

Safeguarding Adults

What is abuse & what can you do to help stop it?

Easier to Read Guide

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**Easier to
Read Guide**



NHS

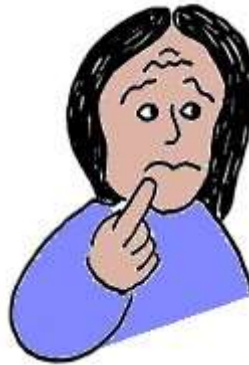


SWINDON
BOROUGH COUNCIL

Safeguarding Adults Easy to Read Guide

This booklet tells you about abuse.

It tells you what to do if you think **you** are being abused, or if you think **somebody else** is being abused.



Abuse is when something happens to you that is wrong and may hurt or harm you.

There is a team that deals with safeguarding concerns.

Who does the team help?

The team helps people who need care and support and may have been abused. It is for adults who cannot keep themselves safe from abuse.



What is abuse?

There are many different types of abuse. This booklet covers physical abuse, neglect, emotional abuse, sexual abuse, discrimination and abuse of a person's money or property.



Physical abuse

Physical abuse is anything that causes someone to have pain or discomfort. Physical abuse includes hitting, slapping, kicking, biting, scratching, punching, pushing and pinching. It also includes spitting and burning.



A person can be abused if someone is giving them the wrong medicine, or giving them too much or too little medicine on purpose.



Physical abuse can also be holding someone down or locking them in a room.

Emotional abuse (also called psychological abuse)

Emotional abuse can happen if someone says horrible things to another person.



If someone makes another person feel ashamed or embarrassed, hurting their feelings on purpose, then that may be abuse.

Emotional abuse also includes bullying and threatening behaviour.

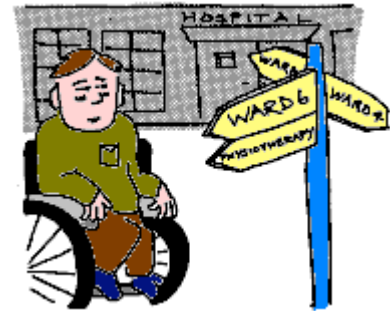


Neglect

This type of abuse is when a person is ignoring another person's needs.

Examples of neglect are:

- Not allowing someone to keep clean and properly dressed, or not helping them to do this.
- Not allowing someone to see a doctor, or go to hospital, or not helping them to do this.
- Not helping someone to get the care they need.
- Not helping someone to get access to education.
- Not letting someone have their medicine.
- Not giving someone proper meals.
- Not allowing someone to have enough light or heat.



Sometimes when someone does not look after themselves could be self neglect.



Discrimination

Discrimination is when someone is nasty to another person because of that person's colour, family background, religion, language, age, disability, sex or sexual choice. They may say horrible things or treat someone differently.



Sexual abuse

This can happen if someone touches another person's private parts or asks them to touch their private parts. It can also happen if someone undresses another person or has sex with them.

It is sexual abuse if that person did not agree or if they could not agree. It is also sexual abuse if that person was forced to agree but did not want to do it.



Abuse of money or property

This type of abuse happens if someone steals from another person, or tells lies in order to get money or other things from them.

If one person is always made to pay for the other person when they go out or is made to buy things for that person, then that may also be abuse.

If someone keeps borrowing or using another person's belongings without asking, this might be abuse.

If someone makes another person do work they do not want to do and not pay them.

If someone puts pressure on another person to leave them money, property or other things in their Will then that is abuse.

There are other types of abuse. If you're worried about abuse – speak to someone.



Who might abuse people?

All sorts of people, men and women, might abuse others.

An abuser might be a husband, wife, partner, child, parent, relative, carer or friend.

It might be a care worker, health worker or other worker.

It could be anybody.



Where might abuse happen?

Abuse can happen in a person's own home. This could be called Domestic Abuse.

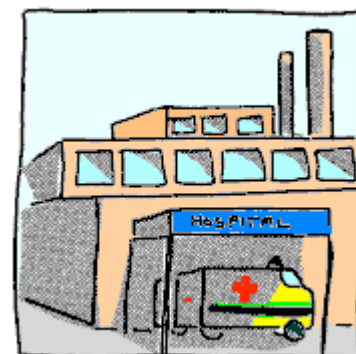
It may be in their carer's home.

It may happen in a nursing home, residential home or a day centre.

It may happen at work, school or college.

It can happen in **any public place.**

Abuse can happen anywhere.



Who to talk to

If you think you are being abused you can **talk to someone you trust** about it. That person can then help you to contact the right people to deal with the abuse.



You could talk to a friend, advocate or a member of your family. You might find it easier to talk to someone from your church or college.



You may prefer to talk to a doctor, nurse, or care worker.

You could speak to the police. They have people who are specially trained about abuse.



You could talk to staff at residential homes and nursing homes, respite homes and day centres. They will be able to help you.

You don't have to talk to anyone else about it if you don't want to. But do contact someone listed on the next page of this booklet.



If you think somebody is being abused, ring someone listed on the next page of this booklet.

Who to contact in Swindon

**If someone is in immediate danger
Or there is a crime**



**Call the Police or the Ambulance
service**

On 999 or 101



**If you need to report
abuse:**



During the day
01793 463555
At night and at weekends in
an emergency
01793 436699



Adult Safeguarding Team
Civic Offices
Euclid Street
Swindon
SN1 2JH

You can contact the police:



During the day
01380 826350
At night and at weekends
101



Safeguarding Adults
Investigation Team
County Hall
Bythesea Road
Trowbridge
BA14 8JN

What happens next?

A worker will be asked to give support to the person who has been abused.



The person who has been abused may need to see a doctor if they have been hurt.



They may have to speak to the police. The police have people who have been specially trained and know about abuse.



People will need to talk to each other to find out what has happened.



There may be a meeting to help decide the best way to sort out the problem.



The person who has been abused will be kept informed and supported during the whole process. They may be asked to come to a meeting.



People will then do what needs to be done to stop the abuse from happening again.



There may be another meeting later on to check what has been done and how it is working.



Most of all, we want people to be safe and to stop abuse!



This Easier to Read Guide to Safeguarding Adults is available on the Internet on [SBC Adult Safeguarding page](#)
It may be produced in a range of languages and formats (such as large print, Braille or other accessible formats) by contacting the Customer Services Department.

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