

Safeguarding Vulnerable adults: How to recognise and protect yourself and others from abuse

Adult safeguarding is about protecting vulnerable adults. This includes keeping people safe and protecting them from abuse. It is also about keeping people safe in their home. This includes fire safety and home security.

There are different kinds of abuse - older people and those with disabilities can be especially vulnerable:

Physical abuse includes hitting, slapping, punching, kicking, misuse of medication, or restraint.

Sexual abuse includes both inappropriate sexual behaviour and intimidation.

Other kinds of abuse are not physical:

Financial abuse includes theft, fraud, the misuse of property or possessions or benefits.

Psychological abuse can put people under pressure to do things they do not want to do and includes threats, humiliation, intimidation and verbal abuse.

A deliberate or careless refusal to provide adequate care for someone could be **neglect**. Adults who are neglected can feel they have been left alone or abandoned. Neglect can leave people malnourished or seriously ill because they are not getting the right food, care or medicine.

Some people can treat others differently because of their age, disability, ethnicity, sexuality, faith or skin colour. This could be seen as **discrimination**, bullying or harassment.

Institutional abuse or mistreatment is by a regime or by an individual within any building where care is provided.

How to protect yourself and others from abuse:

With each kind of abuse, neglect, undue pressure or assault, there is often someone who knows it is happening or suspects that something is wrong.

By taking responsibility and reporting it, you can help yourself and others. This will help people keep their dignity and respect, protect their finances and keep them safe from physical harm.

Anyone who thinks they might suspect abuse can talk to someone about it.

There are many ways we can support you or someone you think is at risk or might

need protecting. If you report something, we will discuss with you what action, if any, might be taken.

If no one reports a problem, neglect, abuse or assault could continue when something could be done to stop it.

Reporting abuse of a vulnerable adult

If you have concerns about a vulnerable adult please:

Telephone: 0845 604 2719

8.30am – 5.00pm Monday to Thursday

8.30am – 4.30pm Friday

Fax: 01785 276026

Email: vastaffordshire@staffordshire.gov.uk

In an emergency, outside office hours please call **0345 604 2886**

More information can be found at www.staffordshire.gov.uk

If you think someone is in immediate danger or is at a high risk of harm:

Contact the **emergency services** on **999**