



Safeguarding adults in the East Riding

An easy read guide to understanding
and reporting abuse





Who is an adult at risk of harm?

An adult at risk of harm is someone who is over 18 and in need of community care services because of:

- physical disability
- mental health
- illness
- age
- and they are not able to protect themselves against serious harm

People with a learning disability can also be vulnerable to bullying and abuse.

What is abuse?

Abuse happens in lots of different ways.

Abuse can be:

- when someone hurts or treats you badly
- when someone does or says things to make you upset or frightened

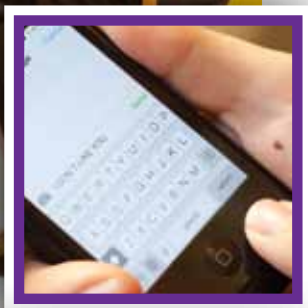
**Abuse is always wrong.
Abuse is not your fault.**





Emotional abuse

This is when people say bad things to hurt your feelings, shout or threaten you.



This could be:

- calling you names
- blaming you when it is not your fault
- ignoring you
- laughing at you
- treating you like a child



Physical abuse

This is when someone hurts you.

This could be someone who:

- hits you
- kicks you
- pinches or scratches you
- pulls your hair
- burns you
- gives you the wrong medication on purpose



Sexual abuse

This is when someone touches your body or private parts in ways you do not like or want.

It is also when someone makes you do sexual things that make you sad, angry or frightened.

This can be someone:

- touching your bottom
- touching your breasts
- making you touch other people in these places
- making you look at or watch pictures or films of a sexual nature



Financial abuse

This is when people take your money or belongings without asking.

This can be when someone:

- steals your money
- takes control of your money
- makes you pay for other people's things
- takes things that belong to you





Neglect

This is when people who are there to help you do not look after you properly.

This can include:

- being hungry most of the time
- not being kept safe
- not getting the right medical help
- not having clean clothes to wear





Discrimination

This is when people treat you badly or unfairly because you are different to them.

This could be because you:

- have a different coloured skin
- have different religious beliefs
- are disabled
- are lesbian or gay
- speak a different language





Institutional abuse

This is when paid staff in a hospital or care home do not care for you properly or respect your rights.

This can be when:

- there are not enough staff on duty most of the time
- most of the staff are not trained
- the rules and routines are made by the manager and staff
- your personal things are used by or for someone else



Who might abuse you?

Most people will not abuse.

People who could abuse you might be:

- a member of your family
- paid staff or professionals
- neighbours
- strangers
- friends
- volunteers



Where can abuse happen?

Abuse can happen anywhere and at any time.

It could happen:

- in the house or home where you live
- in hospital
- at a day centre
- at work
- in the street



Who should I tell?

If you think you have been or are being abused you should talk to someone you trust as soon as you can.

This could be:

- a member of your family
- a friend
- a police officer
- a doctor or nurse
- a council or social worker



Say no to abuse

East Riding Safeguarding Adults Board is committed to stopping all forms of abuse as it aims to protect all adults living in the East Riding.

REMEMBER:

- mistreatment of any adult is not acceptable
- you can make a difference
- safeguarding adults is everyone's business

**DO NOT IGNORE IT!
REPORT IT!**

Your contacts

Use this space to write down important
telephone number

Doctors:

Care Support Worker:

Family and neighbours:

If you think you have been abused, who do you report it to?

If you think you have been abused and want to report it yourself, these are the numbers of people you can talk to:

East Riding Safeguarding Adults Team

Monday - Thursday 9am-5pm

Friday 9am-4.30pm.

Tel: (01482) 396940

Website: www.ersab.org.uk

Emergency Duty Team

(Out of Office Hours)

Tel: (01377) 241273

Humberside Police

Tel: 101

Emergency Services

Tel: 999

