

Keeping safe



How to get help if someone is hurting
you or making you feel afraid

Easy read format



What is adult abuse?

Adult abuse is when someone hurts or scares you on purpose.



They might say,
“Don’t tell anyone”.

Adult abuse is wrong

Adult abuse can happen to anyone.

You need to know what to do if it happens to you or to someone you know.

Who can help?

Dudley Safeguarding Adults Board

Helpline 0300 555 0055

www.dudleysafeguarding.org.uk

Dudley Council Access to Adult Social Care

Helpline 0300 555 0055

West Midlands Police

In an emergency 999

In a non-emergency 101

Care Quality Commission (CQC)

03000 61 61 61

www.cqc.org.uk

Dudley and Walsall Mental Health Partnership NHS Trust

0300 555 0535

www.dwmh.nhs.uk



What will happen next?

We will listen to what you say.



We will ask you some questions about what has happened.

We will ask you what you want to happen next.



We will make sure you are safe.

We will ask you what other help you need.



There are different kinds of abuse

Physical abuse

Physical abuse is when someone hurts you.

This could happen if someone:

punches you

slaps you

kicks you

bites you



If someone hurts you in any other way or if someone makes you feel scared to be with them.

Domestic abuse

This is when someone you live with hurts or scares you.

It can be if they say unkind things to you.

If they hit you or say they will hurt you.



Sexual abuse



Sexual abuse is when you are touched when you do not want to be. This could be your private parts.

Someone might make you do things to them. You might not want to do these things.

Emotional abuse

Emotional abuse is when someone shouts and says unkind things to you.

These things could make you feel sad, scared or worried.



Who might abuse you?

Anybody can abuse you.

This might be someone you know – a member of your family or a carer who works with you.

It can even be someone who pretends to be your friend.



What should I do if I have been abused?

You can tell someone that you trust.

This could be:

- someone in your family
- a friend
- a doctor or nurse
- the police
- a carer.

They should listen to you and talk to a social worker about how to help you.



Self neglect

Self neglect is when someone does not look after themselves properly. It can be:

Not taking their medicine

Not washing regularly

Not eating enough

Not keeping their home clean and tidy.

Places where abuse might happen

Abuse can happen anywhere.

This could be at your home, at a day centre, your care home, at a friend's house, or in the street.



Financial abuse

Financial abuse is someone taking your money or things without asking.

This could also be when someone makes you pay for things you do not want to.



Modern slavery

Slavery is when someone forces a person to work for them and treats them badly.

This could be cleaning, cooking or jobs in the home.

It could also be work such as farming or being made to do sexual things you do not want to do.

They might stop the person from leaving.



Discrimination

This is being treated differently. This could be:

because you are disabled

because of your religion

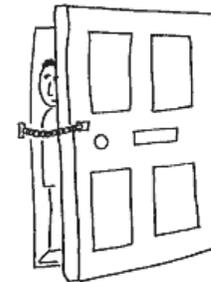
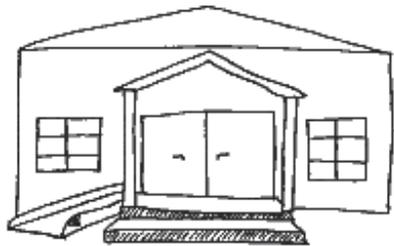
because you speak a different language

because you look different - this could be because you wear different clothes

Organisational abuse

This is where you are not being cared for properly.

It is where your own choices are ignored.



Neglect

Neglect happens when you are not given the care you need, these things could be:

Being cold at home

Not being given enough food

Have only dirty clothes to wear

Feel in danger at home

If you do not get your medicine when you should

If you get too much medicine or not enough

If you are not being looked after properly.

