



Adult Safeguarding Easy Read

No decision without me

There are different types of abuse and neglect.

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

Neglect means 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.

Feeling threatened? Psychological/Emotional abuse is shouting, threatening, cyber bullying.

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

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

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

What is Safeguarding?

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

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.

Abuse or neglect can happen more than once.

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.

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 investigate what has happened and 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.

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.

If you would like to speak to someone, there are different ways you can do this

You can contact the club.

Or you can contact the Sheffield Adult Social Care Hub

If you are experiencing abuse or neglect and you need urgent help, then call 999 to speak to Police, or emergency Services.

If you do not need immediate help, then you can contact 101 to report a crime or incident.