

## Who abuses adults?

Anyone can abuse you; it could be someone you know or a stranger. It could be a relative, friend, neighbour, paid carer or volunteer.

## Abuse can happen anywhere

- In your own home
- In a care home
- In hospital
- In a public place

## What should I do if I am worried about being abused?

Tell someone you trust as soon as you can. For example, a friend, family member, neighbour or trusted professional. You can also contact Sirona care and health on 01225 39600 (press option 2) or the Police on 101; ring 999 if it's an emergency.

## If you are worried that someone may be being abused

You can contact Sirona care & health on 01225 396000 (press option 2) to report abuse. They will offer advice and assistance to help to stop the abuse happening. You can also contact the Police on 101.

Abuse is not your fault. No one has the right to abuse you. You may need help to make it stop. Please do not ignore your concerns and let the abuse continue.

## What happens next?

- The person you tell will listen to you, and will give you help and support to report the abuse to a social worker or police officer.
- They will help you stay safe and help ensure the abuse stops.
- Where necessary they will involve other professionals to investigate and protect you from further abuse.
- Professional advocates can be available to offer support if needed.

## Confidentiality

Information will be treated as confidential. There may be occasions when some information needs to be shared when it is in the best interest of the abused person, who will be informed if this needs to happen.

## Helpful telephone numbers / websites

Sirona care & health Safeguarding 01225 396000 option 2

[www.bathnes.gov.uk/stopabuse](http://www.bathnes.gov.uk/stopabuse)

Emergency Duty Team: 01454 615165

Police 101

**(for an emergency ring 999)**

Action on Elder Abuse Helpline 08088088141

## Useful numbers for Child Protection / Domestic Violence

Child Care Duty Desk: 01225 396313

Southside Family Project: 01225 331243

Victim Support supportline: 08 08 16 89 111



## Any abuse is wrong

Everybody has the right to live their life free from violence, fear and abuse

Everybody has the right to live in safety

This leaflet can be made available in a range of community languages, large print, electronic and accessible formats. Please contact [Information\\_officer@bathnes.gov.uk](mailto:Information_officer@bathnes.gov.uk) or ring 01225 477983

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This leaflet is about safeguarding adults at risk of harm. An adult at risk of harm is someone who has needs for care and support (whether or not the local authority is meeting any of those needs), is experiencing, or is at risk of, abuse or neglect, and, as a result of those needs is unable to protect himself or herself against the abuse or neglect or the risk of it.

Abuse is when someone else does or says something to you which harms you or makes you upset and scared. You may be afraid and do not know how to get the help you need. Abuse can be a single act or continue over months or even years. It can be accidental or deliberate. Just because there is no injury doesn't mean there is no abuse. In the event of an emergency, always ring the police on 999.

## Who does abuse happen to?

Any adult can be abused but it happens more often to people who depend on others to support them, for example:

- Are older and frail
- Have a physical disability
- Have learning difficulties
- Have a sight, hearing or communication impairment
- Have mental health problems
- Have dementia
- Have a drug or alcohol problem

## Abuse can take many forms

### Discriminatory abuse

When some one treats you unfairly because of:

- Age
- Disability
- Gender reassignment
- Marriage and civil partnership
- Race
- Pregnancy and maternity
- Religion and belief
- Sex
- Sexual orientation

## Domestic abuse and violence

Domestic violence and abuse includes physical, emotional and sexual abuse where your current or previous partner, or a member of your family hurts you or tries to control what you do. Some examples of domestic abuse:

- Being forced to have sex
- Being forced to marry someone when you do not want to
- Being held against your will or taken somewhere you don't want to be
- Being threatened or made to fear your safety
- Having your self-esteem undermined
- Being threatened or made to fear for your safety

## Emotional abuse

When someone:

- Threatens or harasses you
- Withdraws or threatens to withdraw their support
- Humiliates you or makes fun of you
- Ignores you or shouts at you
- Bullying, including cyber bullying

## Financial abuse

When someone:

- Steals your money or belongings
- Makes you buy something that you do not want or uses your money to pay for their things
- Does not let you choose how to spend your money
- Inappropriately controls your finances, including your benefits, property or Will
- Phone, internet or doorstep sales scams are also forms of financial abuse

## Modern slavery

Modern slavery is being forced to work illegally against your will. Some examples of modern slavery:

- Forced to work in prostitution or pornography
- Carrying out housework or domestic chores with little or no pay

## Neglect

This is when you are not given the things you need, for example:

- Assistance to wash and dress and with toileting
- Regular food and drinks
- Medication and treatment as prescribed by a health professional
- Seeing a health professional if you are ill
- A warm, safe, suitable environment

This could also cover self-neglect such as:

- Hoarding or living in squalid conditions
- Poor personal hygiene and unkempt appearance

## Organisational abuse

Organisational abuse is about how you receive care and support. It can happen in care homes, hospitals and even in your own home. Some examples are:

- Care staff calling you names or hitting you
- Care staff not helping you with washing and dressing
- Being left alone in your room all day and care staff ignoring you.

## Physical abuse

When someone hurts you by:

- Hitting, slapping or kicking
- Pushing or shaking
- Restraining you
- Giving too much or not enough medication

## Sexual abuse

When someone:

- Rapes or sexually assaults you
- Indecent exposure
- Touches you where you do not want to be touched, in a sexual way
- Makes you touch them in a sexual way
- Sexual teasing or innuendo
- Makes you watch films or look at photographs or websites involving sexual acts or behaviour