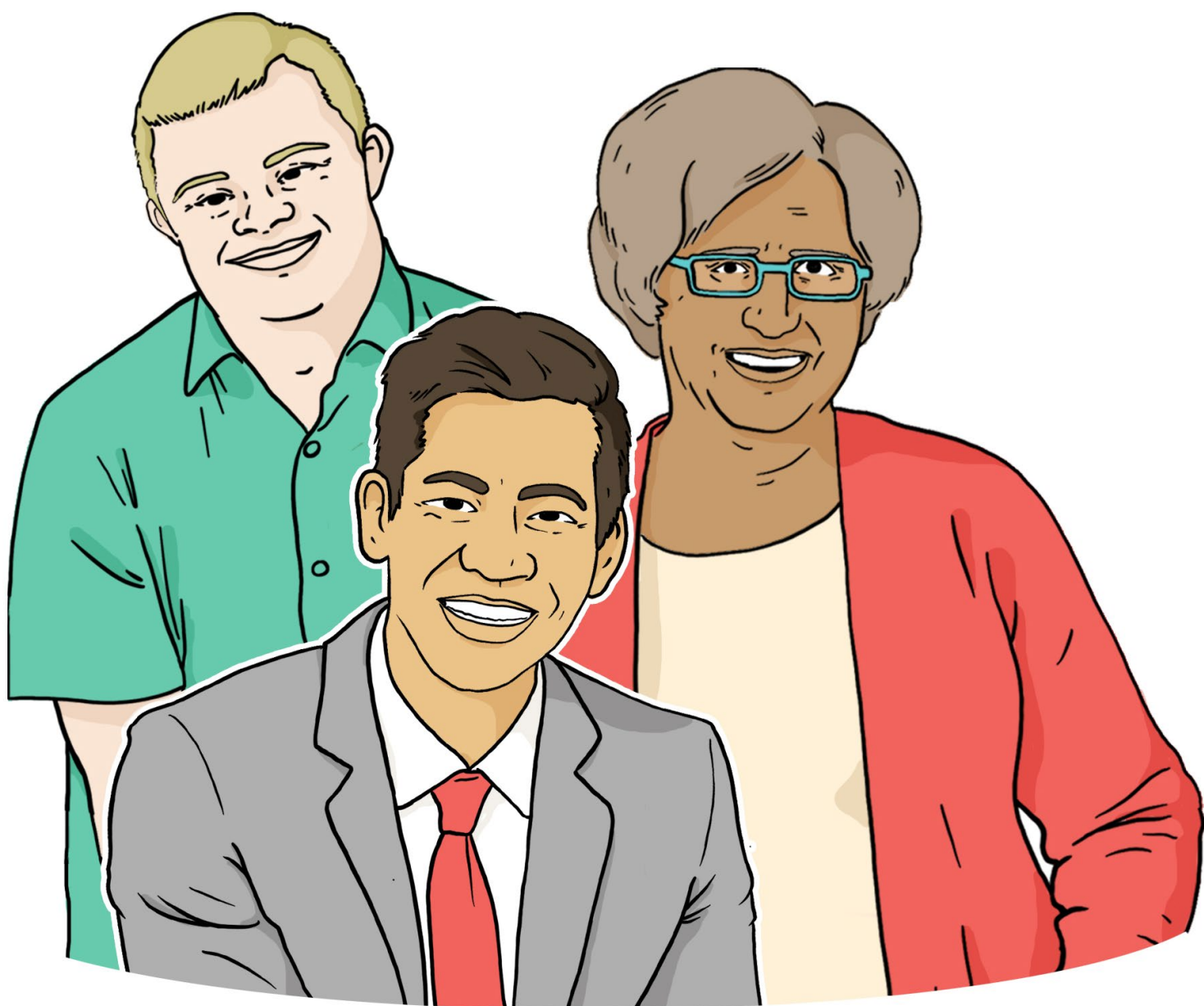


What is Safeguarding?

easy read



About



This booklet has been made to support people to understand how they should and should not be treated.

It is important that people know about their rights and feel able to take part in plans to stop bullying, **abuse** and **neglect**.

Abuse is doing or saying something to someone else to hurt them, upset them or frighten them.

Neglect is when someone is in charge of looking after another person but they do not look after them well.



