



Safeguarding Adults

An adult at risk of harm is someone who is over 18 and in need of community care services because of



- physical disability
- mental health
- illness
- age
- they are not able to protect themselves against serious harm

People with a learning disability can also be vulnerable to bullying and abuse.



**What
is
abuse?**



Abuse happens in lots of different ways.

Abuse can be:

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

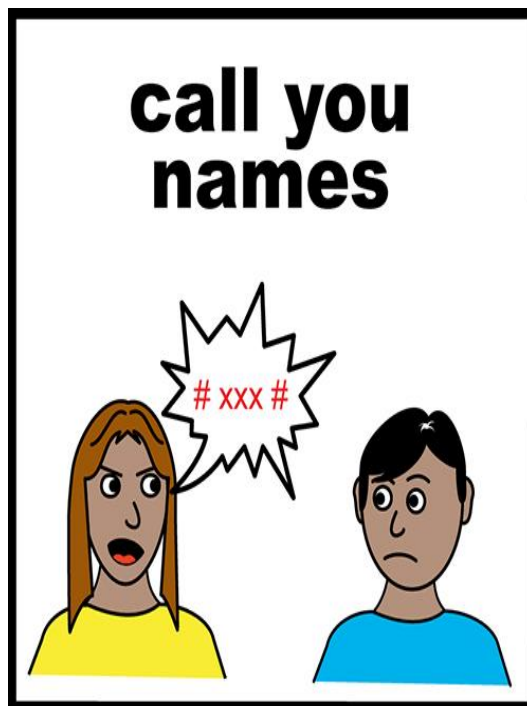
Abuse is always wrong

Abuse is not your fault

Emotional and Psychological Abuse

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

This could be:

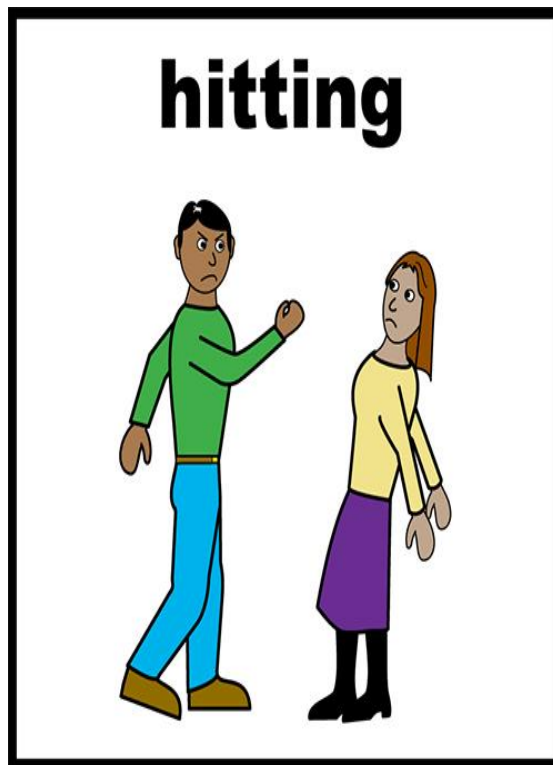


- calling you names
- blaming you when it is not your fault
- ignoring you
- laughing at you
- treating you like a child
- Stopping you from seeing your friends or family
- Isolating you so you feel alone
- Threats of harm
- Making you do things you don't want to do

Physical abuse

This is when someone hurts you.

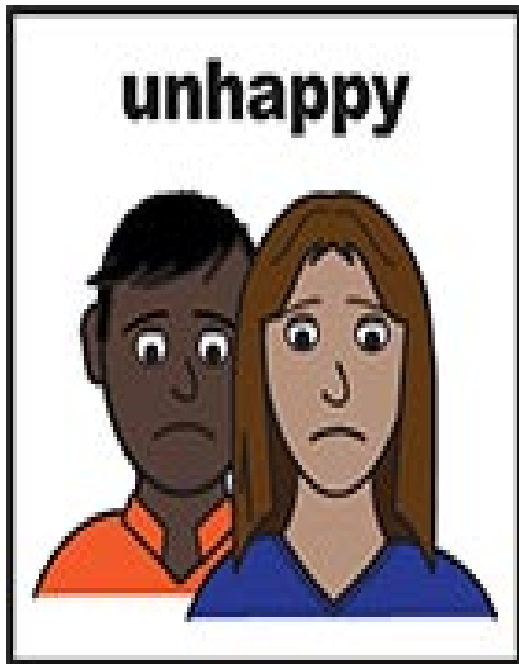
This could be someone who:



- hits you
- kicks you
- pinches or scratches you
- pushes you
- pulls your hair
- burns you
- gives you the wrong medication
- holds you down for no reason



Sexual Abuse and Exploitation



This is when someone touches your body or private parts in ways you do not like or want.

