be able to feel safe

## What is abuse?



Abuse is when someone does something which is wrong that hurts you, makes you feel frightened or unhappy. There are different kinds of abuse.



## Who can abuse you?



Anyone can abuse you.  
It may be someone you know or it may be a stranger.

## Where can abuse happen?



It can happen anywhere - at home, at work, when you are out, when you are at college, in a day centre or club.

## Types of abuse



### **Physical Abuse**

When someone hurts you - this could be kicking, slapping, biting, scratching or shaking you.





## Financial Abuse

This is when someone takes your money or things that belong to you, or makes you pay for things or tell you how to spend your money.



## Neglect

This is when somebody who should help you doesn't - they may not give you food, keep you safe, give you your medication or medical help.



## Discrimination

This is when somebody treats you differently or unfairly because of the colour of your skin, your faith, or because you speak a different language or because you are male or female or gay/lesbian/bisexual.



## Emotional Abuse

When people say things to you which are not nice, call you names, treat you like a child, laugh at you or ignore you.





## **Institutional Abuse**

This is when people who are paid to look after you do not respect you or your property if you are living in a care home, or in hospital, at a day centre or even in your own home.

They may be unkind to you, ignore you or your wishes and not give you any choices about what you want.

They may not give you your correct medication or make sure you are eating and are warm. They may not have had the correct training or use the right equipment to look after you.



## **Sexual Abuse**

This is when someone touches you on your private parts and you do not want them to. They may try to kiss you or have sex with them, or show you pictures of other people having sex.



## Who should you tell about abuse?



Tell someone you trust - it could be a social worker, a police officer, a doctor or a nurse or even a good friend.

## What will happen when you tell someone?



They will listen to you, help you and support you.



If you think you have been abused you must report it.



You can telephone 0300 300 8122