We think that more needs to be done to help **vulnerable adults** feel able to say no to abuse.

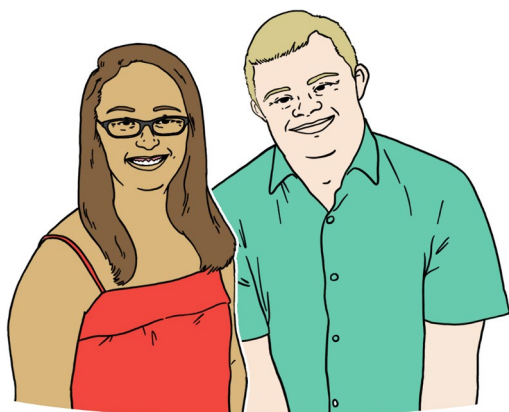


The law says a person is a **vulnerable adult** if they are over 18 and:

○ Have a disability



○ Have a mental health problem



○ Have a learning disability



○ Live in residential accommodation or sheltered housing



○ Are a person who can not take care of themselves



○ Are a person who is being held in a Police Station or Prison



○ Are a person who needs help to manage their daily life and personal choices



○ Have needs because of their age

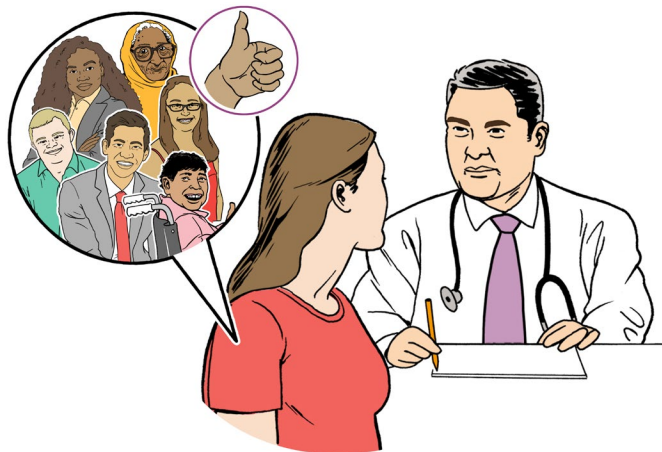
○ Find it difficult to protect themselves from abuse and neglect.

What is Safeguarding?



Safeguarding is keeping vulnerable adults or children safe from abuse or neglect.

Safeguarding means making sure people are supported and get good access to health care and stay well.



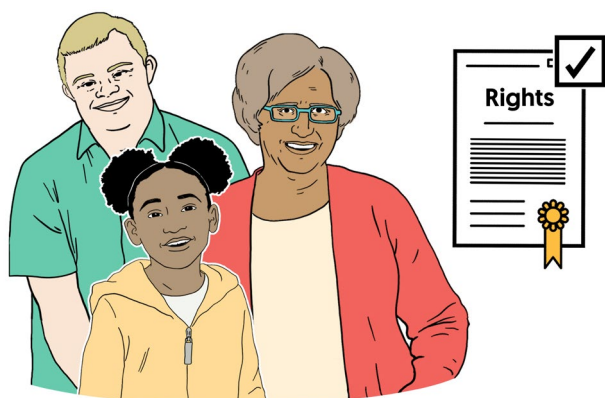
Vulnerable people should be treated by professionals with the same respect as everyone.



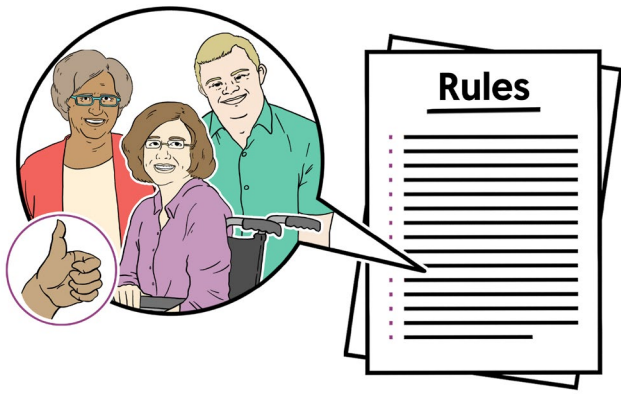
Safeguarding means making sure that people are supported to have full and happy lives.



Safeguarding means making sure that people get the care they need.

