



healthwatch
Kingston upon Thames

LONDON
SAFEGUARDING
VOICES

'Our Voices Together Are Stronger'






Adult Safeguarding - keeping adults safe from abuse.






Everybody has a right to be safe from abuse.

Book 1. What is abuse?

What is this book about?

	<p>Everybody has a right to be safe from abuse. This book has been written to help you understand abuse and to stay safe.</p>
	<p>It was made by Healthwatch Kingston through the London Safeguarding Voices (LSV) group.</p>
	<p>Safeguarding is about everyone working together to make sure people are safe.</p>
	<p>This book has information about different types of abuse. You can read it alone or with someone to support you.</p>
<p>Mental Capacity Act 2005.</p> 	<p>There are times when you may need help to make decisions or may lack the mental capacity to make decisions for yourself.</p>





What is this book about?

	<p>An assessment may be done to check this. If the assessment shows you need help, you will be asked if there is anyone you would like to speak for you and act in your 'best interests'.</p>
	<p>If there is not anybody, an Independent Mental Capacity Advocate will speak with you to listen to your views and feelings about what you want to happen.</p>
	<p>Other people speaking on your behalf must do so in your 'best interests', and they must follow the guidance provided by the Mental Capacity Act 2005.</p> <p>The Act is intended to assist and support people who may lack capacity and to balance a person's right to make decisions for themselves with their right to be protected from harm.</p>


What is abuse?

	<p>Abuse is when someone hurts you or treats you badly.</p>
	<p>Abuse can be done on purpose or by accident.</p> <p>Abuse is never your fault.</p>
	<p>There are different types of abuse.</p> <p>This book has information about some of the different types of abuse listed in the Care Act.</p>
	<p>The Care Act is a law that says how organisations must work together so people are safe from abuse.</p>
	<p>Remember, abuse is never OK.</p> <p>If you or someone you know is being abused, tell someone you trust.</p>
	<p>There are details of people you can talk to at the back of this book.</p>






Physical abuse

	<p>Physical abuse is when someone hurts you or part of your body.</p>
	<p>Physical abuse could be:</p> <ul style="list-style-type: none">• Punching, hitting or kicking• Biting, scratching or slapping• Grabbing roughly or pushing• Pulling hair
	<p>Signs of physical abuse could be:</p> <ul style="list-style-type: none">• bruises• broken bones• cuts• burns
	<p>It can also be if you are given the wrong medication, too much medication or not enough medication.</p>


Sexual abuse

	<p>Sexual abuse is when someone forces you to have sex or touches you or speaks to you in a sexual way when you do not want them to.</p>
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Examples of sexual abuse

	<p>Someone touches your body or private parts in a sexual way when you do not want them to.</p> <p>Someone makes you touch their private parts.</p>
	<p>Someone makes comments about you or your body that make you feel uncomfortable or scared.</p>
	<p>Someone makes you have sex or do a sexual thing when you do not want to.</p>
	<p>Shows you pictures or videos about sex that you do not want to see</p>
	<p>The other person might be a stranger. It might be someone you know, including your partner. It is still NOT ok.</p>

Emotional abuse

	<p>Emotional abuse is when people do or say things which make you feel bad or scared.</p> <p>This is also called psychological abuse.</p>
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Examples of emotional abuse

	<p>Bullying, calling names or laughing at you.</p>
	<p>Being treated like a child.</p>
	<p>Being threatened or made to do things you do not want to do.</p>
	<p>Being left alone or ignored on purpose.</p>

Financial abuse



Financial abuse is when someone uses your money or your things without your permission.

Examples of financial abuse



Stealing your money or your things.



Borrowing your money or things but not giving them back.




Someone makes you pay for their things - like lunch or drinks.



Someone taking control of your money without your permission.

This includes taking your benefits or changing your will.


Neglect

	<p>Neglect is when someone who is meant to support you does not support you properly.</p>
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Examples of neglect

	<p>Not giving you enough food or drink</p>
	<p>Not supporting you to stay warm or cool.</p>
	<p>Giving you the wrong medication, even if it is an accident.</p>
	<p>Leaving you on your own for a long time when you need support.</p>



Self-neglect

	Self-neglect is when you do not look after yourself properly and this causes you or someone else harm.
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Examples of self-neglect

	Not eating enough food or eating too much of the wrong kind of food.
	When you do not have a wash, shower or a bath or brush your teeth regularly.
	Living in a very dirty home and never cleaning or tidying up. This includes people who have pets and do not clean up their poo.
	Not going to the doctors or dentist when you need to go.

