

Leicester
Safeguarding
Adults Board

WORKING IN PARTNERSHIP
TO KEEP ADULTS SAFE



Safeguarding
Adults Board
LEICESTERSHIRE & RUTLAND

Easy Read Safeguarding Adults in Leicester, Leicestershire & Rutland






What is Adult Safeguarding?

	<p>Safeguarding means protecting you to live: -</p> <ul style="list-style-type: none">• in safety• free from abuse and• free from neglect, this is when you are not being looked after properly
	<p>People from organisations like police, social care, health services and others will work together with you to stop the abuse and neglect from taking place.</p>
	<p>When something is going on that you are worried about, they will listen to you to find out what is happening and ask you what you want to happen.</p>

Who is an adult at risk of harm?

	<p>An adult at risk of harm is :</p> <ul style="list-style-type: none">• someone who is aged 18 and over and• they may have needs for care and support and• they are experiencing or at risk of abuse or neglect and• they are not able to protect themselves
	<p>Adults who may need care and support include:</p> <ul style="list-style-type: none">• older people• people with a disability• people with long-term illness and• people with mental ill health

Types of care and support needs

	<p>Care and support needs can be any help that is provided to an adult.</p> <p>This can be practical support like:</p> <ul style="list-style-type: none">- personal care- cooking- shopping and- cleaning
	<p>Emotional support such as:</p> <ul style="list-style-type: none">- providing encouragement and- confidence building
	<p>Financial help with:</p> <ul style="list-style-type: none">- managing money- paying bills and- supporting the adult to get the right benefits

What is abuse and neglect?

	<p>Abuse and neglect can happen in lots of different ways, for example:</p> <ul style="list-style-type: none">• when someone hurts or treats another person badly
	<ul style="list-style-type: none">• when someone does things to upset or frighten people
	<ul style="list-style-type: none">• when someone ignores medical or physical care needs
	<p>Abuse and neglect can happen anywhere. You can be abused or neglected in:</p> <ul style="list-style-type: none">• your own home• a care home• hospital• a day centre• when you are out and about



- It can also be when you are not looking after yourself properly



It can happen to anyone – your friends, family or other adults you know.



Adults with care and support needs could be abused and neglected by anyone, including a:

- partner
- family member
- neighbour
- friend
- health or social care professional
- volunteer or
- stranger
- yourself (self-neglect)

What can I do if I am being abused or am worried that someone else is being abused or neglected?



If you think you or someone you know is being abused or neglected **tell** someone you trust as soon as possible.

This could be doctor, friend, tutor, family member, doctor your support worker or another adult you trust.



If you need help to contact Adult Social Care, Police or Health Services, ask a person you trust to help you.



If you, or the other person, is seriously ill, hurt dial 999.

	<p>You can report the abuse or neglect of an adult with care and support needs to the Adult Social Care Services for the area they live:</p>
	<ul style="list-style-type: none"> • Leicester City 0116 454 1004 call this number any day of the week at any time (24 hours a day, 7 days a week)
	<ul style="list-style-type: none"> • Leicestershire County Council Call 0116 305 0004 Monday - Thursday from 8:30am to 5:00pm, Friday 8:30am to 4:30pm <p>Call Emergency Duty Team on 0116 255 1606 when offices are closed</p>
	<ul style="list-style-type: none"> • Rutland County Council 01572 758 341 call this number any day of the week at any time (24 hours a day, 7 days a week)






- if a crime has taken place, you can report it to Leicestershire Police
 - if it is an emergency, call 999
 - if it's not an emergency call 101 or,
 - report on this website **www.leics.police.uk**
- The Domestic Abuse & Sexual Violence Helpline number is **0808 80 200 28**



Organisations will work together with you to prevent the abuse and neglect taking place.

How can I find out more information about safeguarding adults?

	<p>If you live in the City, take a look at the Leicester Safeguarding Adults Board website www.leicester.gov.uk/lisab.</p>
	<p>If you live in Leicestershire and Rutland look at the Leicestershire and Rutland Safeguarding Boards website https://lrsb.org.uk/adults</p>
	<p>Look at our YouTube channel where you will find videos on how to spot signs of abuse and neglect and how to report concerns.</p> <p>You can watch the videos at Safeguarding Adults Animations - YouTube</p> <p>https://www.youtube.com/playlist?list=PL6p6mj1IpOoNfdKcWF3EKa-BfWJA1Hrd</p>

