

Safeguarding Adults





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

Everyone has the right to be respected by other people.



Everyone has the right to live safely.



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 a member of staff if you are worried.

They will listen.

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 belong to you. Also 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.



Domestic Abuse

A partner or family member carries out one of the types of the abuse above.



Self-Neglect

This is when you don't care for yourself so that it affects your health and safety. For example, not washing enough, not looking after your health or your surroundings.



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.

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01225 428331 www.ruh.nhs.uk

If you would like some more help please contact Patient Advice and Liaison Service (called PALS for short). PALS can also help you tell the nurses and doctors what you think of your care. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.