

RUH Safeguarding Adults



Easy Read Information Leaflet



Everyone has the right to live their lives free from abuse, fear and violence.

Everyone has the right to be respected by other people.



You still have these rights even though you are old, disabled or ill.

Everyone has the right to live in safety.



Abuse is when someone says or does something to hurt you, or doesn't look after you properly. It can happen anywhere.

It can be done by anyone even people that you know.



Talk to member of staff if you are worried.



They will listen to you.



They will give you support.



They will help you.



Physical abuse

This is when someone hurts you by using their feet, arms, mouth or head.



Emotional abuse

Saying things to upset you or scare you.



Financial abuse

This is when people take control of your money or things which belongs to you. Or if someone does not let you choose how to spend your money.



Neglect

This is when people who are supposed to help you, don't look after you properly.



Discrimination

This is when people treat you badly because of the colour your skin, disability, sex or religion.



Sexual Abuse

When someone touches you where you do not want to be touched.



Institutional

When you are not treated properly by people like staff in a care home, hospital or supported living scheme.



If something happens, you can tell someone you trust.

1. Any member of staff.
2. Someone in your family.
3. A friend.



They will talk to you.

They will help you stay safe.

They will give you help and support to stop the abuse.