

Are you an adult being abused or neglected?
We can help.

Understanding and reporting abuse

Easy read guide



What is abuse?

There are different types of abuse



Abuse can be when someone does something or says something that makes you feel upset or scared.

Abuse is wrong.

Abuse is not your fault.



Emotional abuse

This is when someone says something nasty to you or makes fun of you.



Physical abuse

This is when someone hurts your body. They might hit you, kick you, burn you or hold you down.



Sexual abuse

Sexual abuse is when someone touches you in a way you do not like or do not understand.

They might touch your private parts, undress you or have sex with you when you don't want them to.



Financial Abuse

Financial abuse is when someone takes your money or your belongings without asking.

Financial abuse can be when people don't let you choose how you spend your money.



Domestic Abuse

This is when a partner or family member threatens you, hurts you, or abuses you.

The abuse can be physical, sexual, emotional, or financial.



Neglect

This is when you are not given things you need, like food, medicine or clean clothes.



Paid People giving Poor Care

This is sometimes called **organisational abuse**

This is when care services provide poor care to people. This can be being ignored or not treated properly by staff in a care home or a hospital.





Self-neglect

This is when someone does not take care of themselves. This might be not washing properly, or not being healthy



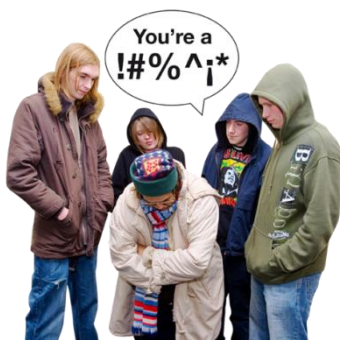
Modern Slavery

This is when someone is held against their will and forced to work



Hate Crime

This is when someone hurts you or makes fun of you because of your disability, culture, sexuality or religion.



You can be abused by strangers and people you don't know.

Even if someone threatens to hurt you but doesn't hurt you, this is still abuse.

What can I do to get help?



If you think you have been abused, tell someone you trust straight away.

You could tell:

- A member of your family
- A good friend
- Staff
- A doctor, or nurse
- A social worker or support worker
- An advocate. An advocate is a person who helps people to speak up for themselves.



They may have to call the police or a social worker.



In an emergency call 999 straight away.

What will happen if I ask for help?



If you talk to the police about abuse, they will check. This is called an **investigation**.

This is what will happen:



The police will ask to meet with you. You may need to go to the police station

They will ask you what happened. This is called giving a **statement**.



You can take a support worker or friend with you if it makes you feel more comfortable.



Accessible

You will be given time and help with your communication needs.

You will be given information in a way you can understand.



The police will listen to you. They will try to do everything they can to help you.



They will find out if any abuse happened.



You will be told about what is happening.



You will be involved in making decisions.



They will make sure it doesn't happen again.

This information is issued by

Essex, Southend and Thurrock Safeguarding Adult Boards

You can contact us;



By email

socialcaredirect@essex.gov.uk



Visit our website

www.essexsab.org.uk



By telephone

Essex: 0845 603 7630



For help and support:

In Essex ring AskSAL 08452 66 66 63

or text AskSAL to 60777



In a non-emergency call the police on 101