

Adult Social Care



Reading
Borough Council
Working better with you

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Adult Abuse – What it is and how to stop it

Everyone should be able to live safely, without having to worry about being exploited, abused or neglected.

Unfortunately, older people and adults with disabilities or long-term health problems who are dependent on other people for care and support are often more at risk of abuse.

This factsheet explains what adult abuse is and what you should do if you are experiencing abuse or you are worried about someone else.

What is abuse?

Abuse is when someone does something that hurts or frightens you or makes you anxious or unhappy.

There are lots of types of abuse including

- If someone hits, slaps, punches, kicks, pushes, bites, burns or hurts your body in any other way it is **PHYSICAL ABUSE**
- If someone touches your body or makes you touch them or forces you to have sex with them when you don't want this it is **SEXUAL ABUSE**
- If someone threatens to harm or abandon you, or they shout at you and humiliate you it is **EMOTIONAL ABUSE**
- If someone takes your money or possessions without permission or stops you having access to your own money, or puts pressure on you to leave them money or things in your will it is **FINANCIAL ABUSE**
- If the person who takes care of you stops giving you the help you need to stay warm, get washed and dressed, eat properly or take your medicine it is **NEGLECT**.
- If someone stops taking care of themselves it is **SELF-NEGLECT**
- If you are being treated unfairly because of the colour of your skin, your age, your beliefs, your disability or your sexuality it is **DISCRIMINATION**. Sometimes this is called **HATE CRIME**.

Where can abuse happen?

It could happen anywhere - in your home, at work, at college, in a hospital, at a day centre or in a care home, at a club or in any public place.

Who are the abusers?

Anyone could be an abuser. A family member, friend, care or nursing staff, people in authority or strangers.

What can I do to make it stop?

If you think you are being abused or you are concerned about someone else please report it as soon as possible.

The sooner you report it the sooner we can take action to make the abuse stop.

How do I report abuse?

If someone is in immediate danger or a crime is being committed call 999 and ask for the Police

In any other situation please contact one of the agencies listed below

Ask someone you trust to help you if you would like support.

What happens next?

We will listen to you and take your concerns seriously.

Will work with you/the person you are concerned about to make sure you/they are safe and protected from further harm.

If you are a carer:

Looking after a dependent adult can be very stressful and may push you to your limits.

If you are worried that you might harm someone you are caring for please contact any of the agencies listed below – we will make sure you get the help and support you need to keep you and the person you care for safe.

Reporting Abuse or Neglect – who to call

Safeguarding Adults Team	0118 937 3747	<i>Outside normal office hours 01344 786 543</i>
Thames Valley Police	101	<i>999 if some is in immediate danger</i>
Carer's Hub	0118 324 7333	
Berkshire Women's Aid	0118 950 4003	<i>Domestic Abuse</i>

This information can be made available in other languages or alternative formats (such as Braille, audio or large print) on request. Please contact social care services.