

Safeguarding Adults

Are you feeling frightened or upset about something someone is doing to you? Did you know this could be abuse?



This document will try to explain the different types of abuse and what to do if you or somebody you know is being abused.



STOCKPORT
METROPOLITAN BOROUGH COUNCIL



NHS
Stockport
Clinical Commissioning Group

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What is abuse?

Abuse is when someone hurts you or treats you badly.



Abuse is always wrong and should not happen. It is never your fault.

Abuse can happen once or many times and can include different types of abuse.



Sometimes abuse can get more serious the more it happens.



The person who abuses you may make it hard for you to report what is happening.

They may tell you it is a secret, or that they will hurt you if you speak up. So you may be scared to speak out or to stop them.



Abuse may result in harm to you or someone else.

Abuse can be against the law.



Abuse may happen if you cannot give consent because you do not know what is happening.

What can you do?



If you have a Social Worker you can phone them on the number they have given you.



You can phone Stockport Adult Social Care and speak to an adviser on 0161 217 6029. In an emergency at the weekend or in the evening you can contact the Out of Hours Service on 0161 718 2118.

For support outside of Adult Social Care you can contact Voice UK helpline on 0808 802 8686.

What is physical abuse?

Physical abuse is when somebody does something to hurt you and it results in pain or suffering.

Physical abuse can be:



Hitting.

Kicking.



Spitting.

Hair pulling.



Burning you.

Pushing.

Giving the wrong medication.

What can you do?



Talk to someone you can trust. This maybe a friend, a relative, a carer, tenancy manager, social worker or nurse.



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What is sexual abuse?

Sexual abuse is when you do not want to take part in a sexual activity.

Sexual abuse can happen when someone:



Touches your private parts when you don't want them to. This can be inside or outside your clothes.



Makes you touch their private parts when you do not want to.

Talks about your body like the size of your breasts or bottom.



Shows you pictures of sex that make you feel uncomfortable.

Ignores you when you have said no to a sexual activity.

What can you do?



Talk to someone you can trust. This maybe a friend, a relative, a carer, tenancy manager, social worker or nurse.



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What is emotional abuse?

Emotional abuse is when people say bad things to you and they hurt your feelings and they make you feel frightened.

Emotional abuse can happen when people:



Call you names.

Making fun of you or laugh at you.



Treat you like a child.

Ignore you.



Blame you for things you have not done.

Stop you from making your own choices.

What can you do?



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What is financial abuse?

This is when someone takes something that belongs to you without asking or makes you give them things that belong to you.

Financial abuse can be:



Someone stealing your money.

Someone taking something that is yours.

Forcing you to pay for other people's things.



Not letting you choose how to spend your money.

Not paying bills for you.

Taking loans out in your name.

What can you do?



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What is neglect?

This is when people who are meant to support and care for you do not do it properly.

Neglect can be:



Not giving you enough food.

Not giving you clean clothes.

Not keeping you warm and safe.



Putting you in danger.

Giving you the wrong medicine or forgetting to give you medicine.



Not giving you enough care to help you.

Not taking you to the doctor when you're ill.

What can you do?



Talk to someone you can trust. This maybe a friend, a relative, a carer, tenancy manager, social worker or nurse.



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What is discriminatory abuse?

This is when people treat you unfairly because you are different.

This may be because:



You are disabled

You are old



You have different coloured skin

You have a different religion



You speak a different language

You are gay or lesbian

You have a learning disability

What can you do?



Talk to someone you can trust. This maybe a friend, a relative, a carer, tenancy manager, social worker or nurse.



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What is institutional abuse?

Institutional abuse can happen anywhere, even in your own home.



You may be told what to do all the time and when to go to bed to fit with the carers needs rather than yours.



You may not have reasonable choice in what you eat or drink, or what things you are able to do.



You may never be allowed to have your own money or go out when you wish to.

You may be forced to stop doing something you enjoy because it is too much bother for staff or your family.

What can you do?



Talk to someone you can trust. This maybe a friend, a relative, a carer, tenancy manager, social worker or nurse.



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Other ways you might be abused

Hate crime and discrimination



This is a crime that you or someone else thinks took place because of bad feelings or hate towards you because you are different.

Domestic abuse



This is when someone in your family abuses you.

Forced marriage



This is when you are forced to get married to someone you do not want to.

Abuse by someone you do not know

Knowing about types of abuse can help in preventing abuse and knowing what to do if abuse happens.

Most people will not abuse you, but anyone could.

Who might abuse you?

It could be:



Someone who works with you such as a support worker, nurse or social worker.

Someone in your family.



A friend or neighbour.

A stranger.



Another vulnerable adult.

Where might abuse happen?

Abuse can happen anywhere and at anytime.

It can happen:



In your own home or someone else's home.

Where you are currently living.

During day support.



At college.

In hospital.



At a club or advocacy group.

When using transport.

Who can I tell if I am being abused?

If any of these things happen to you or your friends, you should always tell someone you know and trust. You can tell:



A member of staff.

Someone in your family.

Your social worker or carer.



Your doctor.

A friend or neighbour



An advocate.

The Police.

By telling someone about the abuse you can stop it happening to you.

Staff may see the abuse happening to you or they may suspect abuse is happening to you.

You might not want them to tell anyone but they have to report it to their manager. They have to tell you that they will be reporting it.

Your family carers may see changes in you and are concerned you might be being abused. They should report this to Adult Social Care or the Police.

