

Who abuses?

ANYONE could abuse you, for example: **someone you know** such as a friend or a family member, a carer or a neighbour, someone you work with or it **could be a stranger**.

Where might abuse happen?

Abuse can happen anywhere, at any time, for example:

- In your own home or in someone else's home
- In a public place, such as a park or a café
- At a day centre or college or at work
- In a residential or nursing home or hospital.



Who can you tell?

You should tell someone you trust as soon as you can, for example:

- A friend
- A family member
- Staff who support you
- A doctor or nurse
- A social worker
- The police.



What happens next?

If you tell the police or someone who works for Kirklees Council:

- They will listen to you
- They will help you to stay safe
- They will find out more
- They will give you help and support.

Where you can report abuse?

- **Gateway to care 01484 414933**
- **The police 999 or 0845 6060606**
- **In the evenings and weekends, emergency duty service 01924 326489**

Other information

Gateway to care can give you information, advice and support on your health and social care needs. Contact 01484 414933.

The Kirklees adult safeguarding website:
<http://www.kirklees.gov.uk/safeguarding>



Advice for the person you tell

- Ask what you can do to help to make the person safe now
- Get help as soon as possible
- Report what is happening
- Don't ignore what is being said to you
- If you think a crime has been committed, ring the police on 0845 6060606
- To report abuse, ring Gateway to care on 01484 414933
- Don't destroy, clean or wipe away any evidence that might be used in an investigation.



You can contact the Care Quality Commission if you want to raise a concern about the health or social care service you work for (sometimes called 'whistleblowing'). The information you give will be dealt with in confidence. Telephone: 03000 616161 or visit <http://www.cqc.org.uk/contact-us>



Keeping Safe

How to report adult abuse

An easy to read version

Thank you for picking up this leaflet

It has been produced to make you aware of adult abuse and to give you the information you need to recognise different kinds of abuse that you think might be happening.

You may want to have someone that you trust with you when you read this leaflet so you can ask questions and be supported.



What is abuse?

Abuse is when someone does or says something that makes you feel upset or frightened.

You may be scared to tell anyone or tell them to stop.

It is when someone has power over you and you don't agree with what is happening to you or someone is making your decisions for you and not involving or listening to you.

You may be abused by someone deliberately or by someone who doesn't realise that what they are doing is abuse.

Different types of abuse. Here are 6 main types of abuse

1. Physical abuse

This is when someone physically hurts you, for example:

- Hitting, slapping or kicking
- Pinching or hair pulling
- Burning
- Pushing
- Giving you too much medicine or the wrong medicine.



2. Sexual abuse

This is when someone makes you do sexual things that make you feel sad or angry or frightened, for example being touched where you don't want to be touched. This can include:

- Bum
- Breasts
- Private parts
- Being made to touch someone else in these places
- Kissing when you don't want to be kissed.

3. Psychological abuse

This is when someone says bad things which hurt your feelings for example:

- Shouting or swearing at you
- Threatening you
- Calling you names
- Laughing at you
- Ignoring you
- Blaming you when it's not your fault
- Treating you without respect.



4. Financial abuse

This is when someone takes your money or your belongings without asking, for example:

- Stealing your money
- Forcing you to pay for other people's things
- Not letting you have a say in how your money is spent
- Using your bank card without your agreement and persuading you to give them your bank number.

5. Neglect

This is when you are unhappy with the way your care or support is being provided, for example:

- Being hungry most of the time
- Only having dirty clothes to wear
- Being put in danger
- Not being given the correct medicine or tablets.

6. Discriminatory abuse

This is when someone says or does bad things to you, or treats you unfairly, because you are different, for example because of:

- The colour of your skin
- Your religion
- Your disability
- You are gay or lesbian
- You speak a different language or communicate in a different way, such as makaton or sign language.

