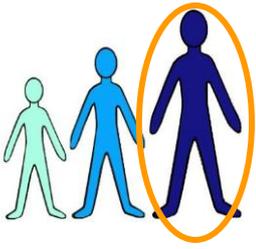


Making sure you are safe

(safeguarding vulnerable adults)





What does **vulnerable adult** mean?

an **adult** is someone who is 18 or older



you could be **vulnerable** because of your

- age
- disability
- illness



if you are **vulnerable** you may not be able to

- take care of yourself
- stop someone from hurting you
- stop someone from taking advantage of you

What is **abuse**?



abuse is when someone says or does something that

- hurts you
- takes advantage of you
- frightens you
- makes you unhappy

there are different kinds of **abuse**

physical abuse is when someone hurts your body – this could be by

- hitting or kicking you
- pushing or shaking you
- giving you too much medication





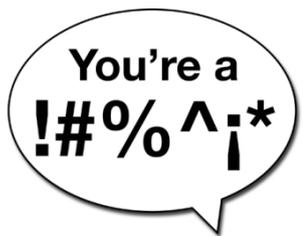
sexual abuse is when someone

- touches parts of your body you don't want them to touch
- makes you touch them
- makes you have sex with them



emotional abuse is when someone says bad things to hurt your feelings or

- shouts at you
- laughs at you
- calls you names
- ignores you
- treats you like a child
- blames you for things that are not your fault



financial abuse is like stealing – it is when someone

- takes your money without asking
- takes your things without asking
- makes you pay for things which are not for you
- does not let you choose how you spend your money



neglect is when someone does not look after you properly – this could mean

- you are often cold



- you are often hungry



- you have no clean clothes

- you are in danger

discrimination is when someone is mean to you because you are different – they may say or do bad things to you because of

- the colour of your skin

- **your disability**

- your age

- your religion

- where you come from

- your sexuality – you may be a lesbian or gay





discrimination is also when someone treats you unfairly because you are different

Who can **abuse** you?

Anyone could abuse you and anyone could behave in a way that is abusive – the person could be



- a worker or member of staff



- a carer



- a family member



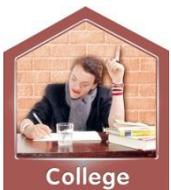
- a friend of the family
- another vulnerable adult

Where can **abuse** happen?

Abuse can happen **anywhere** and **at any time** – it could happen



- at home



College



Work place

- at work

- at college



Day Centre

- at a day service



Hospital

- in hospital



What can you do?



- tell someone you trust
- tell someone as soon as you can

Here are some of the people you could tell



- the police



- your family



- a social worker



- a friend



- a doctor or nurse



- a member of staff



What happens next?

If you tell



- the police



- a member of staff



- your social worker



- someone from the council

They will



- listen to you



- help you stay safe

- find out more about what happened



- tell you what they are going to do about it



- give you help and support



Who else can I speak to?

You can speak to someone at **CLDS**
– here is the address and phone number



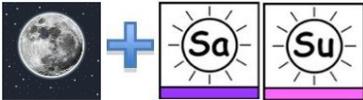
Camden learning disabilities service
Camden Town Hall
Judd Street
London WC1H 9JE



020 79 74 37 37



CLDS is open from **9am to 5pm, Monday to Friday**



If you need to speak to someone outside these times,
please call the **emergency duty team** on



020 79 74 44 44



In an emergency, you can call the **Police** on



999