

What Can You Do?

- No one should have to live with abuse
- By reporting abuse, you can help bring it to an end
- You may feel completely alone but you are not
- There are people who can help and it is important to get in touch with them
- Abuse can be very confusing especially if you look up to the person hurting you or if they are a friend or a member of your family
- You might not want to talk to someone you know and might prefer to speak or email someone at one of the services in this fact sheet
- These services have people who are trained to help and support you and they will not be shocked or surprised at what you say. They will listen to you and help you decide what to do

Who Can Help?

- Leicester City Council Safeguarding Team
Phone: 01164541004
City or 01163054933
Safeguarding team
01164543050004 County
Rutland 01572758341
- Police:
In an Emergency: 999
In a non-emergency: 101
- Care Quality Commission (CQC)
Phone :03000 61 61 61
Web: www.cqc.org.uk
- Contact and Response Team
phone: 0116 454 1004
Emergency 01162551606

Concerned
about Abuse?
A Guide to
Keeping Safe
For
People Who Use
Our Services

What is Adult abuse?

- Adult abuse is when someone hurts or scares you on purpose
- They might say, "Don't tell anyone"

Adult abuse is wrong

- Adult abuse can happen to anyone
- You need to know what to do if it happens to you or to someone you know

Abuse can happen anywhere

- At Home
- In a Residential or Care Home
- In Hospital
- In a Day Service, Work, School
- On the Internet or Phone
- Public place/in the community

Abuse can be caused by anyone

- A partner or relative
- A friend or neighbour
- Sometimes a person pretends to be your friend so they can abuse you. This is called 'Mate Crime'
- A paid or volunteer carer
- Other service users
- Someone in a position of trust
- A stranger

There are Different Types of Abuse

- Physical abuse
- This involves being hit, slapped or kicked, or being hurt in another way

Sexual abuse

This is when someone touches your private parts when you don't want them to, or makes you touch them

It is also when someone talks to you about sex when you don't want them to

Financial or material abuse

This is when someone takes something that belongs to you without asking, or makes you give them things

Modern Slavery

This is when someone is forced to work with little or no pay, or threatened with violence if they do not work

Domestic Violence and Abuse

When abuse occurs between partners or family members, it is often called Domestic Violence and Abuse

Neglect

This is when you do not get the help you need. It might include not getting help with your medication, or your care needs, or not giving you enough food

Discriminatory abuse

This is when someone treats you badly because you are different to them. This is sometimes called Hate Crime

This could be because of you:

• Age or gender • Sexuality or disability • Race or religious belief

Organisational abuse

If abuse is caused by an organisation, it is often called Organisational Abuse. This is where you are not being cared for properly. It is where your own choices are ignored

Self-neglect

This is when someone might come to harm because they do not look after themselves

This might be not eating or taking their medication or looking after their personal hygiene