

safeguarding
adults

Cumbria
County Council



Keeping people safe



Cumbria Safeguarding Adults Board



Are you worried that someone you know is being abused?



Tell someone!

You can tell:



- **A doctor, nurse or health worker**



- **Adult Social Care**

Call them on: **01228 606060**



- **The police**

Call them on: **0845 33 000 247**



- **Action on Elder Abuse charity**

Call them on: **0808 808 8141**



Keeping people safe in Cumbria

Who needs to be kept safe?

Anyone who:



- is ill



- has a disability



- cannot take care of themselves.



This leaflet is for adults over 18 years old.

If you want information about keeping children safe, ask us for a leaflet called “Child and Family Care Services”.

What is abuse?



Abuse is when someone does or says something to hurt you or make you feel bad.



It can be just once or it can be many times.



There are many different types of abuse. These are just some of them:



Physical abuse

This is when someone hurts your body.

This can be hitting you, punching you, kicking you or pulling your hair.



It could also be giving you the wrong amount of medicine.

Emotional abuse



Emotional abuse is when people say or do bad things to hurt your feelings.



This can be shouting at you, swearing or calling you names.



It could be someone telling you that they'll hurt you if you don't do what they say.



It could be taking away your rights, like making you live where you don't want to live.

Sexual abuse



Sexual abuse is when someone makes you do sexual things that you don't want to do.



This could be touching you in your private places without your permission.



It could be making you touch other people's private places.



It could also be making you watch sexual things when you don't want to.



Financial abuse

Financial abuse is when someone takes or uses your money or things without asking.



It can also be someone forcing you to give them money.



Neglect

Neglect is when the person who's supposed to be looking after you doesn't.



This could be not giving you food and drink, clothes or a safe place to live.



Abuse because you're different

This is also called **discrimination**. It is when people treat you badly or unfairly because:



- of your race



- of your religion



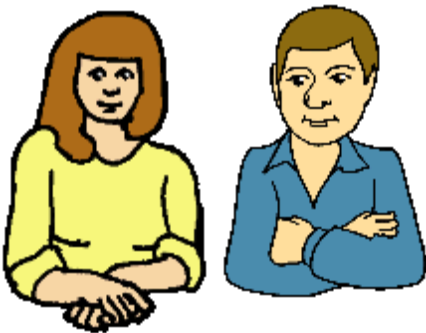
- of your age



- you are gay, lesbian, straight, or bisexual



- you have a disability



- you are a man or woman



- you are **transgender**.

Transgender means a man who wants to be a woman or a woman who wants to be a man.

Who can abuse you?



Anyone can abuse you. They could be:

- someone in your family



- a carer



- a health or social care worker



- someone you work with.



It may be someone you know well, like a friend or a member of your family.



What should you do?

If you think you or someone you know is being abused, **tell someone!**



You don't have to tell people your name if you are worried, but it would help them to help you better.

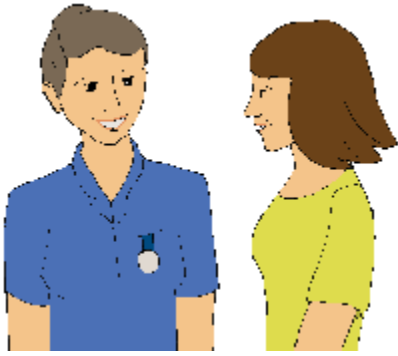


You can tell:

- Cumbria Adult Social Care (for example, your social worker or key worker)



- the police



- a doctor, nurse or health worker



- a charity like Age Concern, Alzheimer's Disease Society, Mencap, Mind or Action on Elder Abuse.



You can find a list of helpful numbers on the next page.

Get help!



Cumbria Adult Social Care

Telephone:

01228 606060



For urgent calls in the evenings and weekend:

01228 526690



The police

Telephone:

0845 33 000 247



Action on Elder Abuse

Telephone:



0808 808 8141



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