

Domestic abuse and neglect



**Our Easy read guide to
supporting people with
learning disabilities**

Index

That means what is in this booklet



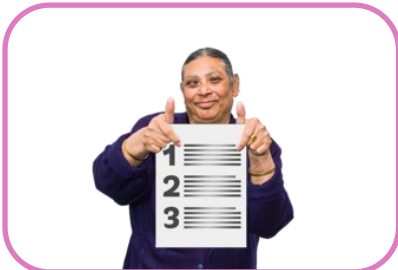
What makes people with learning disabilities **more vulnerable** to sexual abuse



Some of the **barriers** that make it harder for people to get the right support



What **reasonable adjustments** could be made for people with learning disabilities



Our **top tips** for supporting people with learning disabilities



The hand of support



Peoples' support circles



Hayley's poem

What makes people with learning disabilities more vulnerable to sexual abuse?



Sexual abuse is not talked about enough with people who have learning disabilities.



Abusers use control over the vulnerable person by building trust, showing kindness and befriending them.



Most of the reported abuse is carried out by family and carers.



Abusers may offer rewards for sex. Often the person just wants to please their abuser so that they will love them.



Abusers avoid leaving the person alone with somebody else in case they say something about the abuse.



People with learning disabilities are more likely to trust the people who are meant to love and support them.



They may not recognise that abuse is happening.

They also feel guilty about getting the person into trouble.



The right to make choices and decisions is often removed which leaves them without any control in their own life.



Staff must have the right training (face-to-face not online).

Employers should employ the right people for the job.



Abusers will try and use the person's disability to their own advantage - telling them they are stupid or worthless.

Some barriers that make it harder for people with learning disabilities to get support



Not knowing what support is available



Transport to get to and from meet-ups



It might be more risky for the person



Fears of making things worse



Family / Carers



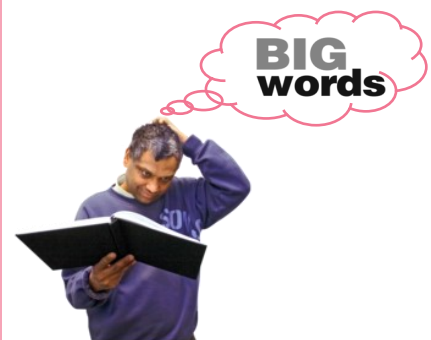
Not being believed



Worries about what will happen next



Lack of education and advocacy



Information given in a way they cannot understand

Reasonable Adjustments that will be useful and can help



Take breaks



Let people choose where to meet



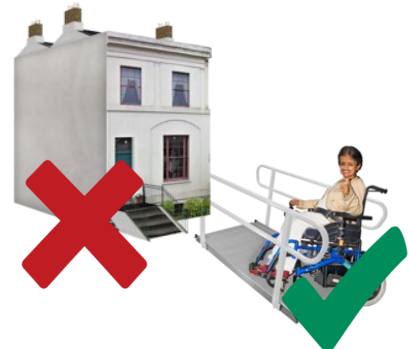
Be flexible with the time you spend together



Let the person sit where they are comfortable



Do not leave people waiting



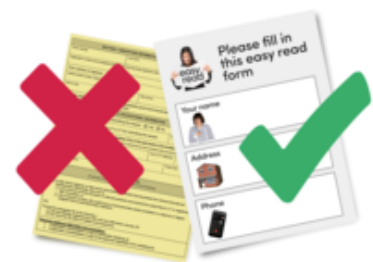
Allow building access to everyone



Help people with filling in forms



Use ground floor rooms



Have information in a way the person can understand

Top Tips when supporting people with learning disabilities



I expect I can guess what the problem is

Do not be judgemental and do not assume what they are going through



Respect and listen to the person



Everyone is their own person and is unique in their way



BIG words

Stick to short and simple words... check back with the person to see if they understand what is being said



