

# Adult Safeguarding Easy Read Guide



# Keeping you safe

# What Supportability does to protect you:



- Completes references
- Completes DBS checks
- Supervises staff
- Trains staff

# What will Supportability do if you tell them you don't feel safe?

They will take action to make sure that you stay safe.

- They will thank you for sharing information
- They will record what you tell them
- They will think about you and your safety
- They will tell you what they will do next

#### What is abuse?

Abuse happens in lots of different ways.

Abuse can be:

- When someone hurts you or treats you badly
- When someone does or says things to make you upset or frightened

# Abuse is always wrong. Abuse is not your fault.

#### **Emotional abuse**

This is when people say bad things to hurt your feelings, shout or threaten you. This could be:

- Calling you names
- Blaming you when it is not your fault
- Ignoring you
- Shouting at you
- Laughing at you
- Treating you like a child
- Keeping you away from family and friends



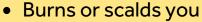






### Physical abuse

This is when someone:



- Force feeds you or changes your food
- Gives you the wrong or too much or little medication
- Kicks you
- Pinches you
- Pulls your hair
- Punches or slaps you
- Pushes or pulls you
- Scratches you
- Shakes you
- Squeezes you

#### Sexual abuse

This is any kind of sexual activity where the other person does something you do not want to do. This can include:

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- Rape
- Harassment
- Inappropriate touching
- Using inappropriate language
- Making you watch things you don't want to
- Using their position of power

#### Financial abuse

This is when people take your money or belongings without asking. This can be when someone:

- Steals your money
- Takes control of your money
- Makes you pay for other people's things
- Takes things that belong to you







#### **Domestic Abuse**

This is when someone abuses another person that they are related or closely connected to, for example in a relationship. This can include:



- Physical abuse
- Sexual abuse
- Financial abuse
- Emotional abuse
- Honour based violence

# **Neglect**

This is when people who are there to help you do not look after you properly. This can include:

- Being hungry most of the time
- Being left alone a lot
- Not being kept safe
- Not being kept warm or cool
- Not getting the right medical help
- Not having clean clothes to wear

# Self Neglect

This is when you don't look after yourself.
This can include:

- Not looking after your health
- Not keeping clean
- Hoarding

# **Modern Slavery**

Modern slavery is when a person is forced to do something by another person. This can include:

- Forced labour
- Forced marriage
- Forced organ removal
- Human trafficking
- Sexual exploitation









#### Discrimination

This is when people treat you badly or unfairly because you are different to them.

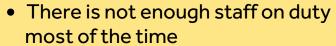
This could be because:



- You have a different coloured skin
- You have different religious beliefs
- You are a different sex
- You are disabled
- Your are lesbian or gay
- You speak a different language

### Organisational abuse

This is when paid staff in a hospital or care home do not care for you properly or respect your rights. This can be when:





- The rules and routines are made by the managers and staff
- Your personal things are used by or for someone else
- There are no stimulating activities to do
- There is dirty bed linen or clothing
- Staff are stopping you from doing things, for example going to the bathroom

# Who might abuse you?

Most people will not abuse. People who could abuse you might be:

- A member of your family
- Paid staff or professionals
- Neighbours
- Strangers
- Friends
- Volunteers







### Where can abuse happen?

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

- In the house or home where you live
- In hospital
- At a day centre
- At work
- In the street



#### Who should I tell?

If you think you have been or are being abused, you should talk to someone you trust as soon as you can. This could be:

- A member of your family
- A friend
- A police officer
- A doctor or nurse
- A council or social worker

# If you have a concern about yourself or someone else at Supportability, please contact:



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Mary Stanley
Deputy CEO, Safeguarding Lead
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If you can't get hold of a Manager, please speak to a Support Worker or one of the Managers on duty.