It is also when someone makes you do sexual things that make you sad, angry or frightened.

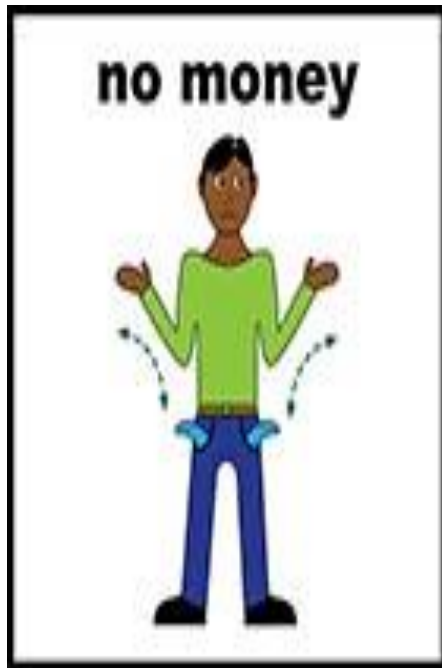
This can be someone:

- touching your bottom
- touching your breasts
- making you touch other people in these places
- making you look at or watch pictures or films of a sexual nature
- Being exploited into performing sexual acts in return for money or drugs



Financial and Material 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
- takes control of property
- Interferes with personal matters such as family wills

Neglect and Self 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
- not being kept safe
- not getting the right medical help
- not having clean clothes to wear
- living in an unclean and messy home
- Neglecting to care for yourself such as not washing or eating properly
- Hoarding things you no longer need

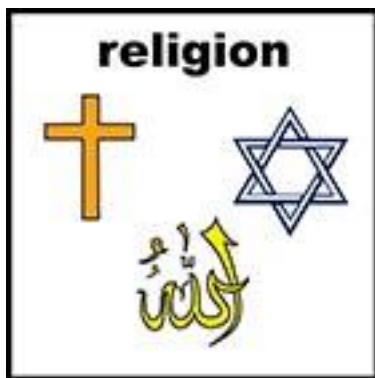
Discrimination



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

This could be because you

- have a different colour skin
- have different religious beliefs
- are disabled
- are lesbian or gay
- speak a different language





Institutional and 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

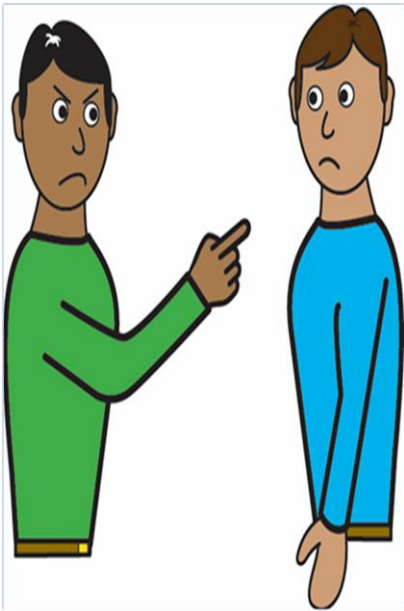
- there are not enough staff on duty most of the time
- most of the staff are not trained
- the rules and routines are made by the manager and staff
- your personal things are used by staff or for someone else
- The managers do not respond to your concerns
- The company doesn't seem to care about you





Domestic Violence

This is usually violence carried out by a partner or family member



- They may threaten to hurt you if you don't do as they say
- They may try to stop you from doing the things you like
- They might control where you go and what friends you have or the people you like to talk to
- They may touch you in a sexual way
- They might call you names and make fun of you
- They might hit you or shout at you



Modern Slavery



Modern slavery means situations where you are held and made to do things against your will

- You may not be able to refuse to do something or leave
- You could be made to work illegally for little or no money
- You could be forced into sexual acts in return for money or drugs
- Abusers use threats, violence, coercion, or abuse of power.

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
- a neighbour
- strangers
- friends
- volunteers



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
- in a care home



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



We are committed to stopping all forms of abuse as it aims to protect all adults.....

Say NO to abuse

REMEMBER

- mistreatment of any adult is not acceptable
- you can make a difference
- safeguarding adults is everyone's business



Do not ignore it

Report it



Contacts

Hopeful Futures Safeguarding Team



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If you think you have been abused and want to report it yourself, these are the numbers of people you can talk to:

Newham Safeguarding Adults Team

Tel: 020 3373 0440

Website:

<https://www.newham.gov.uk/safeguardingadults>

Emergency Duty Team

(Out of Office Hours)

Tel: 020 3373 0440

Police Tel: 0300 123

1212 (Stratford)

Emergency Services Tel

999