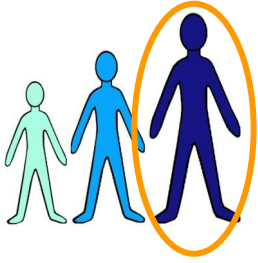


Making sure you are safe

(safeguarding adults at risk)





What does **adult at risk** mean?

An **adult** is someone who is **18 or older**



You could be **at risk** because of your

- age
- disability
- illness



If you are **at risk** you may not be able to

- take care of yourself
- stop someone from hurting you
- stop someone from taking advantage of you

What is **abuse**?

Abuse is when someone says or does something that

- hurts you
- takes advantage of you
- frightens you
- makes you unhappy



There are different kinds of **abuse**



physical abuse is when someone hurts your body – this could be by

- hitting or kicking you
- pushing or shaking you
- giving you too much medication





domestic violence is abuse that happens at home and includes violent or controlling behaviour towards another member of the household



sexual abuse is when someone

- touches parts of your body you don't want them to touch
- makes you touch them
- makes you have sex with them



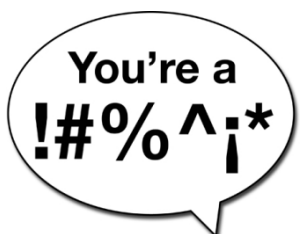
financial abuse is like stealing – it is when someone

- takes your money without asking
- takes your things without asking
- makes you pay for things which are not for you
- does not let you choose how you spend your money



emotional abuse is when someone says bad things to hurt your feelings or shouts at you

- laughs at you
- calls you names





- ignores you
- treats you like a child
- blames you for things that are not your fault



modern slavery is when someone forces you to do something – this could be forcing you to work for little or no money or even forcing you to get married



discrimination is when someone is mean to you because you are different – they may say or do bad things to you because of

- the colour of your skin
- **your disability**
- your age
- your religion
- where you come from
- your sexuality – you may be a lesbian or gay



discrimination is also when someone treats you unfairly because you are different



neglect is when someone does not look after you properly – this could mean

- you are often cold



- you are often hungry



- you have no clean clothes

- you are in danger



self neglect is also a kind of abuse – this is when someone is not looking after themselves properly



organisational abuse is about bad practice in care services including care in the home – this kind of abuse can lead to neglect

Who can **abuse** you?



Anyone could abuse you and anyone could behave in a way that is abusive – the person could be

- a worker or member of staff
- a carer
- a family member
- a friend of the family
- another adult at risk of harm

Where can **abuse** happen?

Abuse can happen **anywhere** and **at any time** – it could happen



- at home
- at work
- at college
- at a day service
- in hospital



What can you do?



- **tell someone you trust**
- **tell someone as soon as you can**

Here are some of the **people you could tell**



- the police



- your family



- a social worker



- a friend



- a doctor or nurse



- a member of staff



What happens next?

If you tell



- the police



- a member of staff



- your social worker



- someone from the council

They will



- listen to you



- help you stay safe



- find out more about what happened



- tell you what they are going to do about it

- give you help and support



Who else can I speak to?

You can speak to someone at **CLDS**
– here is the address and phone number



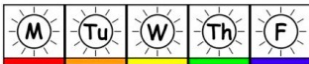
Camden learning disabilities service
5 Pancras Square
King's Cross
London N1C 4AG



020 79 74 37 37



CLDS is open from **9am to 5pm, Monday to Friday**



If you need to speak to someone outside these times,
please call the **emergency duty team** on



020 79 74 44 44



In an emergency, you can call the **Police**

The emergency number for the Police is **999**



999