

Safeguarding

Keeping you safe from abuse and neglect

This leaflet is for people with learning difficulties to help you understand about abuse and what you can do about it.



Abuse can be:



Domestic Abuse

Domestic abuse is when you are hurt, bullied or frightened by your girlfriend, boyfriend, wife, husband or family member.



Financial and Material Abuse

Financial and material abuse is when someone takes your money or things when you don't want them to. This could be at home, at work or in the street.



Physical Abuse

Physical abuse is when someone hurts your body.



Mate Crime

Mate Crime is when someone who says they are your friend is unkind and nasty to you or takes advantage of you.



Psychological and Emotional Abuse

Psychological and emotional abuse is when someone upsets or scares you.



Hate Crime

Hate crime is when someone targets you because they think you are different.



Sexual Abuse

Sexual abuse is when someone touches your body when you don't want them to.



Discriminatory abuse

Discriminatory abuse is when you are treated less fairly by someone because you are different to them.



Modern Slavery

Modern slavery is when someone forces you to work or do things for little or no money.



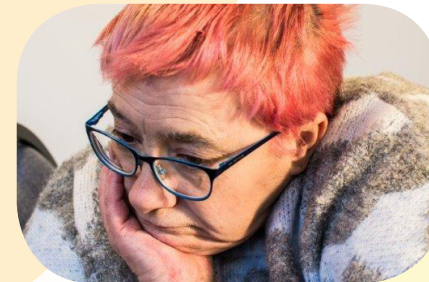
Self Neglect

Self neglect is when you don't look after yourself such as not keeping clean or not eating properly.



Organisational abuse

Organisational abuse is when people who are paid to care for you don't care for you properly or respect your rights.



Neglect or Acts of Omission

Neglect or acts of omission is when someone doesn't look after you in the right way. They may not give you food or medicine or help you to keep yourself clean.



Hoarding

Hoarding is when you keep lots and lots of things and it makes daily life hard for you.

Feeling Safe



Do you feel safe with these people...

- You live with?   
- You work with?   
- Who support you?   
- Who are your friends?   
- Who are your family?   

Feeling Unsafe

- Does anyone make you feel unsafe?   

If you feel unsafe you may wish to tell someone. This is called a Disclosure.

Do you agree with for your information to be shared with the Local Safeguarding team who may be able to give you some more help.

Saying Yes means you have given consent /permission



What safeguarding means to people with a learning disability?



If you need advice or support you can contact:

South Tyneside Council - Lets Talk Service

Offer advice and support for adults with care and support needs.

(0191) 424 6000 (daytime)

(0191) 456 2093 (evenings, weekends and bank holidays)

Mencap

A free helpline offering advice and support for people with a learning disability, their families and carers.

808 1111

Police

In an emergency - **999**

Non emergency - **101**