Adult safeguarding

A guide for adults aged 18 or over who have care and support needs.

What you can do if someone is abusing you or someone you know.
What is abuse?

Abuse is when someone does bad things to you or somebody else. It can make you feel frightened, unhappy or hurt. It can happen once or many times. Abuse can happen where you live, work, or anywhere you go.

**Abuse is always bad.**

There are different kinds of abuse.
Physical abuse is when someone:

- hits or slaps you
- kicks you
- burns you with something
- pinches your skin, or
- holds you down.
Emotional abuse is when someone:

- says bad things to you and hurts your feelings
- does not listen to you
- says they will do bad things to you, or
- shouts at you or calls you names.
**Sexual abuse** is when someone does something to any part of your body that you do not want.

**Sexual abuse** can be when someone:

- kisses you or touches you where you do not want to be touched
- has sex with you, when you do not want to
- takes pictures of you without your clothes on, or
- sends you pictures or messages about their private parts or what they want to do to you.
Financial abuse is when someone takes your money or your things and keeps it for themselves.

Financial abuse can be someone:

- stealing your money
- making you pay for other people’s things
- telling you what to spend your money on, or
- not letting you have your money.
Discrimination is when you are not allowed to do things because of:

- your disability
- your age
- your language or where you are from
- the colour of your skin
- your sex (whether you are a man or a woman)
- your religion or belief, or
- your sexuality (if you are gay or a lesbian).
Neglect - not getting help

There are people who should help you to keep healthy and safe.

**Neglect** is when these people:

- do not help you when they should
- do not help you to get food or to have a warm home, or
- do not help you when you are ill.
Self-Neglect

This could be where you become ill because you are not looking after yourself.

It could also be where people try to give you the help you need but you don’t want it.
Domestic violence can happen when someone you live with:

- hurts you
- bullies you, or
- makes you feel scared.

This could be your partner, boyfriend or girlfriend, or any relative.
Modern slavery

This is where you are asked to work or do things that you do not want to, or are working without being paid or not being paid enough.

It could be when you are made to stay somewhere you do not want to be or you are made to marry someone you don’t want to.
What can you do?

You need to **stay safe**. Call the police if you think you are in danger, or get help from someone you trust.

When you are being abused you could:

- tell the person that you don’t like what they are doing
- tell them to leave
- shout for help if you know other people are near
- get away from the person as soon as you can, and
- tell someone you trust.
If the person you tell doesn’t listen to you or doesn’t believe you, you can talk to someone else.

If you see abuse happening to someone else, that person might need your help. You must tell someone you trust.

You can call the phone numbers on the back of this leaflet. You will be able to talk to someone and tell them what has happened.
What happens next?
Someone from Adult Services will talk to you about what happened.
They will ask you what you want to happen.

You can say:
- I want help to stop it
- I want help, or
- I don’t want help.

If you say you want someone to help you, somebody will support you.

You can decide what you want to do.
Advocacy

You may be able to ask someone to support you - this person would be called an ‘advocate’.

They will **listen** to you.

They will work with you to **keep you safe**.

They will work with you to make a **safeguarding plan**.
Safeguarding plan

A safeguarding plan is a list of the things you would like to happen or how you want things to be. You will agree the plan with the advocate.

The safeguarding plan will say what will happen to help you keep safe.

We will use the plan to support you to make the changes you said you wanted.
Who to contact?

If you are in West Sussex
• Contact West Sussex Adults’ CarePoint on 01243 642121, or
• email: socialcare@westsussex.gov.uk, or
• fill in a safeguarding concern form online at www.westsussex.gov.uk/reportadultabuse
• Typetalk: 01800 1 01243 642121
• Website: www.westsussexsab.org.uk

If you are in East Sussex
• Contact Social Care Direct on 0345 60 80 191, or
• email: socialcaredirect@eastsussex.gov.uk
• Minicom: 01323 466630
• Fax: 01323 466567
• Text: 07797 878111

If you are in Brighton and Hove
• Contact Brighton and Hove Adult Social Care at the Access Point Team on 01273 295551, or
• email: accesspoint@brighton-hove.gov.uk, or
• fill in a safeguarding concern form online at www.brighton-hove.gov.uk/reportadultabuse
• Minicom: 01273 296205
• Website: www.brighton-hove.gov.uk/access

You can find more information about our safeguarding procedures for adults via: http://sussexsafeguardingadults.procedures.org.uk