



## Protecting yourself and others: adult safeguarding

**Are you, or someone you know, being abused or neglected?**

This leaflet will tell you what can be done about it.

### What is abuse or neglect?

Abuse:

- Physical abuse such as hitting, slapping, pushing and kicking; controlling and coercive behaviours.
- Financial abuse such as theft and fraud.
- Emotional abuse such as threats of harm or abandonment, verbal abuse, bribes or cyber abuse.
- Sexual abuse such as rape and sexual acts performed without consent.
- Discriminatory abuse such as racism, sexism and ageism.
- Freedom of movement-type of abuse, such as modern slavery.

Neglect:

- Failure to provide appropriate care such as food, medication, heating, cleanliness and hygiene. This can come from within an institution or their own home.
- Self-neglect such as personal hygiene, health or surroundings; it includes behaviours such as hoarding, inability to maintain a socially and culturally accepted standard of self-care with the potential serious consequences to the health and well-being of the individual and sometimes to their community.

## What is adult safeguarding?

Safeguarding means protecting an adult's right to live in safety, free from abuse and neglect. It is about people and organisations working together to prevent and stop both the risks and experience of abuse or neglect. The Council has the responsibility, under the Care Act, for coordinating work to protect the most vulnerable from abuse and neglect. If there are safeguarding concerns, they will:

- Contact you and listen to you to find out details.
- Offer immediate help and advice to keep you safe.
- Take action and make decisions having other adults or children at risk in mind.

## What will happen after I have reported my concerns?

- Other people who know you well may be contacted.
- Strictly necessary information may be shared in order to prevent further harm.
- Information and advice will be offered.
- A decision will be made about what to do next based on all information gathered.

### If you wish to report a concern, contact:

Anita Maullin VCS Safeguarding Lead: 020 8661 5900 or  
[safeguarding@vcsutton.org.uk](mailto:safeguarding@vcsutton.org.uk)

LBS Social Services: 020 8770 6770 or Out of Hours: 020 8770 5000  
Local Authority Designated Officer (LADO): 020 8770 4776 or  
[lado@sutton.gov.uk](mailto:lado@sutton.gov.uk) (secure email).

**In the case of an immediate emergency call the Police 999.**