Be aware of **their** body language



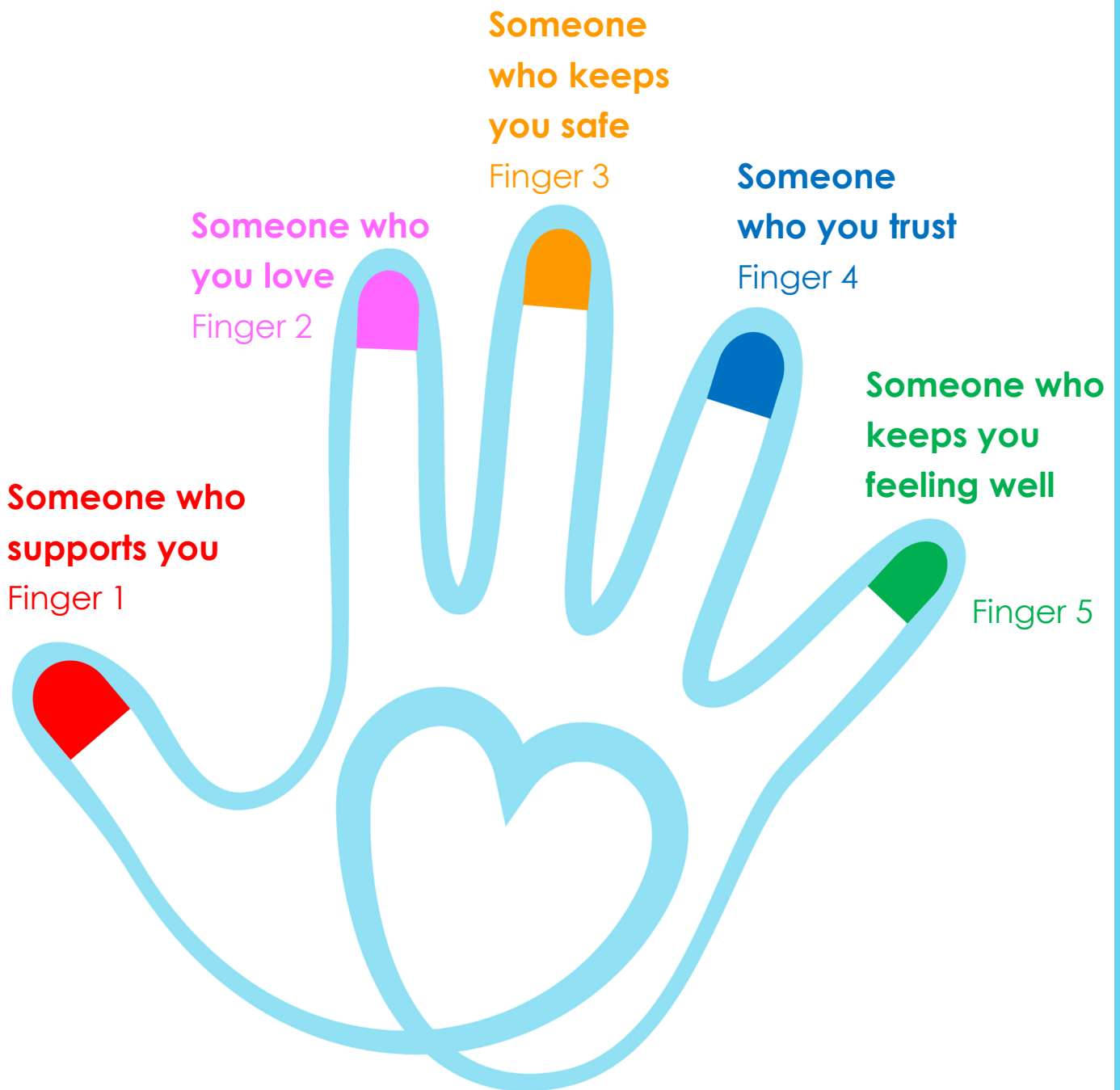
Have no surprises - plan together



Focus on what they **CAN** do and not just what they cannot

Hand of Support

Draw around your hand
notice everyone's hand
of support is different



Each finger is something or someone who you love, trust and helps keep you well

The circle of support

The inner circle is the focus

People that are nearest the centre are most trusted and loved by the person



Domestic Abuse Story a poem by Hayley Burwood

Looking in the eyes of a tortured soul each day
with a person who has lost their way
struggling to know what she is living for
Everyday she lives and dies a little more
She is a girl but inside she is a fully grown lady
The world she lives in is crazy
Learning to run once again
This girl needs help; she calls to her friends
but they can't reach her. She is going down
a spiral she can't make a frown
The control that's against her is so unreal
she looks up for an angel to see the pain she feel
everyday she calls out but no one hears.
Alone she has to face her fears
she sees the fist that comes towards her face
she panics, runs and hides from her embrace
His breath smells of cigarettes and drink
Never she would forget or think
what can she do she is so alone?
Her possessions are gone and she has no phone
Its smashed against a wall and stamped on hard
Outside there is a hole she dug so deep
when he's gone she lays in it and weeps
She is in pain and wishes he would finish her
She can't take no more she finds a coat made of fur
Lays in the hole after taking a knife from the drawer
She takes her life she just couldn't take no more

General sources of support in hard times

SAMARITANS



If you feel upset,
low or suicidal

CALM



If you feel low and
need to talk



PAPYRUS
PREVENTION OF YOUNG SUICIDE



If you are under 35
and feeling suicidal

Refuge



If you are not safe
from harm at home

NHS



If you feel unwell and
need advice

Norfolk County Council



If you need to call
social services

Useful contacts

	 <p>01603 622406</p>  <p>info@suelambertrust.org</p>  <p>www.suelambertrust.org/</p>
	 <p>01603 276381</p>  <p>contact@theharbourcentre.co.uk</p>  <p>www.theharbourcentre.co.uk</p>
	 <p>0300 561 0077</p>  <p>referrals@leewaynwa.org.uk</p>
 <p>Opening Doors</p>	 <p>01603 631433</p>  <p>admin@openingdoors.org.uk</p>  <p>www.openingdoors.org.uk</p>
	 <p>999</p>  <p>To make a silent call press 55 when they say to do this</p> <p>This only works on mobiles</p>