



Safeguarding Adults Easy Read Guide



What is abuse and neglect?

Abuse is when someone does or says things that make you upset, frightened or angry. They might hurt you or treat you badly. There are different kinds of abuse.



Neglect is when you are not given the care you need.



Financial abuse is when you are made to give away your money or things, or when you are stopped from choosing how to spend your money.



Psychological abuse is when people tease you, say bad things to you, hurt your feelings or threaten you.



Physical abuse is when someone hurts you – this could include being hit, kicked, pushed, bitten, burnt or having things thrown at you.



Sexual abuse is when someone touches you in a way you do not like or understand, or makes you touch them when you do not want to.

Sexual exploitation is a type of sexual abuse where someone makes money or gets power from the sexual abuse they are doing.



Discriminatory abuse is when you are treated differently or badly because of your race, disability, religion or beliefs, gender, age, pregnancy, because you are married or not married, or because of who you love (boyfriend or girlfriend).



Self-Neglect is when you don't look after yourself properly, such as not eating enough healthy food, not taking medicine when you need to, or not keeping yourself or your home clean.



Institutional or Organisational abuse is where a service who provides you with care or a home to live in does not meet your needs – they might ignore you or not treat you properly.



Domestic abuse where you are abused, hurt or threatened by a member of your family, boyfriend, girlfriend or partner.



Modern Slavery this is where you are forced to work or do things you don't want to without getting any money for the work you did.

Exploitation is similar to Modern Slavery; where someone forces you to take part in activities or work that you don't want to do, sometimes in return for something like food, drugs or gifts to trick you into doing things for them. You will also not be paid money or wages for this work or activity, and the work or activity might be against the law.



Radicalisation is when a person or group of people are made to listen to the harmful ideas or beliefs of another person and live by them.

What is safeguarding?



Safeguarding is everyone's responsibility, it's about:

Protecting children, young people and adults who are at risk of abuse and neglect.

Preventing neglect, abuse and exploitation.

Helping you to keep yourself safe or protecting those who cannot protect themselves.

Everybody feeling safe.



Who could be an abuser?

Abuse can be carried out by anyone, including:

- Someone in the family
- A partner or friend
- A neighbour
- A member of staff
- Another adult at risk of harm
- A stranger
- More than one person



Where can abuse happen?

Abuse can happen anywhere at any time, including:

- At home
- At a day centre, residential home or college
- At a friend's house
- In a hospital
- Somewhere a person spends their free time
- In the street or another public place

What are the signs of abuse?

Signs that someone is being abused can include:



Injuries which can't be explained or lots of visits to the doctor or hospital.



Being scared, upset or worried, or staying indoors, hiding away from friends and family.



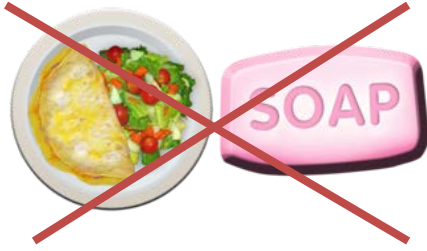
Unplanned pregnancy.



Infections or diseases.



Not having enough money to buy food or pay bills, even though you should have enough money.



Not looking after yourself properly.



Not being looked after properly by other people.



Abuse is always wrong – tell someone about it

If you think that you or someone you know is being abused or neglected, you should tell someone that you trust. This could be a nurse, a police officer, a social worker, a family member, a friend, a carer.



How to tell someone about the abuse

You can ring Sunderland City Council if abuse is happening to you or you think or know that someone else is being abused. Ring **0191 520 5552**. You will be listened to and taken seriously. Your details will be kept private and you will be asked to agree to them being shared with others who might need to know about the abuse, such as the police.

Or you can email

healthandwellbeing@sunderland.gov.uk



In an emergency ring 999.



What happens after you report abuse?

We will take you seriously and will let you know what is happening.

We will talk to you, or the person you have told us about, to find out more information about what bad things are happening. If you want to, you can use an advocate to help you with this. An advocate is someone who helps you to speak up for yourself.



We will take action to keep you, or the person you have told us about, safe from abuse. We will give you any advice you may need when you have reported the abuse.



Where it is needed, we will work with others like the police to investigate reports of abuse. We will do all we can to stop the abuse happening again.



What not to do when you think you or someone else is being abused

Don't promise to keep the abuse a secret.

Don't let the abuser know you are reporting the abuse – this may make things worse and make it harder for us or the police to help you.



Don't delay telling someone you trust about the abuse – let someone know about your worries as soon as you can.

This leaflet has been:



Please ask us if you would like this document provided in another language or format.

0191 520 5552

strategic.safeguarding@sunderland.gov.uk