

**‘Everyone has a right to  
feel safe: speak up  
about the unspeakable!’**

**How to spot signs of ADULT ABUSE  
and how to report it if you are  
concerned**

Information for Adults at Risk, carers, family  
members and members of the public

*Information and images have been compiled from various websites including NHS,  
SCIE, Action on Elder Abuse, Community Care and Calderdale Safeguarding Adults  
Board*

# Types of abuse

These are the different types of Adult Abuse...

**Physical**

**Emotional/Psychological**

**Domestic Abuse**

**Organisational**

**Neglect or Acts  
of Omission**

**Financial**



**Sexual**

**Discriminatory**

**Self-Neglect**

**Modern Day Slavery**

**Forced Marriage and  
Honour Based Violence**

## **Physical**

e.g. Hitting, pushing, locking them in a room, giving the wrong dose or wrong medication, forcible feeding

## **Discriminatory**

Being treated badly because they are different (race, gender, age and disability)

## **Domestic Abuse**

Any incident of controlling, coercive, threatening behaviour, violence or any type of abuse between those who have been intimate partners or family members.

## **Sexual**

e.g. Rape or Sexual assault (forcing someone to have sex or take part in sexual activities without their consent), touching, making someone watch sexual videos

## **Emotional/Psychological**

e.g. Humiliating, blaming, harassing, bullying, isolating someone



## **Financial**

e.g. Stealing (taking money/possessions without permission), putting pressure on someone to change their wills, property or inheritance

Continued...



### **Self-Neglect**

Self-neglect is when someone does not take care of themselves properly. This can put their safety, health and well-being in danger

### **Organisational**

Any type of abuse by an organisation e.g. neglect in a care home, neglect by a home care provider

### **Neglect or acts of omission**

*Neglect* - someone says they are going to help someone by giving them care and support but they do not. E.g. not providing food, shelter, clothing and heating. Not administering medication, not seeking medical advice.

*Acts of omission* is when someone ignores situations when someone else is being neglected.

### **Modern Day Slavery**

e.g. Trafficking someone (moving someone around the country/ across borders) to use for sex trade, free/cheap labour etc. Treating somebody like they are a slave

### **Forced Marriage and Honour Based Violence**

*Forced Marriage* is when someone is forced into getting married against their will. This can be towards one or both of the people who are getting married. It is different to an arranged marriage.

*Honour Based Violence* is a form of domestic abuse, and is when someone is punished for bringing 'shame' on their family. This can be physical abuse, sexual abuse, emotional abuse, or controlling behaviour.

# Possible Signs of Abuse

## Physical

e.g. Unexplained bruising, cuts, burns, signs of malnutrition, unexplained falls, failure to seek medical attention from GP/hospitals, withdrawn, scared of someone.

## Sexual

e.g. Bruises to inner thighs, marks on neck, unusual difficulty in walking/sitting, unusual bleeding to genitals or anus, Sexual Transmitted Infections, fear of receiving personal care support



## Emotional/Psychological

e.g. Withdrawn or change in mood, Insomnia, Low self-esteem, A change of appetite, weight loss/gain

## Financial

e.g. Missing personal possessions, unexplained withdrawal from bank accounts, unexplained lack of money if they are due there benefits/pension

## Domestic Abuse

e.g. Low self-esteem, bruising/cuts/broken bones, verbal abuse or humiliation in front of someone, isolation from family and friends

PLEASE NOTE:

These are some examples, but is a non-exhaustive list

Continued...

### **Organisational**

e.g. Poor record-keeping and missing documents, Unnecessary exposure during bathing or using the toilet, Lack of choice, being hungry or dehydrated, Lack of personal clothing and possessions for someone living in a care home.

PLEASE NOTE:  
These are some examples, but is a non-exhaustive list

### **Self-Neglect**

e.g. When someone is looking after themselves, but has very poor hygiene and unkempt appearance, malnourished, hoarding in the property, living in squalid conditions, lack of food and heating, will not engage with social care or health services

### **Modern Day Slavery**

e.g. Appearing to be malnourished, unkempt or withdrawn, Living in dirty, cramped or overcrowded accommodation and or living and working at the same address, Lack of personal possessions or identification documents, Always wearing the same clothes, Fear of the Police.

### **Forced Marriage and Honour Based Violence**

e.g. The person is going on an extended holiday to the country of their origin, their siblings have been 'married off' and not returned home. Absence from education (college or university) or work, the person being accused for being 'too westernised', restrictions on leaving their house including being 'escorted' everywhere.

