



POSITIVE FUTURES

ACHIEVING DREAMS. TRANSFORMING LIVES.

Safeguarding Adults at Risk of Harm

An Easy Read Guide





What is Safeguarding?

Safeguarding means keeping people safe from abuse.



Adults at Risk of Harm

An adult at risk of harm is someone who may be more likely to experience abuse.

This could be:

- Older people
- People with a learning disability
- People with a physical disability
- People with a mental health problem.

Abuse is always wrong.

Abuse is **never** the fault of the person who is abused.



Your Rights

Everyone has the right to feel safe and live a life free from abuse.

Your rights are protected by the law, including the Human Rights Act 1998.



Positive Futures is **A Safer Organisation.**

This means we do everything we can to make sure that the adults we support are safe from abuse.

We train our staff and volunteers on how to keep people safe.



What is abuse?

Abuse is when someone does something that harms you or says something that makes you feel upset and frightened.

There are different types of abuse.



Physical abuse

Physical abuse is when somebody hurts your body.

This could be:

- Biting you
- Hitting you
- Slapping you
- Pushing you
- Kicking you.



Sexual abuse

Sexual abuse is when someone does something sexual that you do not want them to do.

This could be:

- Having sex with you when you don't want to
- Making you touch them in places that make you feel uncomfortable
- Touching you somewhere private inside or outside of your clothes.



Emotional abuse

Emotional abuse is when someone says or does things that make you feel worried or upset.

This could be:

- Shouting at you
- Threatening to hurt you
- Doing things to embarrass you
- Swearing at you.



Financial abuse

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

This could be:

- Using your money for themselves
- Taking your bank card
- Taking your belongings
- Putting pressure on you to buy things for them.



Neglect

Neglect is when someone does not give you the care and support that you need to be happy and healthy.

This could be:

- Ignoring you when you are hungry, thirsty or in pain
- Not supporting you to go to the doctors
- Not supporting you when you are in danger.



Institutional abuse

Institutional abuse is when staff in a place where you live treat you badly or provide a neglectful (bad) service.

This could be:

- Staff hurting you or being rude to you
- Staff threatening you or making you feel afraid
- Staff making you stay in your room.



Modern slavery

Modern slavery is when people control your life and make you do things you do not want to do.

This could be:

- Making you work for little or no money
- Buying and selling people (this is called “human trafficking”).



Domestic abuse

Domestic abuse is when a family member or partner (boyfriend / girlfriend, husband / wife) treats you badly.

This could be:

- Physical abuse
- Emotional abuse
- Sexual abuse
- Financial abuse

Discriminatory abuse



Discriminatory abuse is when people treat you badly because of one or more of the following:

- Age
- Disability
- Race
- Religion
- Sex
- Sexual orientation.



It could be:

- Making jokes about you
- Ignoring you or treating you differently
- Saying bad things about you.

Mate Crime

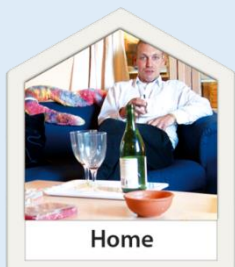


Mate crime is when someone pretends to be friends with you but they actually treat you badly. They might abuse you physically, emotionally, sexually or financially.

This could be:

- Taking your money or making you pay for things for them
- Telling you what to do
- Hurting you
- Laughing at you.

Where can abuse happen?



Home

Abuse can happen anywhere.

It can happen at home.

It can happen outside.

It can happen at a day centre.

It can happen at a hospital.

It can happen at college.



Day Centre

Who can be an abuser?

Anyone can be an abuser.

It can be a family member or friend.

It can be a member of staff or volunteer.

It can be a stranger.

It can be a man or a woman.





Reporting Abuse

Abuse is always wrong. If you are being abused or if someone else is being abused, it is important you report this.



Talking to a member of staff

If you are worried about abuse, you can talk to a manager or any member of staff that you trust.

They will listen to what you say.

They will help to keep you safe.



If you are in danger, or a crime has been committed, staff will need to tell other people about this.

They will do this to keep you safe and will only tell other people who really need to know.

This might include a named worker from the Health and Social Care (HSC) Trust, the safeguarding team and/or the PSNI.

You can also contact a member of staff from your local HSC Trust to talk about any concerns.

Contacting the police



In an emergency you should phone the police on

999

You can also call the non-emergency police number on

101



The police will help you stay safe and get the right support.

They will help you if you think a crime has happened.

Advocacy



If you would like someone to help you to share your views, you may be supported by an advocate.

An **advocate** is someone who supports a person to:

- understand information
- explain their needs
- share their views and wishes.

Protection Plan



If you are in danger, staff will support you to make a **protection plan** (or “keep safe” plan) to help you stay safe.

Staff will listen to what you have to say and keep you informed about what will happen next.



Adult Safeguarding Champion

You can talk to any manager or member of staff member about abuse, but here are the contact details of some people in Positive Futures that you might want to talk to.

Paul Roberts

07803 264 303
Executive Director / Adult Safeguarding Champion

Anne Magee

07825 381 908
Operations Manager

Joanne Grimes

07525 899 015
Operations Manager

Nicola Johnston

07717 857 730
Operations Manager