



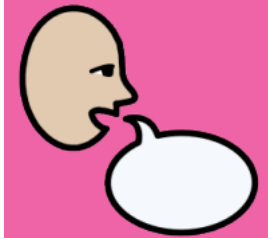
Safeguarding - Easy Read Guide

'No decision about
me without me'

What is Safeguarding?

Safeguarding is helping you to keep safe from abuse and or neglect.

Making Safeguarding Personal



This is about asking you what you think and what you want to happen.

Listening to you and taking you seriously.

Helping you to make choices and your own decisions.

Helping find an advocate if you need help with safeguarding.

Keeping you involved and telling you what will happen next.

When there is a safeguarding concern a member of staff will contact you to ask what has happened and what you would like to do.

A safeguarding enquiry may happen to look into what has happened and plan to help you to be safe.

If you do not want an enquiry other people could be at risk, therefore the concerns may have to be looked into, but you will be told what is happening.

There are two types of safeguarding:

Safeguarding Children and Safeguarding Adults.

If you are a young person and there is a concern, the Adults Team will decide if the Children's Safeguarding Team or the Adults Safeguarding Team would be best to help.



What is abuse and neglect?

Abuse and neglect are always bad.

There are different kinds of abuse.



Physical abuse includes hitting, kicking, burning, giving you the wrong medication or medication, you don't need.



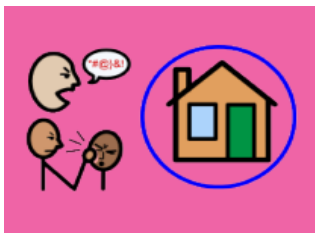
Neglect is about not getting the help, food, or healthcare you need.



Self-neglect is when you are not looking after yourself, or not wanting help given to you.



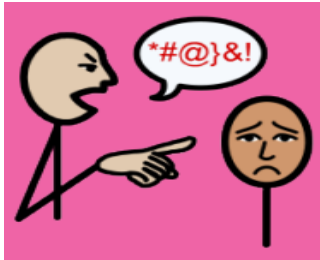
Financial abuse is about other people stealing money or things you own, not letting you have money or telling you what to spend it on. Controlling other resources, such as housing, food, transport and employment.



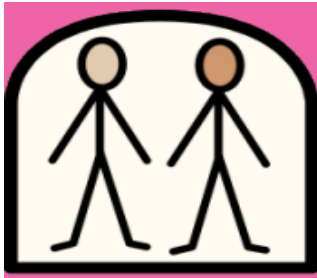
Domestic abuse is any form of abuse from anyone that you live with, including ex-partners. Coercive reproduction relates to behaviour that interferes with contraception use and pregnancy with a view to maintaining power and control in a relationship



Sexual abuse is unwanted sexual contact such as touching or kissing, taking or sending sexual pictures.



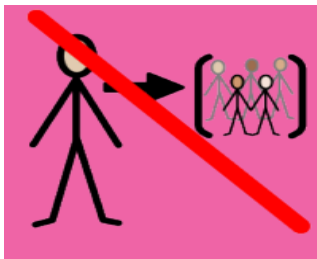
Psychological/Emotional abuse is shouting, threats, cyber bullying.



Organisational abuse is about poor care, neglect and not good enough help or support.



Modern Slavery is working without being paid or not being paid enough and can include other types of abuse too.



Discrimination is about any type of abuse because of disability, age, ethnicity, gender, religion, or sexuality.



Cuckooing is criminal exploitation where offenders take over the home of a vulnerable person to use it for illegal activities, most commonly drug dealing, as part of county lines operations. County lines use vulnerable people to take drugs all over the country.

Often expensive gifts are offered to tempt you to let the criminal into your home.

Signs of Cuckooing

- Unusual visitors or frequent comings and goings
- Changes in the resident's behaviour or appearance
- Suspicious items like multiple phones or drug paraphernalia
- Property falling into disrepair or being blocked off
- Increased anti-social behaviour around the home

Abuse is always wrong - Abuse or neglect can happen once or can be multiple times.

You can be abused by someone you know or someone working with you or a stranger. – **Anybody could be an abuser.**

Abuse can happen in your own home, a care home, health setting or in a public place. - **Abuse can happen anywhere.**



Support for you

If you need help, it could be someone in your family or friend or advocate.

An advocate is someone who helps you to say what you think and what you want.

Mental Capacity

Mental capacity means being able to make your own decisions. An assessment may be done to check this.

If the assessment shows you need help, you will be asked if there is anyone you would like to speak for you.



If there is not anybody, an Independent Mental Capacity Advocate will speak with you to listen to your views and feelings about what you want to happen.

What you want to happen

We call these Safeguarding enquiry outcomes. These could be:

Stopping or avoiding the abuse or neglect

Being safe or feeling better.

Being able to choose or control what happens.

Knowing how to ask for help.

Having an apology.

Support from the police if there has been a crime.

What happens at the end of a safeguarding enquiry?

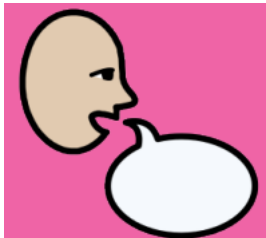
Staff helping you will:

Check that you now feel safe, and you have what you wanted. These are the enquiry outcomes.

Check that you know what you can do if you need help with abuse later.

Ask for your safeguarding plan to be kept safe, it may need to be looked at again later, keep checking that you are happy with the plan.

Tell you when the enquiry ends and ask you or anyone helping you, about what you thought of the help you had.



Tell us about a safeguarding concern:

You need to tell someone you trust (support staff) if you are worried about abuse and neglect.

The best way is online

For Adults you can report a concern here:

<https://lrsb.org.uk/adultreport>

For Children you can report a concern here:

<https://lrsb.org.uk/childreport>

You can report your concern by calling our helpline: 0116 249 8839

For more information about the Leicestershire and Rutland Safeguarding Adults Board follow this link to their website: <https://lrsb.org.uk/>



**See something
Say something**

If you have any concerns about an adult being abused or neglected, including yourself, contact the Adult Social Care Service in the area you/they live:

Leicester – 0116 454 1004
Leicestershire – 0116 305 0004
Rutland – 01572 758 341
Police – 101 or in an emergency 999

 Safeguarding Adults Board
LEICESTERSHIRE AND RUTLAND

Leicester Safeguarding Adults Board
WORKING IN PARTNERSHIP
TO KEEP ADULTS SAFE

If I was worried about abuse... I could speak to:

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If I was worried about abuse... I would want help to:

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Other useful information I might need:

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