

## What you can do

No one should have to live with abuse. If you are worried that you are being abused or that another adult at risk is being abused or neglected in South Gloucestershire call:

**Adult Social Care on 01454 868007  
Monday to Friday 9am - 5pm**

**01454 615165 - Out of hours and at weekends**

**In an emergency please ring 999**

### **Doing nothing is not an option**

We all have a responsibility to safeguard others from abuse or neglect. If it is safe to do so you should tell the person you are worried about them and that help is available. If possible you should get their agreement to report the abuse.



*South Gloucestershire  
Safeguarding Adults Board*



*What is Abuse and  
How do I report it?*



South Gloucestershire  
Safeguarding Adults  
Board

<http://sites.southglos.gov.uk/safeguarding/>

If you need this leaflet in a different format please call 01454 863136



## What is Abuse?

Abuse is what happens if someone does or says something to you which may make you feel scared or upset.

Abuse is when someone tries to take your rights away.

Abuse is if someone does something to you even if you tell them to stop

**Abuse can happen any time, anywhere and be caused by anyone. It might be:**

Something that happens once

Something that happens often

A deliberate act

Something that was unintentional



## Who is at risk?

An adult at risk is someone who is aged 18 or older who:

- Has needs for care and support
- Is experiencing or at risk of abuse or neglect, and
- As a result of their need for care and support, is unable to protect themselves from abuse or neglect, or the risk of it



## IF IN DOUBT SPEAK OUT 01454 868007

### Abuse can take many forms. It may include:

• **Physical abuse** - Hitting, pushing, kicking, shaking, burning, too much or not enough medication

• **Emotional abuse** - Threats, ignoring you, shouting, isolating you

• **Sexual abuse** – unwanted touching or sexual activity that you don't or can't consent to

• **Sexual exploitation** – when 'something' is received (e.g. food, accommodation, drugs, alcohol, cigarettes, gifts) in exchange for performing, or others performing on them, sexual activities.

• **Modern Slavery** - Includes human trafficking and forced labour.

• **Domestic abuse** – abusive behaviours by those who are, or have been, intimate partners or family members

• **Financial or material abuse** - Stealing your money or possessions, using your money to buy things for themselves, controlling how you spend.

• **Discrimination** – When you are treated differently or unfairly because of the colour of your skin, religious beliefs or practices, gender, age, disability, sexual preferences or because of language barriers.

• **Neglect** – Someone stops you having the heating on if you are cold, not giving you clean clothes or food or drinks when you are hungry or thirsty.

• **Self-Neglect** - When an adult declines essential support with their care and support needs, and this has a substantial impact on their overall wellbeing.



• **Organisational abuse**  
When a resident in a care home, a patient in a hospital, a person at a day centre, or receiving care services at home is not treated with dignity and respect.



## What happens when abuse is reported?

When you report abuse or neglect people will:

- ✓ Listen to you
- ✓ Take you seriously
- ✓ Respond sensitively
- ✓ Make enquiries about the concerns
- ✓ Consider the wishes of the adult at risk
- ✓ Help the adult at risk make a plan to keep safe
- ✓ Consider if anyone else is at risk
- ✓ Talk to the police if they think a crime has been committed