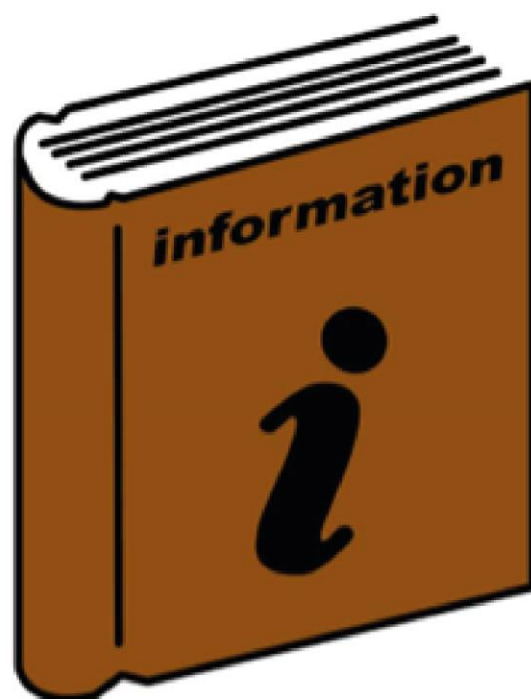


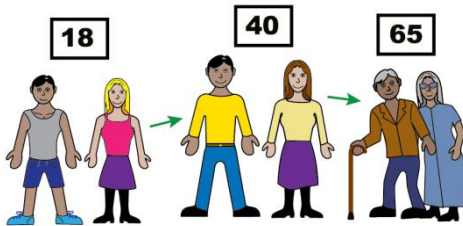
# Keeping safe from abuse

## Easy Read Information



## Who is at risk?

An adult at risk is a person who

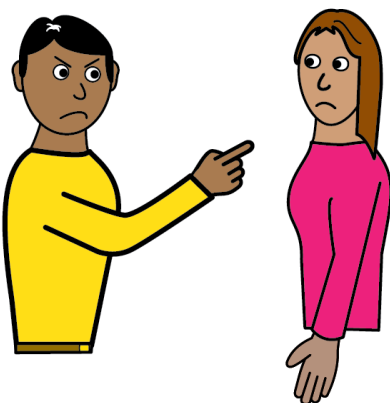


Is 18 years or older.



Needs more support.

This might be because of their age, disability, mental health needs, drug alcohol misuse or other condition.



Is unable to protect themselves.

## Abuse can happen anywhere



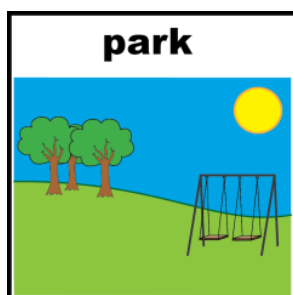
At home.



In a care home or a nursing home or a hospital.



On the computer or on your phone.

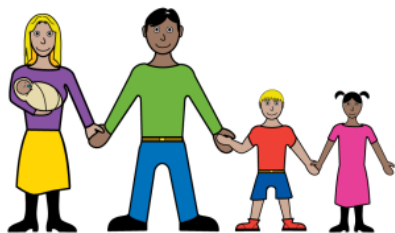


In a public place.



In a day service or at work.

## Abuse can be caused by anyone



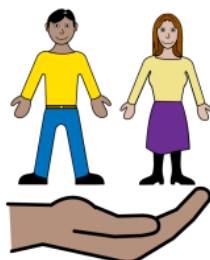
A family member.



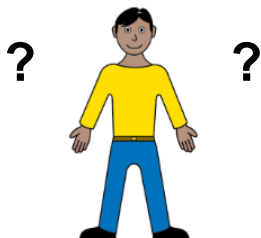
A partner (boyfriend or girlfriend).



A friend or neighbour.



A carer.

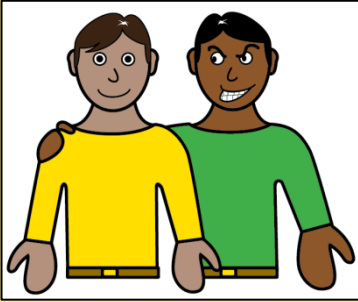


A stranger.



Someone you trust.

## What is abuse?



There are different kinds of abuse.

Even if someone does not hurt you, it could still be abuse.

### Physical abuse



If you are hit, slapped, kicked or hurt in another way this is physical abuse.

### Sexual abuse



If someone touches you when you do not want them to.

If someone makes you touch them when you do not want to.

If someone talks to you about sex when you do not want them to.

