



Keeping adults safe from **abuse**

Adult abuse has to be **stopped**. Every adult has the right to live safely and free from abuse. This booklet tells you what you can do if you, or someone you know, might be at risk.

Livability wants to make life safer for adults we support. We work with others, including social services and health services, to make this happen.

Who are we trying to help?

People we support who are over 18 years old. They may be vulnerable because of their disability or age, and may not be able to stop the abuse.

What is abuse?

Abuse is when someone does or says things to you that make you upset or frightened. You may be too scared to tell anyone or stop them.

This abuse may be deliberate, or someone may not realise that they are abusing you or upsetting you.

Abuse includes

- physical abuse
- sexual abuse
- emotional abuse
- financial abuse
- neglect
- discriminatory abuse

Who can abuse?

Anyone can. It might be someone you know, like a carer or family member, or a stranger.

Physical

When someone hurts your body, perhaps by

- hitting
- kicking
- hair-pulling
- pinching or shaking
- giving too much medication

Sexual

When someone makes you do sexual things that make you feel sad, angry or frightened. Sexual abuse is being touched where you don't want to be touched, like

- your private parts
- your bum
- your breasts
- your penis or vagina

Or someone might make you touch other people in those places.

Emotional

When people use words to hurt your feelings, perhaps shouting or threatening you. They might

- call you names
- laugh at you
- blame you for something that isn't your fault
- treat you like a child
- ignore you

Financial

When someone takes your money or things without asking you.

They might

- steal your money
- force you to pay for other people's things
- spend your money without checking with you first

Neglect

When your care or support is not enough to meet your needs.

If this happens, you might

- often feel cold
- often be hungry
- have only dirty clothes to wear
- be put in danger
- feel ill, and can't get help

Discriminatory

When people abuse you because you are different.

This might be what they say or what they do.

It could be because you

- have a different colour skin
- have a different religion
- are disabled
- are lesbian or gay
- speak a different language

It might be because of your age.

Whose **fault** is it?

The abuser is to blame for what is happening. It is not the fault of the person who is being abused. But often people who are abused feel guilty and feel they must have done something to make it happen. If you feel like this, talk to someone you trust about it. See page 7 for some of the

Where does it **happen**?

Abuse can happen anywhere, including
day centre or college
house
hospital
care home
at work
at a club

What can you do?

If you are being abused, **tell someone you trust** as soon as you can.

If you think someone else is being abused, **ask them what you can do to help. Then tell someone you trust about it.**

What **not** to do?

- **don't ignore** what's going on
- **don't** get rid of, or clean up, anything that might be evidence. It might be needed to stop the abuse.

You might want to **tell**

- your family
- the police
- a social worker
- a friend
- a nurse
- a care inspector
- support staff
- a doctor

Where do you **report the problem?**

local police:

local social services:

CQC: phone 03000 616161 or [email enquiries@cqc.org.uk](mailto:email_enquiries@cqc.org.uk)

Safeguarding coordinator: phone 020 7452 2109

Complaints receiver: phone 020 7452 2109

If it's an **emergency**, phone **999** and ask for the police

What happens **next?**

- you will be asked to tell someone about what happened
- you, or the person you are worried about, will be made safe if they are in physical danger
- in other cases, what happens will depend on
 - what the person involved wants
 - how serious the situation is
- trained staff will deal with the situation sensitively, to find the best way forward
- the person involved will be given information and advice if needed, the person involved will be cared for and supported in any decision-making

This booklet is available

- to read at www.livability.org.uk
- in an easyread version



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