

How can I report abuse?

It is important that you tell someone you trust what is happening. It can be a friend, a family member, a neighbour, a doctor or a care worker.

You can also speak to someone you don't know by contacting the **Adult Helpdesk** on **01452 426868**. If it is not safe where you are, call the police straight away on **999**.

What if someone I know is being abused?

Please call the Adult Helpdesk on **01452 426868**.



We want to help you live free from fear and to ensure that you are treated with dignity and that your choices are respected

Useful telephone numbers

If you think someone is breaking the law contact:

The Police 0845 090 1234

(999 for emergencies only)

If you think you or someone else is being abused contact:

Adult Helpdesk 01452 426868

or write to:

The Corporate Contact Centre, Block 4, 5th Floor,
Shire Hall, Westgate Street, GL1 2TR.

Domestic Abuse

(Central Allocation & Referral Point)

0845 602 9035

Samaritans

08457 909090

Age Concern

0800 731 4931

Action on Elder abuse

0800 808 8141

Voice UK (Learning disabilities)

0845 122 8695

Respond (Sexual abuse)

0808 808 0700

Sane (Mental illness)

0845 767 8000

For more information visit:

www.gloucestershire.gov.uk/adultprotection

We can produce this document in braille, in large print, on audio tape and in other languages. If you would like a copy in one of these formats, please phone **01452 426868**

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Safeguarding vulnerable adults from abuse



Gloucestershire
Safeguarding Adults
Board

This leaflet is about safeguarding adults from abuse

What is adult abuse?

Adult abuse is where a person over 18 who is unable to protect themselves is ill treated or neglected. A vulnerable adult is someone whose independence and well-being is at risk due to abuse or neglect.

Some vulnerable adults will not be able to tell anyone they are being abused. Changes in someone's physical or emotional state, or injuries which a vulnerable adult cannot explain, may be signs of abuse.

Abuse can be a single act or repeated acts. It can occur in any relationship, for example, amongst family, friends, neighbours, care and support workers, or someone you do not know very well.

Examples of adult abuse:

- **Psychological** – threats, intimidation, verbal abuse, isolation, locking someone up, inappropriate sanctions, humiliation, blaming
- **Physical** – hitting, pinching, slapping, punching, pushing, kicking, misuse of medication
- **Neglect** – ignoring health needs, withholding food, heat and light, not allowing access to appropriate services
- **Sexual** – rape, being party to or witnessing sexual acts without consent
- **Financial or material** – theft, fraud, misuse of property
- **Discrimination** – racist, ageist, sexist slurs or making jokes about someone's condition
- **Institutional** – can occur in a care home, nursing home, acute hospital or in-patient setting and can be any of the above types of abuse.



All adults have a right to live free from violence, fear and abuse, and to be protected from harm and exploitation