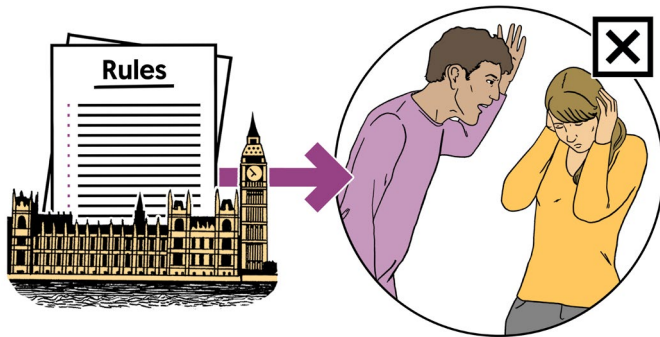


Safeguarding should make sure that people get the support they need to make the most of their lives and to know their rights.



There are rules and services that the government and companies have to follow to make sure that people are kept safe.

The Care Act 2014



The Care Act is a set of rules that the government and other organisations have to follow to keep people safe from abuse or neglect.



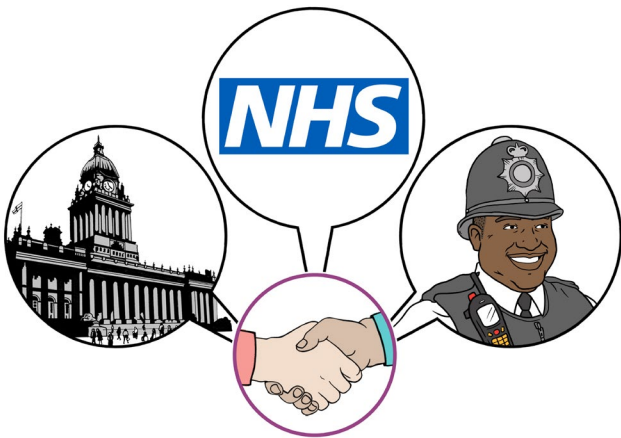
Local government must do the following things to keep vulnerable adults safe:



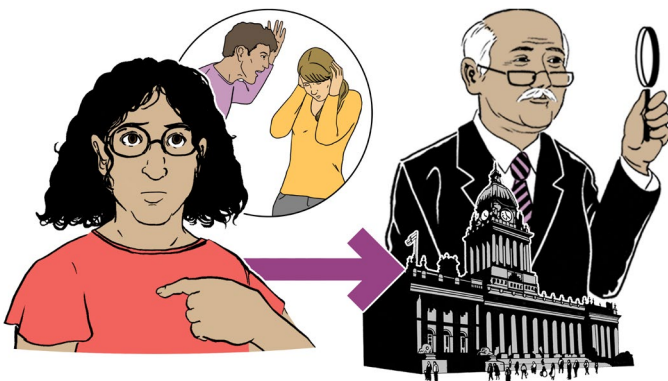
- Work with local organisations like Health Care and Housing to help stop abuse and neglect.



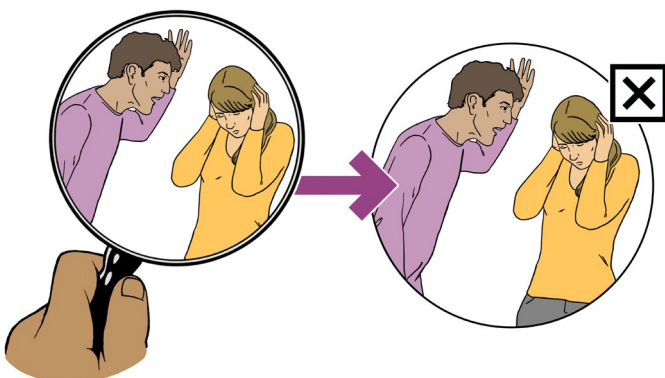
○ If they think someone may be at risk of abuse or neglect they need to ask questions and find out what needs to happen to make it stop.



○ The Local government, the NHS, the police and others must work together to protect people. They must share information with each other to keep people safe.



○ If a person has been abused or neglected the Local Authority must **review the case**.



Reviewing the case means they will look at what happened and investigate if there is anything they could have done to stop it.



Help people get themselves an **Independent Advocate**. This is someone to help understand your rights and to help you make decisions.



