East Riding Social Care Academy

Easy Read Safeguarding Adults

What?

What is abuse and neglect?

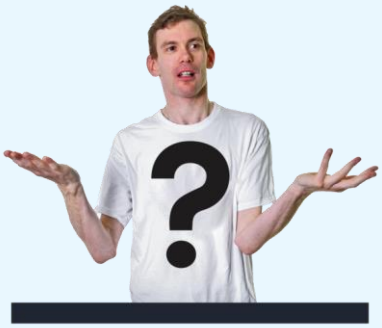
What?

What is adult safeguarding?

How?

How do I get help?

What is abuse? Abuse is when someone hurts you or treats you badly. There are different kinds of abuse.



Abuse and neglect can happen anywhere. You can be abused or neglected in your own home, a care home, hospital, a day centre or in public.

Abuse and neglect can happen anytime, it may happen once or many times. Abuse is wrong and there is help and support to protect you.

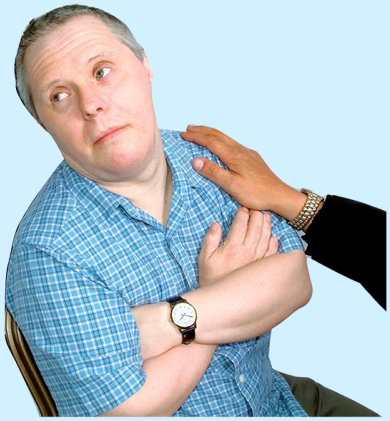
Anyone can abuse and neglect someone this can include a partner, an ex-partner, a family member, a neighbour, a friend, a health or social care professional, a volunteer or a stranger**.**

Psychological or Emotional abuse is when the things people say upsets you. This might be messages or pictures that people send you on your mobile phone, or when you use a laptop or play computer games.

Physical abuse is when someone hurts your body, they might burn you, hit, kick, or bite you, or give you the wrong medication or give you medication that you don't need.

Neglect is when someone who is meant to support you does not support you properly. This might mean that you are not given enough care, attention, food, medication, shelter or clothing.

Sexual abuse is when someone touches your body or your private parts in ways you do not like or want. This includes kissing you, making you touch them, having sex with you when you do not want them to. Or they make you look at pictures of films about sex.



Self-neglect is when you are not looking after yourself. You might not be eating enough healthy food, not washing yourself and brushing your teeth, your home might be very dirty, and when you feel poorly you might not want to go to the doctors, dentists or hospital.

Financial abuse is about other people stealing money or things you own. Or people not letting you have money or telling you what to spend it on.

Domestic Abuse Is when someone in your family, or a partner, ex-partner or someone you live with abuses you. They might abuse you by doing any of these things,

- stop you from seeing your family and friends,
- bully, threaten, or control you,
- take control of your money,
- check your phones, laptops and tablets,
- physically abuse you and / or sexually abuse you

Organisational abuse is when people who are paid to support and care for you do not do their job properly. This could mean that staff make the rules about your life and you have no choices.

Modern Slavery is when someone has control over you, they tell you where to live and what to do. They make you work without giving you money or they give you very little money. If you don't do what they say they might hurt you or your family.

Discrimination is when someone treats you differently or unfairly. They might say nasty things about you because you are different to them because of a disability, age, ethnicity, gender, religion, or sexuality. You have the right to have the support you need to do things like everyone else.

Abuse is always wrong.

Safeguarding means having the support to make sure you are safe from abuse and neglect, and you are able to be independent and make choices about what you want

You might feel scared to tell anyone or worried that they might not believe you or that you or the person might get into trouble.

Please remember abuse is never your fault.

You can report abuse if you think you or someone you know is being abused or neglected tell someone you trust as soon as you can.

It is always good to talk to someone you trust who makes you feel safe. This could be someone in your family, a friend, a carer or support worker, a social worker, a nurse or a doctor, or an advocate. They will listen and they will help you.

If you do not have someone you can trust call the **police** on **101**

If you are in **danger** call the **police** on **999** and tell them where you are and what has happened, they will help you.

If you, or the other person, is ill or hurt or injured, call **999** ask for an **ambulance,** stay on the phone and they will **help** you.

EAST RIDING OF YORKSHIRE COUNCIL

You can ring **the East Riding of Yorkshire Council** to talk about the abuse or neglect, if you want to call between 9:00am and 5:00pm.
Please phone
01482 396940

Or **before 9:00am and after 5:00pm** phone the emergency out of hours duty team.
Please phone
01377 241273

Organisations will work together, with you, to prevent the abuse and neglect taking place.

East Riding Safeguarding Adults Board

Take a look at the East Riding Safeguarding Adults Board website at www.ersab.org.uk

East Riding Social Care Academy

This Easy Read leaflet was produced by the East Riding Social Care Academy.

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