



Keeping Safe from Abuse

Easy Read Summary

Keeping safe from abuse



This booklet is to help you understand what abuse is and to help keep you safe.

Who is at risk?



- Someone over the age of 18
- Has care and support needs – this might be because of their age, disability, mental health, drug or alcohol use, or homelessness
- Is unable to protect themselves

Adults who have care and support needs could be:



- Older people
- Someone with a physical or learning disability
- Someone with long-term illness, or someone with a mental illness

What is abuse?



Abuse is when someone hurts you or treats you badly. Abuse is always wrong!

Physical abuse



This involves being hit, kicked, slapped, 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 theirs.

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

Emotional abuse



This is when people talk to you in unkind ways.

This includes teasing, threatening, swearing, ignoring you, shouting, and bullying.

Financial abuse



This is when someone takes something that belongs to you without asking.

This could be taking your money and not giving it back, or making you pay for things when you don't want to.

Neglect



This is when you don't get help when you need it.

It could include not getting your care needs met, not giving medication, or not giving you enough food.

Self-Neglect



This is when you do not look after yourself properly.

This might be not eating enough food (or eating too much), not washing, showering, or brushing your teeth, or not going to the doctors, dentist, or hospital when you need to.

Hoarding



This is when you might collect too many things and your home becomes unsafe. You might trip over things, and it could be a fire risk.

Organisational abuse



This is when people who are paid to look after you do not listen to you and make you feel unhappy.

This might be making you do things you do not want to do, and not allowing you to make your own choices.

Domestic abuse



Domestic abuse is when you are hurt by a family member or your partner.

Modern Slavery



This is when someone forces you to work for little or no pay.

Discrimination



This is when someone treats you badly because you are different to them. This is sometimes called hate crime.

This could be because of:

- The colour of your skin
- Your religion
- Your disability, or your sexuality.

Mate Crime



This is when someone pretends to be your friend and takes advantage of you. They might steal your money or your food.

Watch the [Tricky Friends animation](#) on the NSAB website. It will show you what good friendships should look like.

Cuckooing



This is when someone uses your home to carry out illegal activity like selling drugs.

Abuse is always wrong, and you should report it

- If someone is injured, they might need a doctor, or an ambulance.
- If you think a crime has happened, you could call the police.

There are lots of people to keep you safe



Social care

These are people working in the council such as your social or care worker.



NHS

Your doctor, nurse, therapist, and carers.



Service providers

People working in care homes, day centres, home care agencies and respite services.



Police

Police officers will help you when a crime has happened.



Family, friends, neighbours

You should tell them if you think you might have been abused, or you are in a service where you don't feel safe.



Advocates

An advocate can support you and speak on your behalf when you need help.

Contact your local council if you want to speak to an advocate.

Safeguarding Adults Board

The main job of the Board is to make sure that things have been put in place with the council, police, NHS and other services to help to keep you safe.

Who to contact to report abuse?

Local Councils:



North Northamptonshire Council
(Includes Corby, East Northants, Kettering, Wellingborough)



Telephone: 0300 126 3000



Email:
safeguardingnorth.NCC@northnorthants.gov.uk



www.northnorthants.gov.uk

[Report a concern using the online form](#)



West Northamptonshire Council
(Includes Daventry, Northampton and South Northants)



Telephone: 0300 126 7000



Email:
safeguardingwest.NCC@westnorthants.gov.uk



www.westnorthants.gov.uk

[Report a concern using the online form](#)

In an emergency, call the Police on 999

Safeguarding is everyone's business



Website: www.northamptonshiresab.org.uk

[Website: Campaigns – Tricky Friends](#)

Twitter: @NorthantsSAB

Northamptonshire 
Safeguarding Adults Board