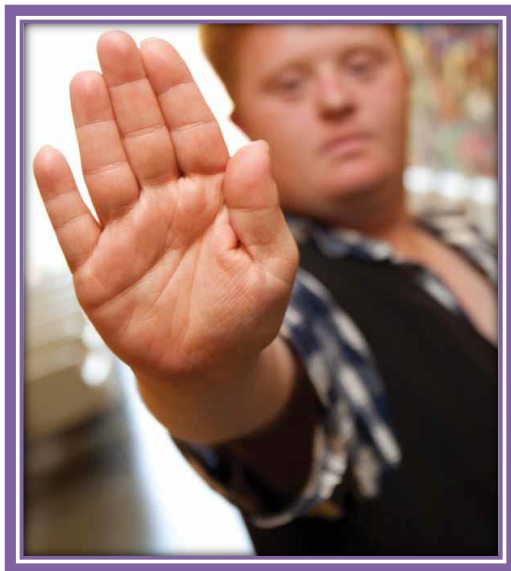




*Safeguarding
is everybody's
business*

Safeguarding adults at risk of harm in the East Riding

What is abuse and where can I get help?



An easy read guide to understanding and reporting abuse

Who is an adult at risk of harm?

An adult at risk of harm is someone who is over 18 and who has care and support needs because they:

- Have a physical disability
- Have a learning disability
- Have mental health difficulties
- Have an illness
- Are not able to protect themselves against abuse

Who can be abused?

Abuse can happen to anyone. It does not matter, for example, how old you are, whether you are a man or a woman, or where you live.



What is abuse?

Abuse can be:

- When someone hurts you or treats you badly
- When someone does or says things to make you upset or frightened

There are different kinds of abuse.

Abuse is **always** wrong.
Abuse is **not** your fault.

Abuse can happen in one or several of the following ways:

Physical abuse

When someone hurts your body.

This could be someone who:

- Bites you
- Hits you
- Kicks you
- Pulls your hair
- Pinches or scratches you
- Burns you
- Gives you a cold shower or bath



Sexual abuse

When someone touches your private parts or other parts of your body in a way you do not like or want.

It is also when someone makes you do sexual things that make you sad, angry or frightened.

This can be when someone:

- Kisses you without asking
- Touches your bottom or breast
- Makes you touch them
- Has sex with you when you do not want them to
- Makes you look at pictures or watch films of a sexual nature.



Financial or Material abuse / Stealing

This is when people take your money or things which belong to you without asking.

This can be when someone:

- Steals your money or belongings
- Takes control of your money and you do not have a say in how your money is spent
- Makes you pay for other people's things



Emotional/psychological abuse

When people talk to you in unkind ways, say bad things to hurt your feelings and shout at you.

This could be:

- Teasing/laughing at you
- Using threatening language
- Swearing at you
- Ignoring you
- Putting you down
- Treating you like a child
- Blaming you when it is not your fault



Organisational abuse

This is when paid staff in a hospital or care home do not care for you properly or respect your rights.

This can be when:

- There are not enough staff on duty most of the time
- Staff do not take the time to understand what you need
- The rules and routines are made to please the staff
- You are forced to stay in your room
- You are ignored a lot of the time
- Your personal things are used by someone else



Discrimination

This is when people treat you badly because:

- Your skin is a different colour
- You follow a different religion
- You have a disability
- You are lesbian or gay
- You speak a different language



Domestic abuse

This is where you are being threatened by someone in your family or by someone who live with.

This threatening behaviour could include:

- Psychological abuse
- Physical abuse
- Sexual abuse
- Financial abuse



Neglect

This is when people who are there to help you do not look after you properly.

This includes:

- Not giving you enough food
- Not keeping you warm
- Not keeping you safe
- Not giving you your medication when you need it
- Giving you the wrong medication
- Not having clean clothes to wear



Modern slavery

This is when people force other people into a life of ongoing bad treatment

This can be:

- Forcing you to work for no or low pay
- Controlling what you do and where you live
- Controlling your belongings
- Making you do things you don't want to do
- Forcing you to live in dirty cold places
- Buying and selling people (called human trafficking)



Self-neglect

This is when you do not look after yourself or your surroundings.

This can be:

- Not looking after your personal hygiene
- Not caring about your health or your home
- Hoarding things in your house
- Not looking after pets properly



Where can abuse happen?

Abuse can happen in many places.
These include:

- In the house or home where you live
- In hospital
- At a day centre
- At work
- On transport
- In the street



Who can abuse you?

You could be abused by someone you know. These people might be:

- Members of your family
- Neighbours or friends
- People paid to provide care or services
- Other people who use the services
- Volunteers
- Strangers



Who can help?

If someone is abusing you or you think someone else is being abused you must tell someone you trust.

This could be:

- Someone in your family
- a social worker or support worker
- A friend
- An advocate or advocacy group
- A police officer
- A doctor or nurse



If you think you have been abused and would like to report it yourself, these are the numbers of people you can talk to:

East Riding Safeguarding Adults Team

East Riding of Yorkshire Council

Monday – Thursday 9am – 5pm

Friday 9am – 4.30pm

Tel: (01482) 396940



Email: safeguardingadultsteam@eastriding.gcsx.gov.uk

Humberside Police

Tel: 101

What will happen if you do report abuse?

A member of staff will contact you to find out what has happened and what you would like to happen next.

You may require information or want a full enquiry to take place.

You will be involved in all stages of the process.

East Riding Safeguarding Adults Board

The **East Riding Safeguarding Adults Board** aims to protect all adults living in the East Riding and is committed to stopping all forms of abuse.

Website: www.ersab.org.uk



*Safeguarding
is everybody's
business*

ABUSE IS WRONG

YOU MUST ALWAYS TELL SOMEONE

DO NOT IGNORE IT! REPORT IT!



East Riding Safeguarding Adults Board will, on request, provide this document in Braille, audio or large print format.

If English is not your first language and you would like a translation of this document into any other language please telephone (01482 396940)