

What will happen next?

Everyone is different and will need tailored support depending on their situation and circumstances.

If you voice a concern:

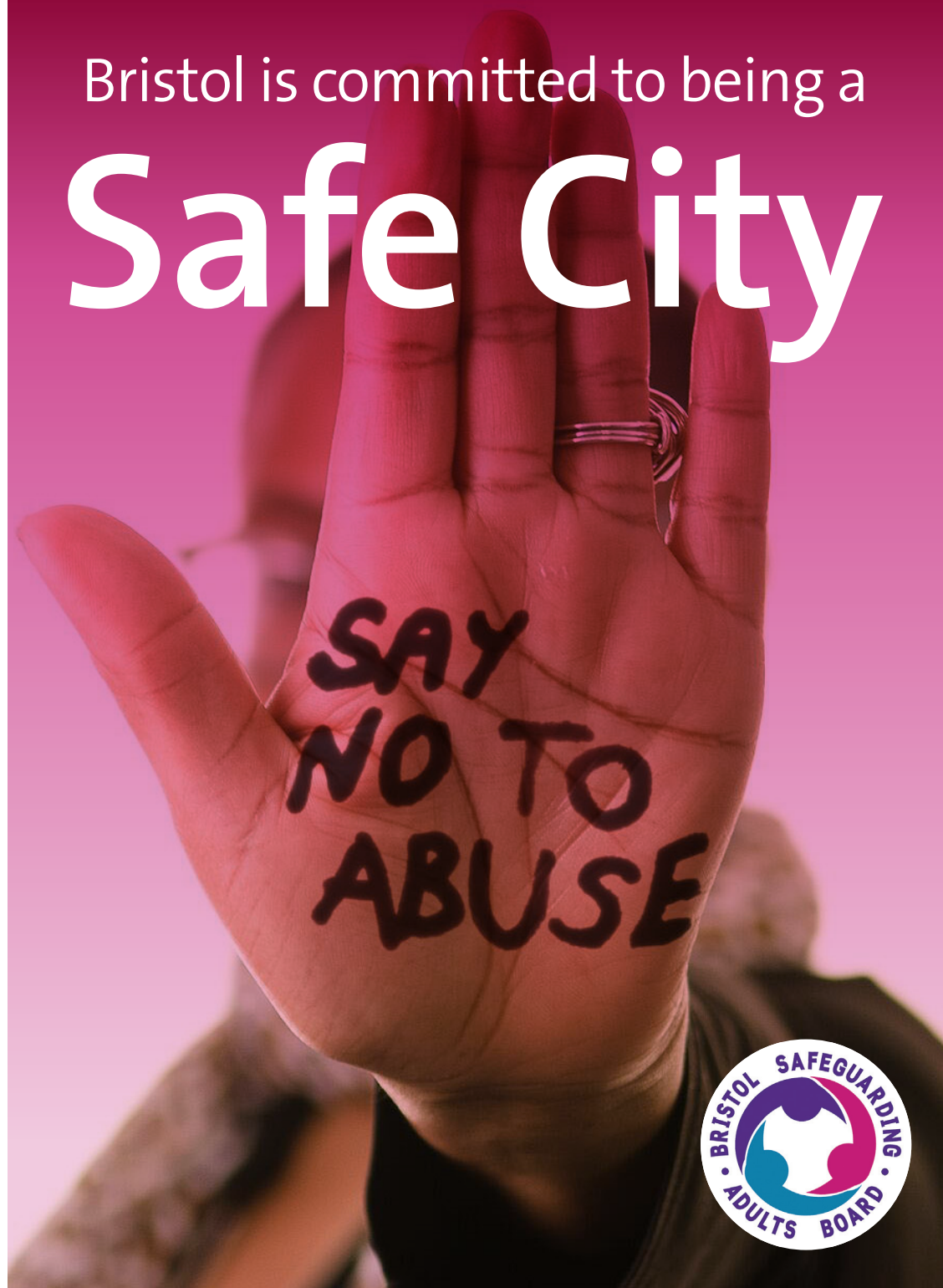
- You will be listened to
- You will be given information about the support available to you
- What happens next is your decision – someone will work with you to find out what you want to happen

You can involve someone you trust to support you and you may be entitled to advocacy if you have difficulty making decisions.

If you would like this information in another language, Braille, audio tape, large print, easy English, BSL video or CD rom or plain text please contact 0117 922 2700.



Bristol is committed to being a
Safe City



Why do we need to safeguard adults?

- Everyone has the right to live free from harm, fear and abuse
- Abuse can severely affect a person's ability to carry out day to day tasks

Not everyone can protect themselves – there is support available

Who is an adult at risk?

- Somebody aged 18 or over who has care and support needs and as a result of these may not be able to protect themselves



What is abuse?

Abuse is a violation of an individual's human rights by any other person, people or organisation. It can consist of a single act or repeated acts and can happen anywhere.

Abuse can take many forms, some of which can include:

- **Physical** – hurting someone e.g. slapping
- **Psychological** – hurting feelings e.g. frightening a person or making them feel worthless
- **Sexual** – unwelcome touch e.g. kissing
- **Neglect** – not being looked after properly e.g. left hungry or dirty at home or elsewhere
- **Financial** – taking money or belongings without permission or under threat e.g. scams
- **Discriminatory** – hurtful behaviour due to race, gender, disability, sexual orientation or religion e.g. name calling
- **Modern Slavery** – forced working e.g. making someone move to work
- **Self-neglect** – not looking after own care and/or environment to the extent that safety and well-being are threatened e.g. not eating enough to stay healthy

How can I protect myself and others?

Safeguarding is Everyone's Business

- Build relationships – talking to someone you trust and staying connected to the community can help create enough strength to prevent or overcome abuse. Everyone can play a part – it can be as small as checking an older neighbour, or making time to talk to someone who might be at risk
- Be aware and notice the signs that might signal abuse – a change in behaviour, unexplained injuries, fear, or looking unkempt could all be indicators that something's wrong
- Listen to your gut instincts – if you are experiencing abuse, or you think someone else might be, don't stay silent



If I am worried, who can I share a concern with?

Anyone you can trust – for example:

- Your friends and family
- Your GP or other health and social care professional
- A religious leader
- Colleagues and others in your community
- **Care Quality Commission** – if your concern is about a regulated health and social care service 03000 616 161
- **Bristol City Council** – Care Direct 0117 922 2700
- **Police 101**

The main thing is to share your concerns with someone.