

Safeguarding Adults from Abuse



This leaflet is an Easy Read version of:
Adult Abuse is Everyone's Business



West Berkshire Council has written this leaflet for adults aged 18 or over. It explains what adult abuse is and what you can do if you think you are being abused.

It will help you decide how to keep safe, whoever you are.

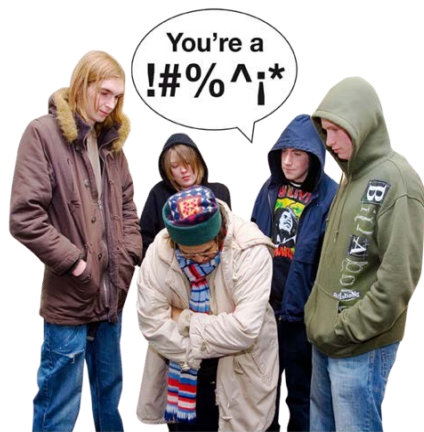


The Care Act 2014 tells us that everyone has a right to live their life free from abuse or harm. This is your right no matter what your age, race, disability or health may be.

What is Abuse 1:



Abuse is where someone says or does something to you that hurts you or makes you feel upset, scared or angry. Abuse is wrong. It is important to stop abuse when it happens. This leaflet tells you what to do if you think you are being abused.



What is Abuse 2:

Abuse can happen anywhere, at anytime, and by anybody. There are lots of examples of abuse. Some examples of abuse are given below.



Neglect

When someone doesn't support or care for you properly. For example, they don't give you your medication when they should or they don't help you bath, get dressed or give you your meals when they should.



Financial Abuse:

When someone takes your money or the things you own without asking your permission. It can also be when you are persuaded to give money to someone when you don't want to.



Physical Abuse:

When someone hurts you. For example, they might kick you, slap you or punch you.



Discrimination:

When someone treats you unfairly because you are different to them. For example, you may be a different colour or a different religion to them.



Sexual Abuse:

When someone touches you where you do not want to be touched (on your private parts) or you are made to touch other people on their private parts.

Undressing or having sex when you don't want to or being made to watch other people doing sexual acts when you don't want to.



Emotional Abuse:

When someone upsets you by calling you names, laughing at you, telling you off or not letting you have things that you need. That person might be a carer or people you think are your friends.



If you think that you or someone you know is being abused, you must tell somebody. Don't keep it a secret.

You can speak to your family, a friend or someone you trust or you can speak to us directly.



- We will listen to you
- We will help you decide what to do next
- We will help you to stay safe
- We will try to stop the abuse happening

Team Contact Details



Telephone: 01635 519056

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This easy read booklet has been produced by the Safeguarding Adults Team, West Berkshire