



Derby City Council

derby **safeguarding**
adults board

Say “NO” to Abuse

Protecting Adults from Abuse and Neglect



Derby City Council – Adult Social Care

Say “NO” to Abuse

Produced by Derby City Council, 2013

Acknowledgements:

Steps for the Future

Dawn Repton

Fraser Thomson

Georgina Liles

Dean Davis

Sana Farah

Contents

What are my rights?	3
What is abuse?	5
Who might be at risk of abuse?	6
Different Types of abuse	
Physical abuse	8
Sexual abuse	9
Emotional abuse	10
Financial abuse	11
Neglect	12
Discrimination	13
Who could abuse you?	14
Where can abuse happen?	15
Who can I tell?	16
What happens next	18
What happens next?	20

What are my rights?



- ✓ Everyone has the right to live their life free from violence, fear and abuse
- ✓ Everyone has a right to be respected by other people
- ✓ Everyone has a right to make choices about their life and things that affect them
- ✓ Everyone has a right to live in safety

You have these rights whoever you are. It doesn't matter if you are older, younger, disabled or ill.

No matter what happens, you still have these rights.

This leaflet is about protecting people's rights and stopping abuse



If you think you or someone you know is being abused, you should tell someone. There is information on page 17 about who you should tell, and what they will do next.

This leaflet also has information about the different types of abuse there can be in case you are not sure.

Remember: Say “NO” to abuse

What is abuse?

Abuse is when someone does or says something to you which hurts you or scares you.

Abuse is when someone tries to take away your rights. You may be afraid to say something to them to try and stop them.

Sometimes a person doesn't realise that they are abusing you. Some people abuse others on purpose.

There are lots of different types of abuse.

ANY ABUSE IS WRONG!

ALL ABUSE IS WRONG!

Who might be at risk of abuse?

Anyone could be at risk of abuse.

However, some are more at risk than others.

This leaflet is about adults, which means people who are aged 18 or older. There are many reasons why someone is at risk of abuse.



- They are elderly or frail
- They have learning disabilities
- They have mental health problems
- They have physical disabilities
- They look different
- They have sight or hearing loss
- They have dementia and might be confused or forgetful
- They are very ill
- They are not able to stop someone from hurting or taking advantage of them
- They depend on someone else to look after them
- They do not fit easily into a group



Different types of abuse

Physical abuse

When someone physically hurts you. This can be:



- Hitting
- Kicking
- Pulling hair
- Pinching
- Scratching
- Biting
- Shaking
- Giving someone inappropriate medicine

Sexual abuse

- This is when someone touches your body or your private parts when you do not want them to
- Someone kissing you when you do not want them to
- Being made to touch other people when you don't want to
- Undressing or having sex when you don't want to
- Someone showing you pictures, DVDs or pages on the Internet about sex that you do not like



Emotional abuse

When someone says things to you that hurt your feelings or scare you.

This can be:

- Calling you names
- Threatening you
- Laughing at you
- Treating you like a child
- Not letting you spend time with other people
- Ignoring you



Financial abuse

When someone takes your money or things.

This can be:

- Stealing your money or belongings
- Making you buy something you don't want to buy
- Using your money to pay for their things
- Tells you how to spend your money
- When someone tells you that you have to give them your money or your home



Neglect

This is when the people who should help you don't.

For example:

- They give you the wrong medication
- Not being taken to the doctor if you are ill
- Being cold a lot of the time
- They do not feed you when they should
- Only having dirty clothes to wear
- Not having your equipment when you need it
- They do not keep you safe
- They do not support you



Discrimination

When people are treating you unfairly because you are different.

This could be because of:

- The colour of your skin
- Your faith
- Whether you are male or female
- How old you are
- Your disability
- If you are lesbian, gay, or transgender
- You speaking a different language



Who could abuse you?

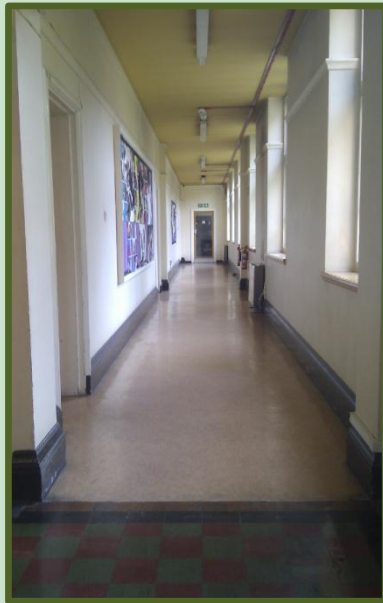
- Anyone could abuse you
- It could be someone you know or a stranger
- Most people will not abuse you
- Some people may not realise they are abusing you



Where can abuse happen?

Most places will be safe, however abuse can happen anywhere

- In your home
- At a day centre or college
- At work
- In a hospital
- In a care home
- At a club
- In the street
- On the Internet
- On the bus or train



Who can I tell if someone is abusing me?

Tell someone you trust.

Tell them as soon as you can.

This could be:

- The police
- Your family
- A friend
- A nurse
- A doctor
- A Social Worker or Council Worker
- A carer at your care home, or day centre, or in your own home



- A religious leader
- Someone from a charity such as Age UK, Mencap or Mind
- A teacher or someone at your college
- A Care Inspector



What happens next?

The person you tell will listen to you carefully

They will make sure an official person knows. This will be someone who will take action to help you.



What will the official person do?

- They will listen to you carefully
- They will help you stay safe
- They will find out more
- They will ask you what you would like to happen
- They will give you help and support
- They will help you stop the abuse happening
- They will make sure no-one will treat you badly because you said you were being abused

Useful Contacts

If you think you have been abused you should report it.

Here are the numbers of people you can talk to:



**Adult Health and Housing, Derby City
Council**

**Monday-Friday 9am-5pm
(01332) 640777**

Out of Hours contact:

Careline (01332) 786968

Useful Contacts



For an on-line contact form, go to our website:

www.derbysab.org.uk



Derbyshire Police call 101

Emergency Services call 999

Say no to abuse

The Derby Safeguarding Adults Board is committed to stopping all forms of financial, emotional, physical, sexual, discriminatory or neglect in its aim to safeguard and protect all adults living in Derby.

Along with the Derby Safeguarding Adults Board, the Council, Directorate and all staff feel that:

- Mistreatment of any adult is not acceptable
- Your actions can make a difference
- Safeguarding adults is everyone's responsibility
- Doing nothing is not an option

Don't let abuse go unnoticed. If you or anyone you know is being abused, don't ignore it, REPORT IT!

We can give you this information in any other way, style or language that will help you access it. Please contact us on 01332 640777 Minicom 01332 640666 or Fax 01332 643299

**Derby City Council, Adult Social Care,
The Council House, Corporation Street, Derby DE1 2FS**

Telephone: 01332 640777 Fax: 01332 643299 Minicom: 01332 640666
www.derby.gov.uk