

# Adult Safeguarding

Easy Read Guide

West Sussex  
Safeguarding Adults  
Board  
Making Safeguarding Personal



**No Decision About Me, Without Me**

## What is abuse and neglect?



Abuse and neglect is always bad. There are different kinds of abuse.



**Physical abuse** includes hitting, kicking, burning, giving you the wrong medication or medication, you don't need.



**Neglect** is about not getting the help, food, or healthcare you need.



**Self-neglect** is when you are not looking after yourself, or not wanting help given to you.



**Financial abuse** is about other people stealing money or things you own, not letting you have money or telling you what to spend it on.



**Domestic abuse** is any form of abuse from anyone that you live with, including ex-partners.



**Sexual abuse** is unwanted sexual contact such as touching or kissing, taking or sending sexual pictures.



**Psychological/Emotional abuse** is shouting, threats, cyber bullying.



**Organisational abuse** is about poor care, neglect and not good enough help.



**Modern Slavery** is working without being paid or not being paid enough and can include other types of abuse too.



**Discrimination** is about any type of abuse because of disability, age, ethnicity, gender, religion, or sexuality.

Abuse or neglect can happen 1 time or more.

You can be abused by someone you know or someone working with you or a stranger.

Abuse can happen in your own home, a care home, health setting or in a public place.

## What is Safeguarding?

Safeguarding is helping you to keep safe from abuse and or neglect.



You can listen to a podcast about safeguarding and types of abuse on our website.

## Making Safeguarding Personal



Asking you what you think and what you want to happen.



Listening to you and taking you seriously.



Helping you to make choices and your own decisions.



Helping find an advocate if you need help with the safeguarding.



Keeping you involved and telling you what will happen next.

## When there is a safeguarding concern



A member of staff will contact you to ask what has happened and what you would like to do.



A safeguarding enquiry may happen to look into what has happened and make a plan to help you to be safe.

If you do not want an enquiry, but other people could be at risk, the concerns may have to be looked into, but you will be told what is happening.

## Safeguarding concerns for people who are 17.5 years old and above

If you are a young person and there is a concern, the Adults Team will decide if the Children's Safeguarding Team or the Adults Safeguarding Team would be best to help.



You can listen to a podcast on Safeguarding Young People on our website.

## Support for you



If you need help, it could be someone in your family or friend or advocate.

An advocate is someone who helps you to say what you think and what you want.

## Mental Capacity



Mental capacity means being able to make your own decisions. An assessment may be done to check this.



If the assessment shows you need help, you will be asked if there is anyone you would like to speak for you.

If there is not anybody, an Independent Mental Capacity Advocate will speak with you to listen to your views and feelings about what you want to happen.



## What you want to happen

We call these Safeguarding enquiry outcomes. These could be:



Stopping or avoiding the abuse or neglect



Being safe or feeling better.



Being able to choose or control what happens.



Knowing how to ask for help.



Having an apology.



Support from the police if there has been a crime.

# What happens at the end of a safeguarding enquiry?

Staff helping you will:



Check that you now feel safe, and you have what you wanted. These are the enquiry outcomes.



Check that you know what you can do if you need help with abuse later.



Ask for your safeguarding plan to be kept safe, may need to be looked at again later on. And keep checking that you are happy with the plan.



Tell you when the enquiry ends and ask you or anyone helping you, about what you thought of the help you had.



## Tell us about a safeguarding concern:



You need to tell someone you trust (support staff) if you are worried about abuse and neglect.



The best way is online

[www.westsussex.gov.uk/social-care-and-health/social-care-support/adults/raise-a-concern-about-an-adult](http://www.westsussex.gov.uk/social-care-and-health/social-care-support/adults/raise-a-concern-about-an-adult)



Or you can phone Adults Social Care.

01243 642 121



In an emergency dial 999

For more information about the West Sussex Safeguarding Adults Board:

Website at: [www.westsussexsab.org.uk](http://www.westsussexsab.org.uk)

Twitter: @WSussexSAB

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