

## WHAT CAN YOU DO TO PROTECT YOURSELF AND/OR OTHERS FROM ABUSE?

With each kind of abuse, neglect, undue pressure or assault, there is often someone who knows it is happening or suspects that something is wrong.

Please use the contact numbers on this leaflet to report abuse or seek advice if you feel you are being abused, or think somebody is at risk of harm or abuse. You can ask someone you trust to help you.

If possible, let the person who is being abused know help is available and include them in the decision to seek help. You could share this leaflet with them, unless doing so may place them at further risk.

### What happens after abuse is reported?

If you report abuse:

- Every report of abuse is taken seriously.
- You will be listened to and asked to provide information about the situation.
- You will be encouraged to give your name to enable your concerns to be followed up.
- Professionals will make enquires about the concerns. They will contact the adult at risk to involve them in the safeguarding process wherever possible, unless to do so may place them at further risk initially.

IF YOU THINK YOU OR ANOTHER PERSON IS AT RISK OF HARM OR ABUSE, PLEASE CONTACT:

If you live in Medway:

01634 33 44 66

NGT Service 18001 01634 33 44 66

If you live in any other part of Kent:

03000 41 61 61

NGT Service 18001 03000 41 61 61

Outside of normal office hours for Kent and Medway:

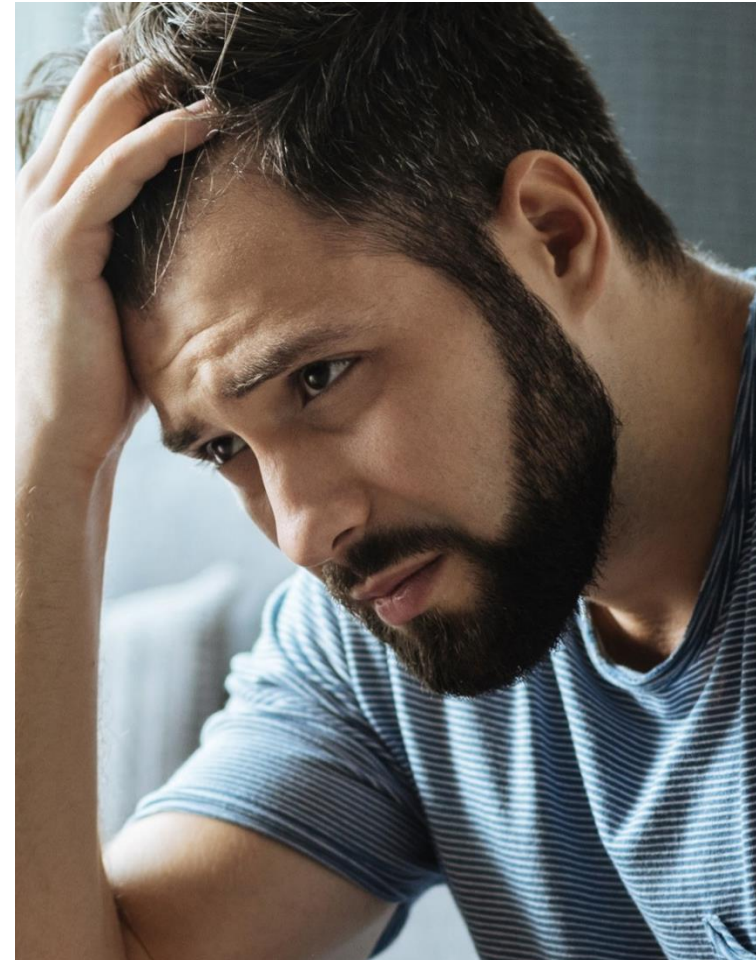
03000 41 91 91

NGT Service 18001 03000 41 91 91

*If someone is in immediate risk contact the emergency services on 999*

For further information go to:  
[www.medway.gov.uk/abuse](http://www.medway.gov.uk/abuse)  
[www.kent.gov.uk/adultprotection](http://www.kent.gov.uk/adultprotection)

This leaflet is available in alternative formats and can be explained in a range of languages. Please contact 03000 41 61 61



## Worried about an adult?

It is everyone's right to live in a safe environment, free from harm.

Adult safeguarding is about keeping people safe and protecting them from abuse and neglect wherever possible.



## Worried about an adult?

Noticing is not nosiness



## How to recognise abuse and neglect

There are different kinds of abuse and it can happen anywhere. It occurs when someone exploits another person or treats them in a way that harms or hurts them. It can happen once or on multiple occasions. People who abuse are not always strangers. They can also be: partners, relatives, a friend, neighbour or carer.

### Types of Abuse

The different types of abuse are described below.

**Physical abuse** is when someone is physically harmed by another person, for example through assault, such as slapping, pushing, kicking or rough handling. It can also include the misuse of medication, or inappropriate sanctions or restraint.

**Domestic abuse** is when abuse occurs between partners, former partners or by a family member. It can include psychological, physical, sexual, financial or emotional abuse as well as 'honour' based violence, forced marriage and female genital mutilation.

**Sexual abuse** relates to any sexual activity which the adult has not consented to, was not able to consent to or was pressured into consenting to. This can include rape, sexual assault or harassment, sexual photography, subjection to pornography or inappropriate touching.

**Psychological abuse** includes emotional abuse, verbal assault, intimidation, bullying, cyber bullying, abandonment, threats of harm, humiliation or blaming. Any unjustified withdrawal of services or support networks is also a form of psychological abuse, as is not letting the person have choices or ignoring their wishes.

**Modern slavery** is when individuals are coerced, deceived or forced into a life of abuse, servitude and inhumane treatment. This can be through human trafficking, forced labour or domestic servitude.

**Financial or material abuse** relates to theft, fraud, internet fraud/scams, exploitation or pressure in connection with financial affairs or arrangements. It can also include the misuse or misappropriation of property, possessions or benefits.

**Discriminatory abuse** is when a person suffers ill-treatment or harassment because of their race, gender, cultural background, religion, physical and/or sensory impairment, sexual orientation or age. This can be referred to as hate crime.

**Organisational abuse** is where an adult is placed at risk through poor professional practice and/or organisational failings. It can be a one-off incident or ongoing ill-treatment or neglect. This abuse can happen when care and support is provided at home or within an institution or care setting, such as a hospital or residential home.

**Neglect** is when someone deliberately or unintentionally causes a person to suffer by failing to provide the required medical or physical care. This may include failing to provide access to appropriate health, social care or education. This can result in their essential day to day needs, such as: medication, food, drink and heating, being denied.

**Self-neglect** is when a person's behaviour, such as neglecting to care for personal hygiene, health or surroundings, has a detrimental effect on their health and wellbeing. It can include behaviour such as hoarding.