



Remember:

Abuse is not your fault. No

one should abuse you.

Everyone has the right to live in safety.



Helpful numbers:

B&NES Community Services 01225 396000

Emergency Duty Team 01454 615165

Police (non-emergency) 101



Keeping Adults Safe from Abuse and Neglect



Adults with care and support needs at risk of abuse are people who cannot take care of themselves or cannot stop someone else from hurting or abusing them.



Abuse is when someone does or says something to you which makes you unhappy, scared or angry and does not feel or seem right to you.



Any abuse is wrong.

Abuse can happen anywhere.

It can be done by anyone, even people that you know.



What should I do if I am worried about being abused?



Tell someone you trust as soon as you can. They will help you to stop the abuse.

They might have to get help from the police or a social worker to make sure you are safe.



You can ring B&NES Community Services on 01225 396000 for advice and help.

Abuse can be:



Physical - things like hitting, kicking, not giving you the right medicine.



Financial - things like someone taking your money or things that belong to you, or if someone does not let you choose how to spend your money.



Emotional - when someone makes you feel scared or makes fun of you.



Sexual - when someone touches you where you do not want to be touched.



Discrimination - being treated unfairly because of things like your skin colour, disability or age.



Neglect - when you are not given the things you need, like clean clothes, food or help when you need it.

Institutional - when you are not treated properly by people like staff in a care home, hospital or supported living services.