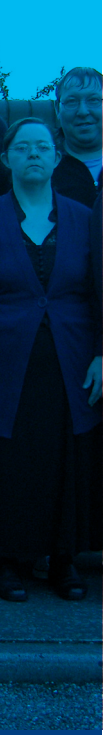
safeguarding adults at risk
a cumbria partnership

Preventing Abuse – Keeping Yourself Safe

February 2012

Cumbria Safeguarding Adults Board



Preventing abuse – keeping yourself safe

Abuse is when someone does or says something that makes you feel upset, scared or frightened. Some people may be at a higher risk of abuse due to their age, illness, disability or mental capacity.

Abuse is something that can affect anyone.

What is Abuse?

It is important to be able to recognise when a situation becomes worrying or you feel unsafe.

You can also stop the abuse of other people around you, such as family, friends, neighbours or colleagues by knowing what abuse is and recognising the warning signs.

There are many types of abuse, including:

- Physical abuse
- Emotional abuse
- Sexual abuse
- Financial abuse
- Institutional abuse
- Discriminatory abuse
- Neglect

Abuse is wrong and is never your fault.

Three steps to stop and reduce abuse:

- Listening to adults at risk and the people who support them
- Raising awareness about how to recognise and report abuse
- Reporting concerns about your self and others

To report abuse, call **01228 606060.** Your concerns will be listened to and you will be taken seriously.

What can I do to keep safe?

There are steps that can be taken to help prevent abuse:

- Have people around you to notice if abuse is happening. If it is difficult to get out on your own, you can get help to join a social club or some other befriending scheme.
- Make sure people you trust know your wishes for the future should you become physically or mentally frail. Write down where you might want to live if you can no longer stay at home.
- Sadly, even good friends, neighbours or family members have been known to abuse people once they become vulnerable. Make sure you do not rely on just one person. Try to gather a few people around you to help watch over your safety.
- Be aware of services, support and information in your local area.

Information about local services is available on Cumbria County Council's website: **cumbria.gov.uk**

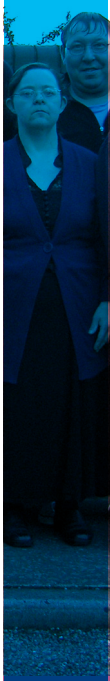
How can I prevent financial abuse and fraud?

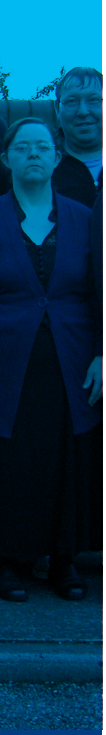
For information on financial planning and preventing financial abuse and fraud, please ask for the factsheet **Preventing financial abuse and fraud.**

Living at home

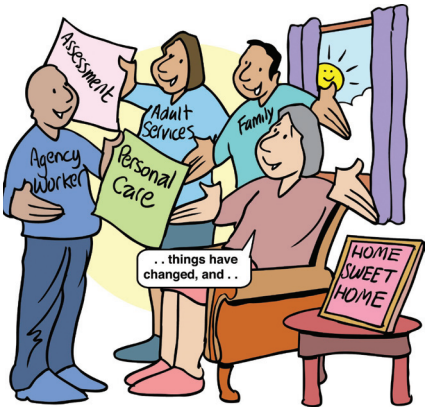
Sometimes couples or family members can struggle to care for one another or other dependents if the situation changes. You may feel under pressure and you may no longer be able to manage with the care needed. To stop this happening, you may want to:

- Talk about what you may be able to do if things change
- Be aware of local services which can help such as having a worker from an agency to help with personal care
- Talk to extended family about the support they may be able to offer
- Ask for an assessment of the situation from Adult and Local Services in your area





Residential and Nursing Care



If you receive care in either a residential home or a nursing home, and you are worried about any aspect or your care or treatment, please tell someone.

Speak to someone you trust.

If you have no one that visits you, you could talk to a professional or a voluntary visitor…for example, the chiropodist or the hairdresser.

Make sure you know what to expect from the care home. Has the manager given you a booklet about what you can expect? If not, ask for one.

Try to get involved in the activities inside and outside of the home….make sure you are not isolated.

Where can I get more information?

If you are worried that you, or someone you know is being taken advantage of, or being hurt or harmed please tell someone.
Your concerns will be taken seriously and you will be listened to.

You can report abuse by phoning **01228 606060.**

For a copy of this and the following factsheets, visit our website: **safeguardingadultscumbria.org.uk** or phone us on **01228 606060**

- Preventing Financial Abuse and Fraud
- Safe Recruitment of a Personal Assistant