An independent advocate can also support people to explain their choices to others.

The Disclosure and Barring Service



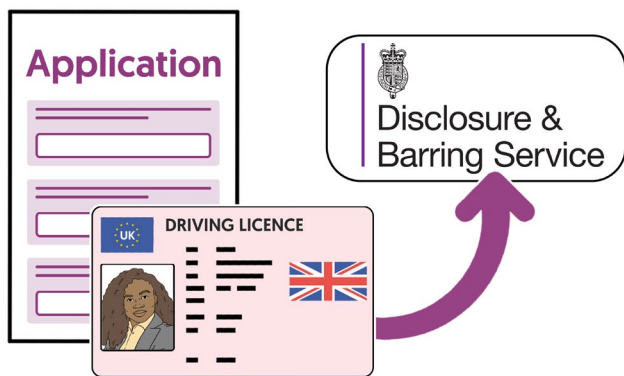
The Disclosure and Barring Service (**DBS**) is a service to make sure companies do not employ unsafe people to look after vulnerable adults and children.



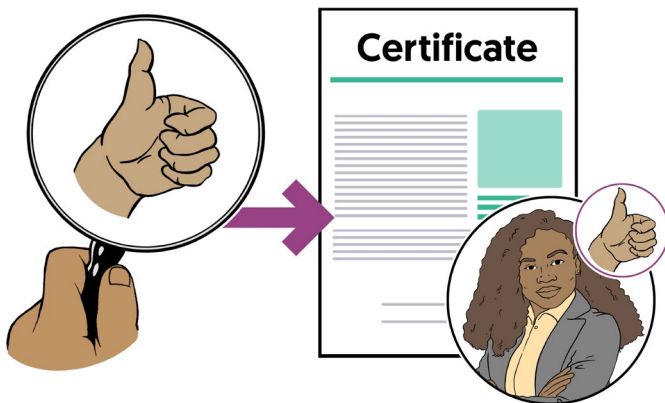
They do a **DBS check** on anyone who might need to work with vulnerable adults and children to make sure they are safe.



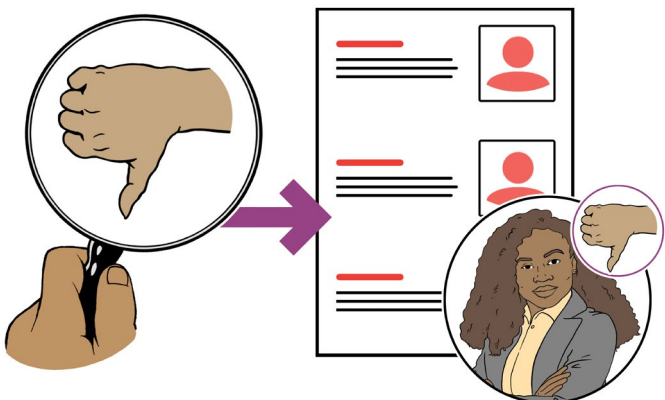
A **DBS check** means they will look to see if the person has a criminal record or has ever been in trouble with the police.



When someone wants a job they will ask that person to fill in an application form. This form will be sent to DBS along with proof of who they are.



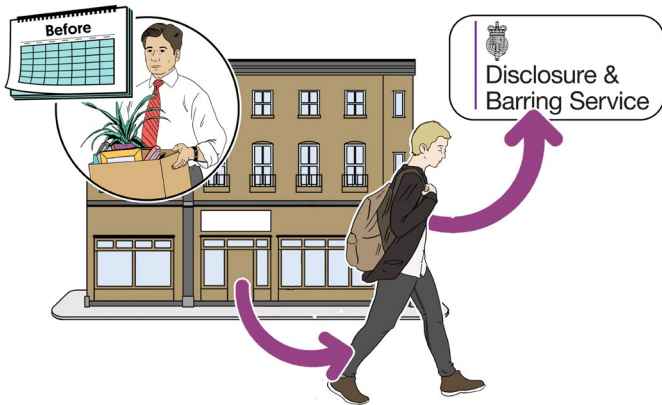
The DBS will check the person then send a certificate to say that the person is safe to work with vulnerable adults and children.



If a person is not safe, their name will be put on a list to make sure that they are not allowed to work with vulnerable adults or children.



