



Keeping Safe: How to help adults at risk of abuse



Who is an adult at risk?

An adult at risk is someone who may be in need of help because of disability, age, or illness, and is unable to take care of themselves or stop someone else from harming or exploiting them.

What is abuse?

Adults at risk can be abused in a number of different ways. Abuse can be physical, psychological, financial or sexual, and adults at risk can be discriminated against or neglected by others. Sadly, abuse takes place every day, and those who witness this can make a big difference. This leaflet explains more about the different types of abuse and where to find help.

Examples

Mollie cares for her partner Justin, who has a long term illness. Mollie sometimes gets angry and hits him. **This is Physical Abuse.**

Joy's son takes Joy's pension to do her shopping. Joy is not allowed to choose what is bought and is not given any money for herself. **This is Financial Abuse.**

Ahmed has learning disabilities and attends a day centre. Another adult touches him in an intimate way that Ahmed doesn't like. **This is Sexual Abuse.**

James lives at home and is looked after by his son. Sometimes there is no food in the house and James is not allowed to have the heating on. **This is Neglect.**

Margaret is disabled and needs help to live at home. Her carers have threatened her by saying that she will have to live in a residential home if she doesn't make their job easier. **This is Psychological Abuse.**

David has learning and physical disabilities and lives at home with carers to look after him. He is often called names and shouted at when out in the community because he looks and walks differently to other people. **This is Discriminatory Abuse.**

Jimmy is 90 and lives in a residential home. Sometimes care workers lose patience and shout at him. He is often left on his own for long periods of time, without a drink and rushed through his evening meal if he takes too long. He is put to bed at 7pm because the home is short staffed. **This is Institutional Abuse.**

Who abuses adults?

Anyone can be an abuser, for instance:

- A partner or family member
- A friend or neighbour
- A paid or volunteer carer
- Paid staff, health or social care worker
- Other service users such as patients or residents
- A stranger

Where does abuse take place?

Abuse can happen anywhere, for instance:

- In someone's own home
- At a carer's home
- In a day centre
- In nursing and care homes (regulated by Care Quality Commission)
- In hospitals, health centres or surgeries
- At work or in an educational setting
- In a public place or in the community

How to protect yourself from abuse?

- Keep active, go shopping, meet friends or take up a hobby or interest.
- Keep in touch with family and friends.
- Know your legal rights; if in doubt contact Citizens Advice Bureau 01302 217777.
- Assert your rights to be treated with dignity and respect.
- Don't allow anyone to cut you off from other people.



What can be done about abuse?

Doncaster Safeguarding Adults Partnership Board has procedures in place to make sure that any concern or allegation is taken seriously and dealt with sensitively and professionally.

If you have a concern, or are worried about someone you know, it is really important to seek help. This can be done in confidence.

You can get help by contacting the Adult Contact Team. If a crime has been committed then you should contact the Police. Or you can talk to any other health or social care professional that you have contact with.

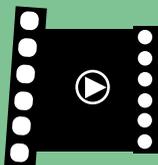
Tell the person you speak to that you are worried about possible adult abuse. This will help them to put you in touch with the most appropriate person for you to talk to as quickly as possible.

How can we help?

You do not need to suffer in silence or feel alone, we are here to help you. Please contact any of the teams below. You do not have to give your details.

To report a concern about possible abuse contact:

| | |
|-------------------------------------|---------------------|
| Adult Contact Team | 01302 737391 |
| Deaf community SMS Text | 07979 031116 |
| Emergency Out of Hours | 01302 796000 |
| Police | |
| Non emergency | 101 |
| Emergency | 999 |
| Care Quality Commision (CQC) | 03000 616161 |



Find out more in our film at:
www.doncaster.gov.uk/safeguardingfilm

Further information to keep adults safe can be found at:
www.doncaster.gov.uk/safeguardingadults