

Safeguarding Adults from Abuse

Easy read Information **leaflet.**

Abuse is when someone hurts you
or treats you badly.

Abuse is always wrong.

What is Safeguarding?

Safeguarding means making sure
you are safe from abuse

What kinds of abuse are there?

Physical abuse -

When someone hurts you,

This can be things like hitting,
kicking or biting.

Sexual abuse-

When someone touches your body or your private parts in ways you do not like or want.

This can be things like kissing you, making you touch them, having sex with you when you do not want them to.



Financial abuse-

When people take or control your money or things which belong to you.



Organisational-

This is when big organisations give bad care to people

This can be things like using their power in bad ways, or telling other people secrets about you



Neglect-

This is when people who are supposed to help you don't look after you properly.

For example, not giving you enough food, not keeping you warm and safe, not giving you medication



Discrimination-

This is when people treat you badly or unfairly because of who you are

This can be things like your skin colour, your religion, your disability or your sexuality



Modern day slavery-

This is when people are made to do work they don't want to do

Sometimes people do work and aren't paid properly for it



Domestic-

This is when people like family or partners hurt you, or threaten to hurt you.

It can also be things like shouting at you, bullying you, taking away your money or things you own, or stopping you from seeing people

Self neglect-

This is when you stop looking after yourself properly

This could be things like not washing, not keeping your house clean or hoarding (keeping lots of stuff)



Who might be an abuser?

Anyone can be an abuser:

A member of staff
Someone in your family
A friend or neighbour
Someone you don't know.



What can you do?

If these things happen to you or your friends, you should tell someone you trust.

You could tell:
A member of staff
Someone in your family
A nurse or social worker
A manager
A friend or Neighbour



What will happen next?

Your report will be taken seriously
The person you tell can contact social services or the police

Professionals will try to find out more about what has happened. They will work together to try and protect you so it doesn't happen again.
The police may need to be involved if the abuse is a crime.



Who can I contact?

Adult Social Services - Social Care Centre of Expertise.

Police- Non Emergency Number

Police- Emergency Number

Local Organisations
Norfolk Carers Helpline

Leeway Women's Aid-Domestic Violence Helpline

National organisations
National Care Line



0344 800 8020 (available 24 hours a day)
101

999

0808 808 9876 (8am-8pm Monday to Friday)

0300 561 0077 (9am - 8pm Monday - Friday, 11am-4pm Saturday and Sunday)

0800 0699 784

