



NO TO ABUSE

Say no to abuse

Protecting vulnerable adults
from abuse and neglect

Physical Abuse

Emotional Abuse

Sexual Abuse

Financial Abuse

Neglect

Discrimination

Large print as standard

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 an older person, or disabled person, or ill.

You still have these rights.



This leaflet is about protecting your rights and stopping abuse



If you think you are being abused, you should tell someone. There is information on page 15 about who you should tell, and what they will do next.



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

What is abuse?



Abuse is when someone does or says something to you which makes you upset or scared.

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 scaring you. Some people abuse others on purpose.

Any abuse is wrong.

Who might be at risk of abuse?



This leaflet is about adults. This means people who are aged 18 or older.



Some adults might be more at risk of abuse than others. There could be different reasons for this:



- They are elderly or frail.



- They have learning disabilities.
- They have mental health problems.
- They have physical disabilities.



- 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 else from hurting them or taking advantage of them.
- They depend on someone else to look after them.

Different types of abuse



Physical abuse

Where someone physically hurts you. This can be:

- Hitting
- Kicking
- Pulling hair
- Pinching, scratching, shaking
- Giving someone too much or not enough medicine.



Sexual abuse

Someone making you do sexual things that might make you sad, angry or frightened.

This can be:

- Being touched when you do not want to be
- Being made to touch other people when you do not want to
- Undressing or having sex when you don't want to
- Being made to watch or say sexual things when you don't want to



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, or go out
- Ignoring you



Financial abuse

When someone takes your money or things.

This can be:

- Stealing your money or things
- Making you buy something you don't want to buy
- Using your money to pay for their things
- When you don't have a choice in how your money is spent
- When someone tells you that you have to give them your money or your home





Neglect

Not giving you things that you need. This can be:

- Not having your prescribed medicine when you need it
- Not being taken to the doctor if you are ill
- Being cold a lot of the time
- Being hungry a lot
- Only having dirty clothes to wear
- Not having your equipment when you need it (like hearing aids, walking frames, wheelchairs)



Discrimination

When people are treating you unfairly because you are different.

This could be:

- Because of the colour of your skin
- Because of your religion
- Because of your sex
- Because of your age
- Because of your disability
- Because of your language
- If you are lesbian or gay



Who could abuse you?



Anyone.

Most people will not abuse you.

Where could someone abuse you?



Abuse could happen anywhere.

- In your home
- At a day centre or college
- At work
- In a hospital
- In a care home
- At a club
- Outside

Most places will be safe

Who can I tell if someone is abusing me?

Tell someone you trust.
Tell them as soon as you can.



- Your family



- A friend



- A nurse
- A doctor



- A social worker
- A carer at your care home, or day centre, or in your home.
- A religious leader
- Someone from a charity, like Age UK, or Mencap, or Mind.
- A lecturer or someone at your college
- A care inspector – from the Care Quality Commission
- The police

What happens next?



- The person you tell will listen to you carefully
- They will make sure an official person knows. 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

Say no to abuse

Tell someone you trust.



These are some phone numbers you might need to use:



Adult Care and Support

0300 1234 131

Out-of-hours

01208 251 300



Council of the Isles of Scilly

01720 424 000

Out of hours

01720 422 699



Police

for emergencies **999**

for enquiries

101

Care Quality Commission
03000 61 61 61

NHS Direct
0845 46 47

Royal Cornwall
Hospitals Trust
01872 250000

Cornwall and Isles of
Scilly NHS
01726 627800

Cornwall Partnership
NHS Foundation Trust
01208 251 300

Plymouth Hospitals
NHS Trust
0845 155 8155





Action on Elder Abuse
0808 808 8141



Age UK Cornwall
01872 266 388



DIAL service (Disability
Information Advice Line)
01736 759 500



Mencap
0808 808 1111



Mind
0300 123 3393

Share

Information, advice,
counselling and mentoring
for young people

Share
0800 181 033

Other information

The production of this leaflet was overseen by the Cornwall and Isles of Scilly Safeguarding Adults Board.

This multi agency Board jointly fund the Cornwall and Isles of Scilly Safeguarding Adults Unit which coordinates Safeguarding Adults work across Cornwall and the Isles of Scilly.

Professionals or others seeking more information can contact the Safeguarding Adults Unit:

Telephone: **0300 1234 100**

e-mail:

safeguarding.adults.unit@cornwall.gov.uk

Website:

www.cornwall.gov.uk/safeguardingadults

This leaflet is part of a wider campaign of education and publicity surrounding the issue of abuse of vulnerable adults.

A wide range of Training Courses are available. Further information is available to help those at risk to understand their rights, and the steps they can take to protect themselves.

For more information, call **0300 1234 100** and ask to speak to someone about Safeguarding Adults training.



Other formats

If you would like this information in another format or language please contact:

Cornwall Council
County Hall
Treyew Road
Truro TR1 3AY

Telephone: **0300 1234 100**

Email: **enquiries@cornwall.gov.uk**

www.cornwall.gov.uk