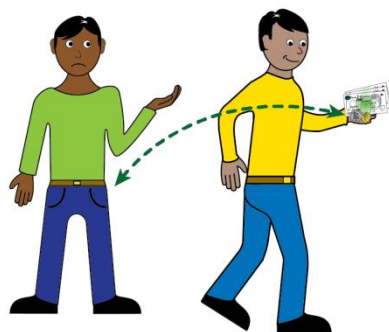
This is sexual abuse.



## Psychological abuse

If someone makes you feel sad or scared or useless this is psychological abuse.

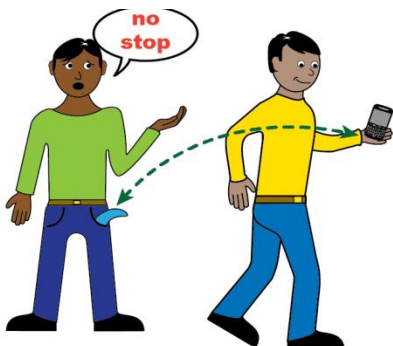
They might call you names, make fun of you or shout things at you.



## Financial or material abuse

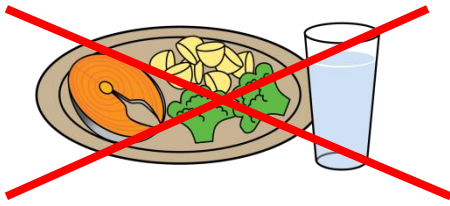
If someone takes something that belongs to you without asking.

If someone makes you give them your things.



If someone spends your money without your permission.

This is financial or material abuse.

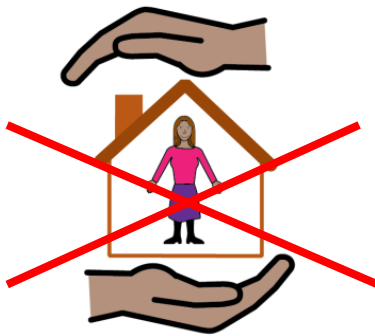


## Neglect

If someone does not care for you properly this is neglect.



You might not be given enough food or water.



You might not be given your medicine.

You might not be given a safe place to live.

## Self-neglect



If you don't look after yourself properly, you might cause yourself harm. This is called self-neglect.

You might not eat.

You might not take your medicine.

You might not look after your personal hygiene.

## Hate Crime



If someone treats you badly because you are different from, this is a hate crime. It is also called discriminatory abuse.

It is against the law to abuse someone because of their:



- Age or Gender
- Disability or Sexuality
- Race or Religion
- Gender reassignment

## Mate Crime



Sometimes a person can pretend to your friend so they can abuse you. This is called Mate Crime.

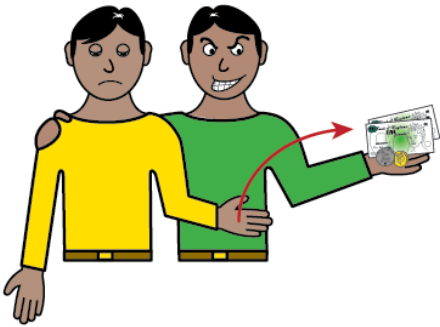
They might ask you for money a lot.

They might make you do things you do not want to do.

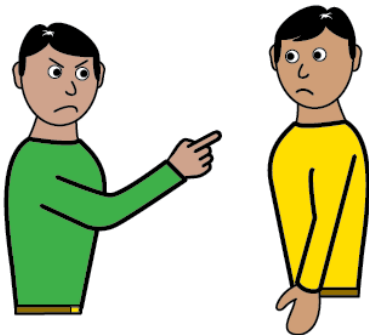
This is not what real friends do.



## Modern Slavery



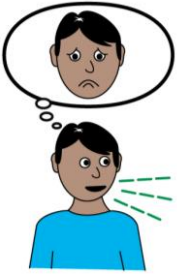
If someone forces you to work with little or no pay, this is modern slavery.



If someone threatens you or hurts you to make you do work, this is modern slavery.

It is abuse.

## What you can do



If you think you have been or are being abused you should talk to someone you can trust.

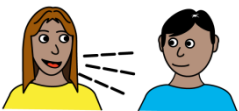


This might be a friend or family member.  
A doctor, nurse or the police.

**SAMARITANS**

If you don't think there is anyone you can talk to, call the Samaritans on **116 123**.  
They can help you.

**talk to**



You must tell somebody to help make this stop.

**speak to police**



The person you talk to can help you report it to the police.

This means it won't happen to anyone else.

