

# Christies Care Safeguarding Guide –

## Easy to Read version

### (Protecting Adults at Risk)

Everybody has a right to be safe from abuse.

This booklet tells you about different types of abuse.

It tells you what to do if you are being abused, or if you think someone else is being abused and what will happen.



### What is abuse?

- There are many different types of abuse
- Abuse is the word we use when someone does bad things to us or hurts us.
- Abuse can happen once or many times.
- Abuse can happen anywhere.
- All sorts of people can abuse us.

**Abuse is always wrong, it goes against your rights.**

# Types of Abuse

- **Physical Abuse**

Physical abuse is when somebody does something on purpose to hurt you and it results in pain or suffering. Such as kicking, punching or slapping.



Other examples are:



Opening a window and removing blankets so someone gets cold.



Keeping someone locked indoors all day.



Pulling someone's hair, biting or pushing.



Withholding food or forcible feeding.

- **Domestic Abuse**

This is when somebody within your family or your partner is violent or abusive towards you.

Some examples of this are:



Harming, punishing or being frightening.



Isolation – not able to see family and friends.



Assault or threats.

- **Sexual Abuse**

This is when someone forces you to take part in sexual activity with them. This can include touching private parts.

Some other examples of this are:



Taking photos of you naked.



When someone forces you to do something you don't want to do.

- **Psychological Abuse**

This is when somebody treats another person badly which can hurt that persons feelings. Which makes them upset.

Some examples of this are:



Swearing or bullying.



Stopping you from making choices.



Leaving you on your own a lot or not letting you see friends/family.

- **Modern Slavery**

This is where somebody takes away another person's freedom. Such as controlling their body or the way somebody lives their life.

Some examples of this are:



Domestic work.



Being forced to move to another country. Or being forced to work for free to pay off debts which you will never be able to repay.

- **Financial or Material Abuse**

This is where somebody takes your money or belongings without your permission.

Some examples of this are:



Stealing your money or things.



Using your things without asking you. Using your home as a business or in a way to make money.



Not letting you access your money or not helping you to manage your money.



Someone asking to borrow money from you.

- **Discriminatory Abuse**

This is when people treat you badly because you are different to them. This can include things such as your age, disability, gender, race or religion.

Some examples of this are:



Verbal abuse.



Stopping you from using your communication aids.



Excluding you from a club or activity because you are a wheelchair user or for another reason.

- **Organisational Abuse**

This is when paid staff do not care properly or respects people's rights. It could be that they are not offering you choices or restricting from doing something you would normally do.

Some other examples of this are:



Not allowing you to have visitors.



Controlling the time that you go to bed or wake up.

- **Neglect**

This is when a person ignores your care needs. It is when the people who you rely on to help you don't help you.

Some examples of this are:



Not providing or assisting with things such as personal care, food and water, heating and somewhere to sleep. A dirty or unclean home.



Ignoring or isolating a person.



Not giving someone medication. Or not seeking medical attention when required.



Poor care being provided to you and someone not helping you with what you need help with.

- **Self - Neglect**

This is when you are not looking after yourself or allowing others to help you.

Some examples of this are:



Not keeping yourself clean.



Living in an unclean and unsafe home.



Not being able to cook yourself food and not asking for help with it.



Neglecting to care for your health. Not taking your medication.

## Who should you tell?

- **Tell somebody that you trust as soon as possible, such as:**
  - Someone at Christies Care.
  - A friend or family member.
  - A social worker, the police, a doctor or another professional.

## What will happen next?

- We will make sure that you are safe and well.
- We will inform the Local Authority.
- The Local Authority and Christies may speak to other people, this could include:



The Police



The Fire Service



A Social Worker



Nurse, Doctor or other  
Health professionals



A Housing Officer



Anyone else who  
is working with you

## What else may happen?

- We have to look into what has happened. We have to investigate people, even if you like them and do not want to complain about them.
- We need to make sure you and other people are safe.
- We may ask you some questions.
- If we think other people are at risk we may speak to them as too.
- If we think somebody has broken the law we will inform the Police.

# We will provide the support that you need throughout.

## Who you might want to contact for support or advice:

Christies Care Main Switchboard

01728 605000

Quality and Safeguarding Team at Christies Care

01728 605033

Local Safeguarding Team

Name.....

Number.....

Social Worker

Name.....

Number.....

Family or Friend you trust

Name.....

Number.....

Other Person you trust

Name.....

Number.....

