

## Protecting adults at risk: Easy Read



Everybody has a right to be safe from abuse.



Abuse means when somebody harms somebody else. This could be:



Physical:  
hurting someone, for example  
hitting or kicking them.



Sexual:  
doing things to someone's  
body or making them do thing  
that they do not want.



Emotional:  
making somebody feel bad or  
upset.



**Institutional:**  
when someone is treated badly by staff in a service.



**Discrimination:**  
This is when someone is treated badly because of who they are. For example, because of the colour of their skin, their age, sexuality or disability.



**Financial:**  
when someone is tricked into giving away money or has things stolen from them.



An 'adult at risk' is someone over the age of 18 who might not be able to protect themselves because they are ill, disabled or older.



Everyone needs to work together to look after each other and keep people safe from abuse.

It is not only strangers that hurt people. Sometimes people that you know might harm you.



This means that services like health, social care and the police need to work together to protect people.



They also need to take action when abuse happens.



If someone says they have been abused, staff must listen and take it seriously.



People should be involved in decisions about how to stay safe.



To help keep people safe, the NHS, social care and the police have produced a policy.

This gives advice about how to protect people from harm and what to do if abuse happens.

One way to stay safe is to be careful who you let into your house.

It is ok to let someone in if you know them well or if they have ID.



If you are worried about abuse, you should talk to your local council. They will have a safeguarding team who can help you.

If you feel in danger you should call the police.

If you are badly hurt, you might need to call an ambulance.

If you are being bullied you can call the organisation Stop Hate UK, who can help you.

## Local information

This page is for local adult safeguarding boards to add information and contacts about how this document will be implemented locally.

Here are some questions to check that you understand this summary:

- What is abuse?
- Who is at risk?
- Who might hurt you?
- Who can help you if something bad happens?

For more information or to see the big version of this report, contact:

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