If an organisation has fired a member of staff or volunteer because they have harmed a child or vulnerable adult they must tell the DBS.



If the staff member or volunteer leaves the job before they are fired the organisation still has to tell the DBS.

What is Abuse?



Abuse is doing or saying something to someone else to hurt them, upset them or frighten them.



If abuse happens to you or someone you know it is important to speak out and tell someone that you trust. Do this as soon as you can.

There are lots of different kinds of abuse:



○ Physical Abuse

This is when someone hurts another by hitting, kicking or burning. It may also be when someone holds another person down.



○ Sexual Abuse

This is when someone touches another person's body or does things to them that they do not like or want them to do.

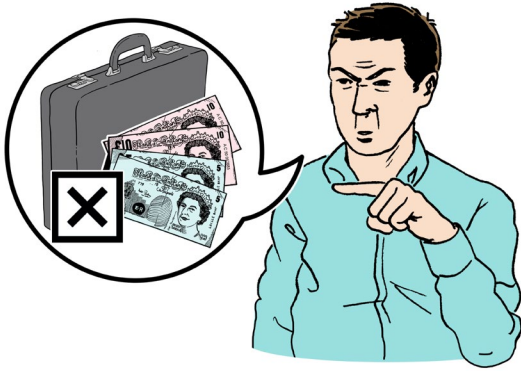


Sexual abuse can also be when someone makes another person do sexual things that they do not want to do.



○ Emotional Abuse

This can be when people say bad things to another person like teasing or threatening or bullying to upset them.



Financial Abuse

This is when someone controls what someone else does with their money or stops them from getting a job.



Material Abuse

This is when someone takes another person's private things without asking.



Medical Abuse

This is stopping someone from having a choice about the care they get. For example, being given medication against their will.



Discrimination

This is when people say bad things to other people or treat them unfairly because of race, religion, gender, sexuality or age,



○ Neglect

This is when someone is in charge of looking after another person but they do not look after them well.



○ Social neglect

This is when they stop the person from having a social life or do not treat them as an equal.



○ Physical Neglect

This is when they do not make sure the person has enough food or drink. Or they do not help to keep the person clean.



○ Mate Crime or Tricky Friends

This is when people pretend to be your friends to **take advantage** of you.



Take advantage means to ask for, or expect more than is fair from someone. This could be something like getting you to pay for everything all the time.

Where can abuse happen?



Abuse can happen anywhere and at any time. It could happen:

○ In your own home, or in someone else's home



○ At work



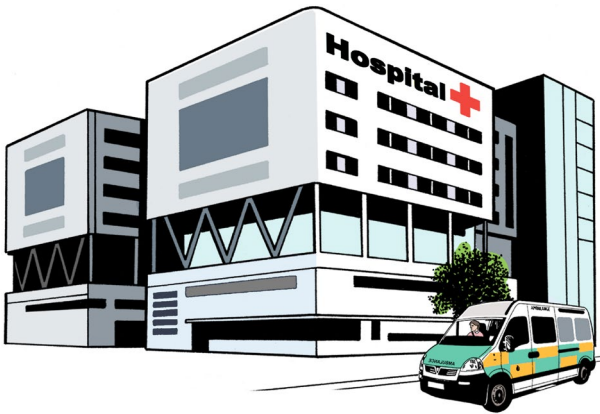
○ In your care home



○ At your day centre



○ At school or college



○ In hospital

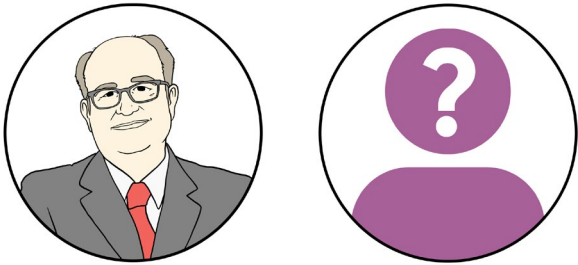


○ In the street

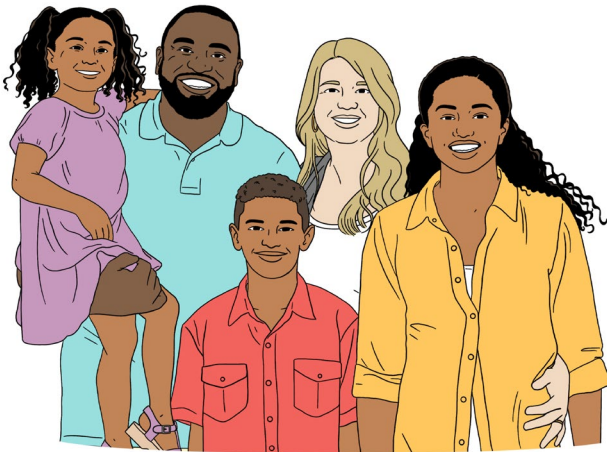
Who could abuse you?



