

# Keeping yourself safe

## Advice and support



## There are lots of ways that you can protect yourself

We all take risks everyday and we can usually manage them very well. Unfortunately some adults are more at risk of neglect or abuse than others.

When managing your own care needs or letting new people into your life, it is important to consider possible risks, no matter how small, and to have a plan on how to manage those risks.

This information will help you to think about the sorts of issues involved in managing risk, as well as offering advice on how to keep safe.

# [Discriminatory abuse]

## What is it?

- Making fun of you or treating you differently because of:
  - How you look
  - Your age
  - Your skin colour
  - Your disability
  - your religion or what you believe in
- Ignoring you because of any of the above

# [Neglect abuse]

## What is it?

- Not being looked after properly
- Not enough food and drinks
- Being cold
- Not helping you to be independent
- Treating you poorly
- Not letting you have a bath or a wash to keep yourself clean
- Not having clean clothes and bedding

# [Psychological/ emotional abuse]

## What is it?

- Punishment
- Keeping people away from you
- Stopping you from doing things
- Making fun of you
- Threats to harm you



# [Financial abuse]

## What is it?

- Theft
- Fraud
- Misuse of your possessions, money and/or benefits
- Pressure to give money, making a will, giving of belongings



# [Physical abuse]

## What is it?

- Hitting, slapping, scratching, kicking
- Pushing, anything that hurts you
- Misuse of medication
  - Won't give you your medicines
  - Gives you too much
- Restraint



# [Sexual abuse]

## What is it?

- Someone touching you on your body without your permission
- Someone asking all the time or putting you under pressure to touch you on your body
- Someone forcing you to touch their body or holding you down against your will to touch your body

## **There are four main ways you can reduce the risk of being harmed:**

- Be aware of local services, support and information
- Protect yourself
- Speak up
- Know your rights

## **You have a right:**

- to be safe from abuse
- be treated fairly and with respect
- to say what care you do or do not want
- to be given information about your care
- to be involved in making decisions about your care and your life

# How to protect yourself

- Never give your bank details or pin number to anyone
- Never sign anything you are not sure about or you don't understand what it is about
- Do not give away your possessions if you still need them
- Keep any money or valuables you have at home locked away
- Never send or give money to someone you don't know
- Do not isolate yourself, join local groups or activities or seek out support groups

- Make sure there is someone you trust who knows your wishes and who you can talk to if you need to
- Check the ID badge of people who come to your home. If you are worried do not let people inside your home
- If possible you should have a safety chain on your front and back doors
- If you have a Keysafe, remember you can change the number if needed
- If you are suffering from abuse keep notes about what is happening

- Make sure you do not rely on one person only to support or care for you. Gather a few people around you to help watch over your safety
- Try to make sure people understand what your needs are
- If you receive care in your own home or you live in a care home and you are worried about any aspect of your care or treatment, please do not stay silent. Make a complaint or speak to someone you trust. If no one visits you, you could talk to a professional or voluntary visitor, for example the chiropodist or hairdresser

- If you feel uncomfortable with the way someone gives you personal care or the way someone touches you tell someone you trust (this can be your doctor, friend or social worker)
- Remember you have a right to say no to unwanted and unasked for touches
- If you are employing a personal assistant make sure you obtain a Criminal Records Bureau check to find out if the person has a criminal record. The council will organise this for you

# **Remember, abuse is** **not your fault**

If you are being neglected or abused (or you suspect someone you know may be), please report it to the safeguarding services.

**The safeguarding services are here to support and protect you.**

You will be listened to and taken seriously. Your views and wishes will be respected so that wherever possible you are supported to live life your way, with dignity and free from abuse.

# **Report abuse by contacting the safeguarding services:**

## **Warrington Borough Council**

Access Social Care Team

Telephone: 01925 444239

Out of hours: 01925 444400

To use the safeguarding process and obtain support.

## **Police**

Telephone: 101

Out of hours: 01925 652222

In cases of immediate harm or danger call the police straight away on 999.

## **National Domestic Violence Helpline**

Telephone: 0808 2000 247

This freephone number offers advice and support 24 hours a day.

[www.refuge.org.uk](http://www.refuge.org.uk)

## **Public Concern at Work**

Telephone: 0207 404 6609

A national helpline which offers legal advice regarding suspected abuse in the workplace.

## **iCAN**

Telephone: 01925 443319/442647

Become a member of Warrington Consumer Alert Network .It can keep you updated on rogue traders and other local consumer safety issues.

## **Care Quality Commission (CQC)**

Telephone: 03000 616161

The health and social care regulator.

For more information about social care in Warrington visit [www.mylifemyway.co.uk](http://www.mylifemyway.co.uk)