

An easy read leaflet about adult safeguarding



What is abuse?

Abuse is when someone hurts you or treats you badly.

Abuse is always wrong and should not happen.



What is safeguarding?

Safeguarding means making sure you are safe from abuse and neglect.

What kinds of abuse are there?

There are 10 different types of abuse:



Physical abuse

This is when someone hurts you by hitting, kicking or biting.



Emotional abuse

This is when someone makes you feel bad - like saying nasty things, shouting or threatening.



Sexual abuse

This is when someone touches your body or makes you do sexual things you do not want.



Financial abuse

This is when someone takes your money or things which belong to you without asking.



Organisational abuse

This is when paid staff in a hospital or care home do not care for you very well.



Neglect

This is when people who are there to help you do not look after you very well.



Discrimination

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



Modern slavery

This is when people are forced to do work for little or no money.



Domestic abuse

This is when you are abused, threatened or hurt by family, partner or ex-partner.



Self-neglect

This is when you stop looking after yourself by not eating well or keeping yourself clean.

Who can be an abuser?



Most people do not abuse others.



But abuse can happen anywhere, at anytime and by anyone. It could be:

 <p>A staff member or volunteer</p>	 <p>Someone in your family</p>	 <p>A friend or neighbour</p>	 <p>Someone you do not know</p>
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Who are 'adults at risk' of abuse?

'Adults at risk' are 18+ who need more help than others to stay safe and live their lives:

 <p>People with disabilities</p>	 <p>Older people</p>	 <p>People with poor mental health</p>	 <p>People with long-term illness</p>	 <p>People with addiction problems</p>
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What are the signs of abuse?



There are many signs of abuse. Even if you are not sure whether these signs mean abuse, you should still report them to us.

The person being abused could:



Look dirty or is not dressed properly



Have an injury that is hard to explain



Seem frightened around certain people



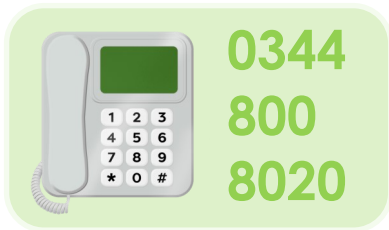
Be unusually scared, upset, worried or withdrawn

What should you do?

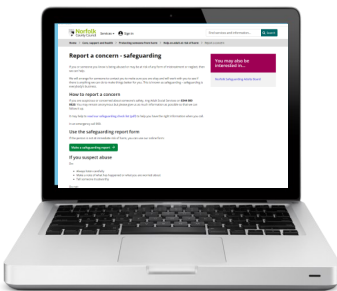


Norfolk
County Council

If these things happen to you or someone you know in Norfolk, report it to us.



Call **Adult Social Services** at Norfolk County Council. You can call this number any time.



Fill in a form online www.norfolk.gov.uk



Please give us as much information as you can so we can look into it.



You do not have to leave your name.



In an emergency call **999** for the Police.

What will happen next?



Your report will be taken seriously.



We will try to find out more about what has happened.



If we need too, we will work with the adult at risk to put a plan in place that helps to keep them safe.



If you need this document in a different format please contact Norfolk County Council.



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