

**Physical abuse and neglect: 348 cases investigated in Cumbria last year**

Cumbria Adults Safeguarding Board is campaigning to raise awareness of adults in need of care and support who are experiencing or are at risk of abuse and neglect in Cumbria.

## Physical abuse and neglect

### What is physical abuse and neglect?

- **Physical abuse** is hitting, slapping, punching, hurting and harming physically someone who is unable to protect themselves.
- **Neglect** happens when people fail to pay attention to essential care needs and leave a person uncared for.

### Kate's story...

Kate is 71 and lives with her son Nigel. She sometimes gets confused - possibly the early stages of dementia. Kate is not known to any services other than her GP, who saw Kate recently at his surgery. This was for a prescription for pain relief for arthritis in Kate's left knee.

Kate's GP became concerned when he noticed some bruising on her face and arms. When he asked what had happened, Kate initially said that she could not remember. Eventually she confided in her GP that her son Nigel leaves for work at 7am every day and does not get home until late, and that Nigel doesn't leave her anything to eat or drink and often locks the front and back doors so she cannot get out.

The GP told Kate he would have to report this to adult social care and that a social worker would need to speak to her. Kate agreed. Kate and the GP arranged to another appointment, this time with a social worker as well. Kate then felt able to talk about a time when Nigel lost his temper and hit her. She loves her son and does not want him to get into trouble. A protection plan was agreed which included respite care and some support at home for Kate and her son.

### How to report a concern

If someone is at-risk, or you suspect someone is at risk, you should tell someone as soon as possible. In the first instance, you can contact your local adult social care office:

<b>South Lakeland</b>	<b>01539 713378</b>
<b>Furness</b>	<b>01229 407446</b>
<b>Eden</b>	<b>01768 812243</b>
<b>Allerdale</b>	<b>01900 706301</b>
<b>Copeland</b>	<b>01946 506352</b>
<b>Carlisle</b>	<b>01228 221590</b>

In an emergency, people can contact the adult social care duty team (out of hours) on **01228 526690**, or call **999** for the police.

For more information visit [www.cumbriamakeitstop.org.uk](http://www.cumbriamakeitstop.org.uk)

