



Safeguarding Adults From Abuse



This leaflet explains what adult abuse is and what you can do if you think you are being abused.

This leaflet is for adults aged 18 or over. It will help you decide how to keep safe, whoever you are.

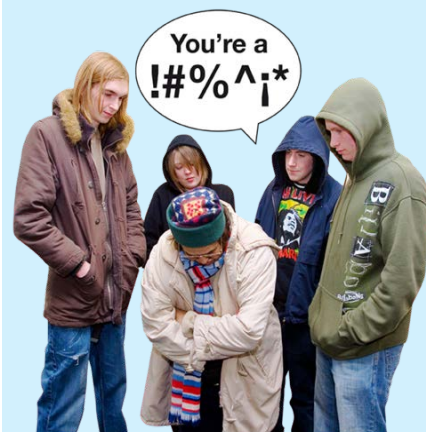


The Care Act 2014 tells us that everyone has a right to live their life free from abuse or harm. This is your right no matter what your age, race, disability or health may be.



What is Abuse 1:

Abuse is where someone says or does something to you that hurts you or makes you feel upset, scared or angry. Abuse is wrong. It is important to stop abuse when it happens. This leaflet tells you what to do if you think you are being abused.



What is Abuse 2:

Abuse can happen anywhere, at anytime and by anybody. There are lots of examples of abuse. Some examples of abuse are given below.



Neglect

When someone doesn't support or care for you properly. For example they don't give you your medication when they should or they don't help you bath, get dressed or give you your meals when they should.



Financial Abuse:

When someone takes your money or the things you own without asking your permission. It can also be when you are persuaded to give money to someone when you don't want to.



Physical Abuse:

When someone hurts you. For example they might kick you, or slap you or punch you



Discrimination:

When someone treats you unfairly because you are different to them. For example you may be a different colour or a different religion to them.



Sexual Abuse:

When someone touches you where you do not want to be touched (on your private parts) or you are made to touch other people on their private parts. Undressing or having sex when you don't want to or being made to watch other people doing sexual acts when you don't want to



Emotional Abuse:

When someone upsets you by calling you names, laughing at you, telling you off or not letting you have things that you need. That person might be a carer or people you think are your friends.



If you think that you or someone you know is being abused you must tell somebody. Don't keep it a secret. You can speak to your family, a friend or someone you trust or you can speak to us directly.



We will listen to you
We will help you decide what to do next
We will help you to stay safe
We will try to stop the abuse happening

Get in touch

Safeguarding Adults
West Berkshire Council
Council Offices
Market Street
Newbury
RG14 5LD



01635 519056

safeguardingadults@westberks.gov.uk