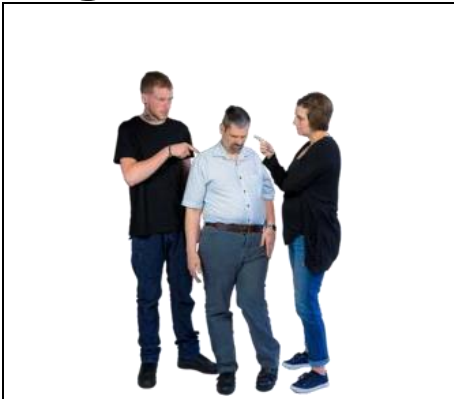
Discrimination

	<p>Discrimination is when someone treats you differently or unfairly because you are different to them.</p>
	<p>People may treat you differently because of your:</p> <ul style="list-style-type: none"> • age • gender or sexuality • disability or health condition • race or religion

Examples of discrimination

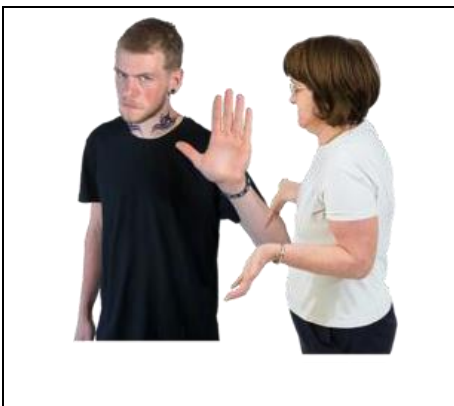
	<p>People calling you names or saying nasty things about you because of who you are. This might be in person or behind your back or on the internet.</p>
	<p>Not getting the support you need to do things like everyone else, for example use of a ramp.</p> <p>Or a communication aid.</p>

Organisational abuse



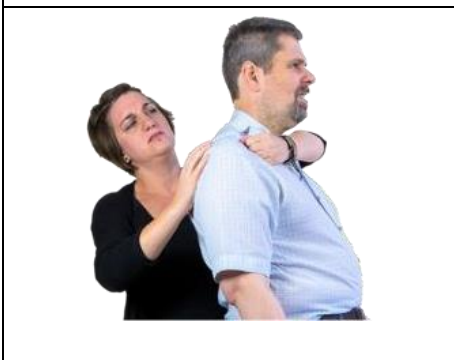
Organisational abuse is when people or services paid to look after you do not do their job properly. This can also be called **institutional abuse** or **systemic abuse**.

Examples of organisational abuse



When staff make all the rules and you have no choice about:

- where you live and who you live with
- when you get up or go to bed
- what you can eat and when



When staff do not know how to support you properly or do their job



When there are no social, recreation and entertainment activities **or** when you have to do the same activities all the time with no choices.

Domestic abuse



Domestic abuse is when you are abused by someone who is

- a family member **or**
- someone you are personally connected to


Two people are **personally connected** if:

- They are or have been married to each other
- They are or have been civil partners of each other
- They have agreed to marry one another
- They are in a civil partnership agreement
- They have or have been in an intimate personal relationship
- They each have or there has been a time when they have had parental relations to the same child
- They are relatives





Domestic abuse

	<p>The law says that the person abusing you must be aged 16 or over and personally connected to you for it to be called domestic abuse.</p>
	<p>Domestic abuse can include lots of the other types of abuse in this book including emotional, physical, financial, and sexual abuse.</p>
	<p>Someone controlling your money and what you can buy.</p>
	<p>Someone might stop you from seeing your friends, family, pets or other people outside your home.</p>
	<p>Someone might open your mail and read your private letters including your emails and social media without your permission.</p>
	<p>It does not matter if the abuse happens only once or many times, it is still domestic abuse.</p>

Modern Slavery

	<p>Modern Slavery is when someone has control over you and makes you work for little or no pay when you do not want to.</p>
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Examples of modern slavery

	<p>Having no control about your life, where you live and what you can do.</p>
	<p>Having to work long days in bad conditions.</p>
	<p>Being punished if you do not work.</p>
	<p>Being too scared to leave or tell anyone.</p>

Other types of abuse



In this book we have talked about types of abuse in the Care Act. This is a law that says how organisations must work together so people are safe from abuse.



There are also other types of abuse that you might have heard about.



Hate Crime is when someone does something to you or attacks you because of who you are.

They might attack you because of your gender, your race, your disability or something else.



Mate Crime is when someone pretends to be your friend so they can take advantage of you.

This includes stealing your money, eating your food or using your house.



Remember, abuse and neglect is **never** ok.



If you or someone you know is being abused, tell someone you trust.



This could be:

- Someone in your family
- A friend
- A carer or support worker
- A social worker
- An advocate (Advocates support you to speak up)
- The police
- A nurse or doctor
- Someone from a charity like Age UK, Mencap or Mind
- Someone from the Care Quality Commission
- Someone you work with

There are two other books in this ‘Keeping Safe from Abuse’ series.

	<p>Book 2 ‘Speaking up about abuse’ has information about how to tell someone about abuse.</p> <p>Book 3 ‘Reporting abuse’ has information about what happens when you report abuse.</p>
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Contact details to report abuse

	<p>Royal Borough of Kingston Upon Thames Council</p> <p>Report your concern on the Kingston Council website by clicking here.</p>
	<p>Or call the Kingston Adult Social Care team</p> <ul style="list-style-type: none"> • between 9.00am - 5.00pm on 020 8547 5005 • after 5pm and on Bank Holidays please call 020 8770 5000 <p>For emergencies call 999.</p>



Metropolitan Police

For emergencies call 999.

To talk to someone, call 101.

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