

Adult Safeguarding Easy Read Guide



Keeping you safe

What Supportability does to protect you:



- Employs good staff
- 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:



- Burns or scalds you
- 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:



- 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:



- Psychological abuse
- 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
- You 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:



- There is not enough staff on duty most of the time
- Most of the staff are not trained
- 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:



Candice Scambler
Residential Manager
candice.scambler@supportability.org.uk
T: 0161 428 5189



Mary Stanley
Deputy CEO, Safeguarding Lead
mary.stanley@supportability.org.uk
T: 0161 432 1248



Dawn Cameron
Day Opportunities Manager
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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.