Most people will not abuse you, but anyone could.



It could be someone you know or a stranger.



It could be someone in your family or a friend.



It could be someone who works with you, like a social worker or a support worker.

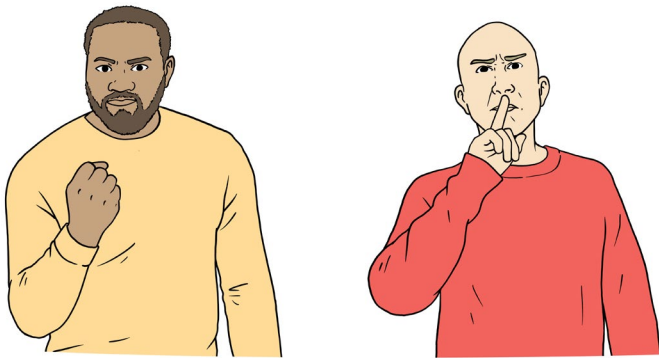
What should I do if I think I am being abused?



People who are being abused may be too scared to tell someone about it.



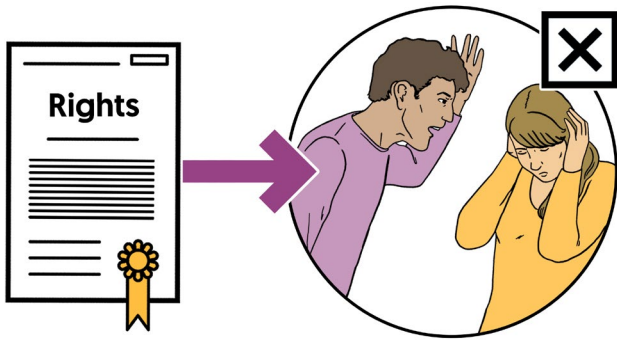
It is good if you can tell someone you trust, who may be able to help to make it stop, or find someone who can.



Sometimes the person who is abusing you can make it hard for you to tell anyone.



They may make you feel scared or guilty and stop you from being able to tell anyone.



It is important to remember that abuse is not your fault. You have a right to have a safe life without being bullied, neglected, or abused.

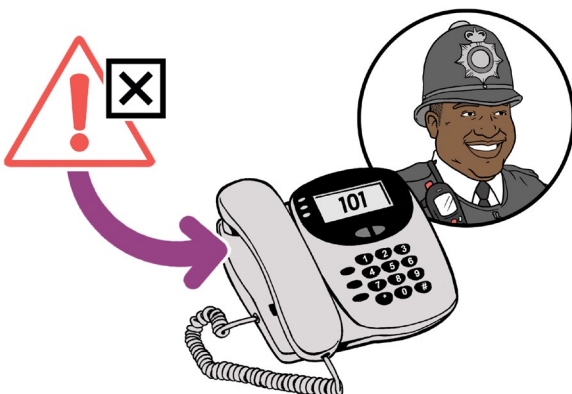


There are lots of people that you can tell if you are being bullied, abused or neglected.



If it is an emergency you can call the police on:

999



If it is not an emergency but you still want to talk to the police you can call the non emergency number:

101



It is a good idea to take some time and think about who you think you could tell.



Write their names and contacts below.



A family member or friend you trust:

Name:

Phone number:



A member of staff you trust:

Name:

Phone number:



A Social worker you trust:

Name:

Phone number:



Your Doctor:

Name:

Phone number:



Your local Safeguarding board:

Name:

Phone number:



If you think of any other people you trust, you can list their names and contact details below.



Other people I trust:

Name:

Phone number:



We hope you have found this
booklet helpful.

This easy read document was created by CHANGE.
www.changepeople.org