**phone 999**



**If you think you are in immediate danger, call 999.**

## What you shouldn't do

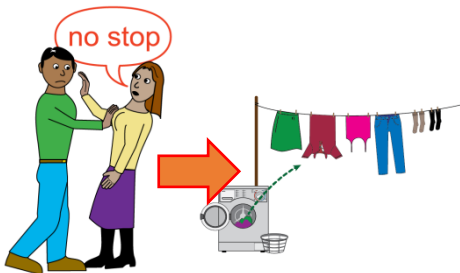


Don't promise to keep the abuse a secret.

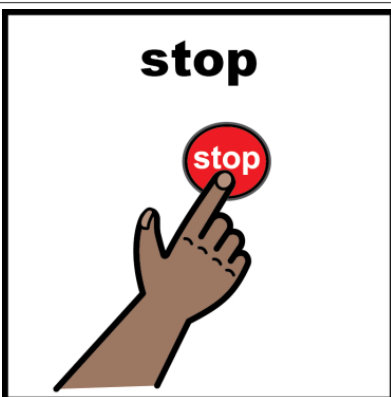


Don't let the person who is abusing you know that you are reporting it.

You might not be able to get the help you need if you do this.



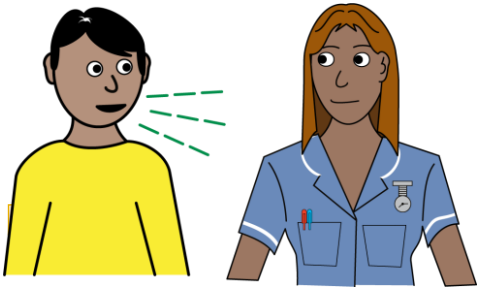
Don't destroy or clean anything that might help to prove that you have been abused.



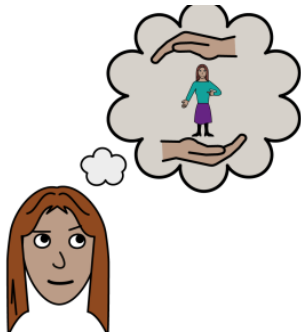
Don't wait.

The sooner you report it, the sooner it will stop.

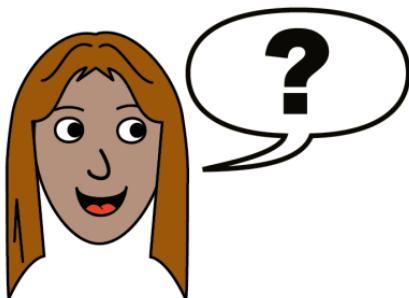
## When you report abuse, people will



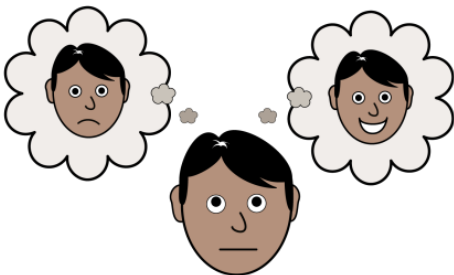
Listen to you



Help you to stay safe



Ask you questions

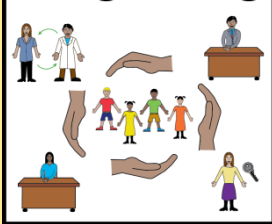


Take you seriously



Give you the help and support you need

### **safeguarding**



While you are in hospital, talk to the Adult Safeguarding team.

They can help you if you have been or are being abused.

## **Royal Shrewsbury Hospital**

### **phone and email**



01743 261000 ext: 3608

sath.safeguardingadults@nhs.net

## **Princess Royal Hospital**

### **phone and email**



01952 641222 ext: 4821

sath.safeguardingadults@nhs.net

## **To report a safeguarding concern outside of the hospital**



### **Shropshire**

0345 6789044



### **Telford & Wrekin**

01952 385385

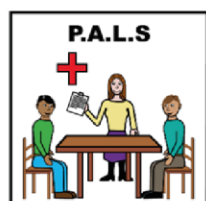


### **Powys**

01597 827666



## Further information is available from:



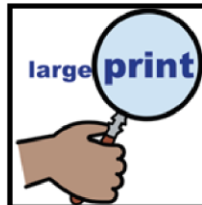
**Patient Advice and Liaison Service (PALS)**  
Royal Shrewsbury Hospital: 0800 7830057  
Princess Royal Hospital: 01952 6414679



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**The Learning Disability Team**  
can be contacted for support  
on 01743 211210



or large print.



**Mencap**  
<https://www.mencap.org.uk/advice-and-support>



If you would like a copy of this information in a different format email [sath.patientexperience@nhs.net](mailto:sath.patientexperience@nhs.net) or telephone 01743 261000 ext 3032

Website: [www.sath.nhs.uk](http://www.sath.nhs.uk)

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