



How to get help to be safe from abuse

Abuse is when someone does or says things to another person to hurt them, upset them or make them frightened. Abuse can be:

- deliberate, or something that was unintentional, perhaps due to a lack of understanding
- something that happens once or repeatedly
- a crime

Abuse can happen anywhere, at any time and can be caused by anyone, such as:

- a partner or relative
- a friend or neighbour
- a paid carer or volunteer carer
- other people using the same services as you
- someone in a position of trust
- a stranger

There are different types of abuse:

- **Physical abuse** might involve being hit, slapped, kicked, hurt in other ways, being locked in a room or held down, or misuse of medication.
- **Emotional abuse** is when you are made to feel sad, afraid or not important. This could be by shouting at you, calling you names, making fun of you, threatening you, not letting you see your family or friends, or bullying you on social media.
- **Sexual abuse** involves being made to take part in a sexual activity when you don't want to. Includes rape, indecent exposure, sexual harassment, inappropriate looking or touching, sexual teasing and sexual photography. It is also when someone talks to you about sex, or shows you sexual pictures or videos when you don't want them to.
- **Financial or material abuse** is when someone takes something that belongs to you without asking, or makes you give them things. It might involve theft, fraud and exploitation.
- **Neglect** is when you do not get the help you need. It might be someone not giving you your medication or not providing your care needs, not giving you enough food or denying your religious or cultural needs.
- **Discriminatory abuse** is when someone treats you badly because you are different to them based on your age, gender, sexuality, disability, race or religious belief. This is sometimes called **Hate Crime**.
- **Modern slavery** includes human trafficking and forced labour. It is when someone is forced to work with little or no pay, or threatened with violence if they do not work.

If abuse is caused by an organisation, it is called **organisational abuse**.

When abuse happens between partners or by a family member, it is called **domestic violence and abuse**.

Self-neglect is when a person is unable to care for themselves and feels unable to accept support, significantly affecting their health and wellbeing.

Who is at risk?

Anyone can be abused or neglected.

Some adults may be unable to protect themselves from abuse or neglect because of their age, disability or illness, mental health, drug or alcohol misuse or another condition. There is extra help available to support these people to be safe.

What you can do

- Remember that abuse is always wrong and no one should have to live with it
- By reporting your concerns you can help stop abuse
- Try to include the person being abused in the decision to seek help
- You can let the person being abused know that help is available - you could give them this factsheet
- If someone is injured you may need to help them to get to a doctor or call for an ambulance

You can always get advice - you can do this anonymously.

How to report abuse or get advice

Contact Leeds Adult Social Care on **0113 222 4401** (Monday to Friday, 9am to 5pm)

On weekends, Bank Holidays, and all other times you can call the Emergency Duty Team on **0771 210 6378**

Deaf British Sign Language (BSL) users can access SignVideo at **www.leeds.gov.uk/BSLlive**

Advice, support and information about Domestic Violence & Abuse is available at **www.ldvs.uk** or call the 24hr Helpline on **0113 246 0401**

What happens after abuse is reported?

When you report abuse, people will:

- listen to you and take your concerns seriously
- respond sensitively
- make enquiries about the concerns
- consider what the person being abused or neglected wants to happen, and support them to achieve the changes and stay safe in the future
- consider if anyone else is at risk
- talk to other agencies as required

More information is available online at www.leedssafeguardingadults.org.uk

To report a crime

In an emergency, call the police on **999**

If the person is not in immediate danger, call the police on **101**