

## Keeping safe from abuse



## An easy read leaflet about adult safeguarding





This leaflet will help you to understand what safeguarding is. It explains about different kinds of abuse.

It says what to do if you do not feel safe.



### **What is safeguarding?**

It is when people work to keep you safe from harm or abuse.



### **What is abuse?**

Abuse is when someone hurts you or treats you badly.



Abuse is always wrong and should not happen.



**If someone is injured, they might need a doctor, or an ambulance.**

**If you think a crime has happened, call the police on 999**

## Where might abuse happen?

It can be anywhere.

Here are some examples:



- In your own home.
- In someone else's home.
- In hospital.
- In a care home
- In college
- In a public place.

## What kinds of abuse are there?



### **Physical abuse**

This is when someone hurts you.

They may hit, slap or kick you.

They may not help you with food or medicines.



### **Emotional abuse**

This is when someone does or says mean things.

It may be shouting or threatening to hurt you.

It can make you feel bad or scared.



### **Sexual abuse**

This is when someone touches your body in ways you do not want.

They may force you to have sex or make you do sexual things.



## **Financial**

This is when someone takes or uses your money, without your permission.

It can also be stealing or taking things that belong to you.



## **Neglect**

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



## **Self-Neglect**

This is when you stop looking after yourself properly.

You may not be eating well or keeping yourself clean.

This can cause you or someone else harm.



## **Hoarding**

This is when you might collect too many things, and your home becomes unsafe.

You might trip over things, and it could be a fire risk.



## **Discrimination**

This is when someone treats you badly or unfairly.

They are doing this because they see you as being different.

This could be because of:

- The colour of your skin
- Your religion
- Your disability, or your sexuality



## **Domestic abuse**

This is when you are threatened or hurt by family, a partner or ex-partner.



## **Mate Crime**

This is when someone pretends to be your friend and takes advantage of you. They might steal your money or your food.



## **Paid Carer Abuse**

This is when paid staff do not look after you properly.

This could be in a hospital, care home or supported living service.



## **Modern slavery**

This is when someone has control over you.

They make you work for no pay.



## **Cuckooing**

This is when someone uses your home to carry out illegal activity like selling drugs.

## Who might abuse or neglect you?

Most people do not abuse or harm.

An abuser might be anybody you come into contact with.

### It could be:



- A partner



- Family member



- Neighbour



- Friend





- Someone online



- Paid staff or volunteer



- A Stranger



### What are the signs of abuse?

- Being frightened around certain people



- Having an injury that is hard to explain



- Missing money



- Not being given food or drinks



- Looking dirty and not dressed properly



- Being very sad or quiet



### What to do if you are worried:

- About yourself
- About someone else



If reporting is hard for you, tell someone you trust that you do not feel safe.

They can help you to report the abuse.

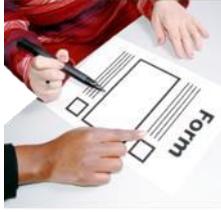


Call: Lancashire County  
Council Adult Social Care:  
**0300 123 6720**



**08:00 – 17:00**  
**Monday to Friday**

Or if this is not  
available call:  
Emergency Duty  
team: **0300 123 6721**



**You can also fill in a form online. This can be found here:**

[Are you concerned about a vulnerable adult? - Lancashire County Council](#)

### **What happens after you or someone else has reported abuse?**



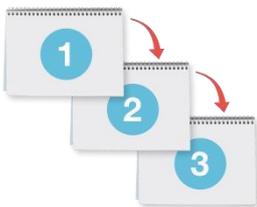
Someone from adult social care will contact you.



They will listen to you and take you seriously.



They will look into what has happened.



They will ask you what you want to happen next.



They will ask you if you want an advocate to support you through this.



***This leaflet was written by:***

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- ***Lancashire Friends and Relationships sub-group***

***With images by Photosymbols***