### **Neglect or acts of omission**

Poor living environment, poor personal hygiene, pressure sores/ulcers, untreated injuries or medical problems, refusing visitors to the home, inadequate clothing, malnutrition or weight loss.

# Who is at risk?

An **Adult at Risk** is someone who is over the age of 18 years old and...

☐ has care and support needs (e.g. Physical disability, Mental Health Issues, cannot see or hear, be elderly, or an unpaid carer looking after friends or family)

AND

☐ may be experiencing or at risk of abuse or neglect

AND

☐ is unable to protect themselves from abuse and neglect because of their care and support needs

For example: These adults may find it hard to keep themselves safe from abuse or neglect, and to get help if it happens.

# Who can abuse?

A Partner/Spouse

A Relative

A Carer

A Stranger

A Friend

A Neighbour

An organisation

A Volunteer

Another service user

**Abuse can be committed by anyone!**



# Where can abuse occur?

At home

On the street

In a hospital

In a pub or club

On the bus or train

In a care home

## **Abuse can happen anywhere!**

# Did you know abuse is a Safeguarding issue?

## What does safeguarding mean?

**Safeguarding means  
protecting an adult's right to  
live in safety, free from abuse  
and neglect.**

# How to report abuse

Tell someone you **trust**. They should then report the concerns to...

- ❖ Gateway to Care - **01422 393000**  
(Mon – Fri office hours)
- ❖ Emergency Duty Team - **01422 288000**  
(Evenings and Weekends)
- ❖ If it is an **emergency** and **someone's life is at risk**, call the police – **999**
- ❖ If a **crime has been committed**, but it is **not life threatening**, call the police non-emergency line - **101**

**Do this as soon as possible and ensure the person is safe!**

**You can also self-refer if you don't feel you have anyone who can ring on your behalf**

# What will happen after the concern is reported?

When a Safeguarding Concern is raised your Local Authority has a duty to respond to the concern.

A Safeguarding Coordinator will look at the concern, and decide what should happen next.

The Adult at Risk will be offered support to make their own choices about what they want to happen to stay safe – this is called **Making Safeguarding Personal**

# Making Safeguarding Personal (MSP)

Making Safeguarding Personal means listening to the **views, wishes, feelings** of the Adult at Risk. These are known as '**desired outcomes**'.

It is supporting the Adult at Risk in **making their own choices** to protect themselves and keeping them safe.

Before raising a safeguarding concern, you need to consider **MSP...**

- **Have you spoken to the person about reporting the concern?**
- **What outcomes do they want from a safeguarding referral?**  
This will depend on whether the adult has mental capacity...

# Mental Capacity

Mental Capacity is **whether a person can make a decision**

Mental capacity is **decision specific**

For example: Someone may have capacity to make simple decisions like what they want to eat, but may not have the capacity to make more complex decisions like where they live.

Mental capacity is also **time specific**

For example: Someone has had a head injury, and cannot retain any information, so they cannot make a decision, but 6 months later they make a full recovery and have no memory problems, so they now have full mental capacity to make a decision.

We should **ALWAYS** assume somebody **has capacity** unless proved otherwise.

To assess somebody's mental capacity there are **4 main questions** to ask;

Is the person able to ...

1. Understand the information given to them
2. Retain that information long enough to be able to make a decision
3. Weigh up the information available to make a decision
4. Communicate their decision.

If the person isn't able to do **one or more of these**, then they are deemed as 'lacking mental capacity'.

However, we should always consider **alternative ways of asking a question** e.g. the person might not understand what is being asked initially, but if it was said in a simpler way or used visual aids they may understand.

Speak to a GP, Nurse, District Nurse or Social worker about assessing someone's capacity

# Advocacy

## What is An Advocate?

An Advocate will listen to the Adult at Risk and **help them to say what they want, understand what is being said, make sure their rights are met, and get the service they need.**

## Who can be An Advocate?

An Advocate can be:

- a family member,
- a friend or
- an Independent Mental Capacity Advocate (IMCA).

The Adult at Risk is entitled to an **Advocate** during the Safeguarding Process.

If the Adult at Risk does require an IMCA, they should speak to the Safeguarding Co-ordinator who can arrange this for them.



# SUMMARY

## Types of Abuse

Physical, Emotional/Psychological, Sexual, Domestic Abuse, Neglect or Acts of Omission, Financial, Modern Day Slavery, Discriminatory, and Self-Neglect, Forced Marriage and Honour Based Violence


## How to report abuse

Gateway to Care - **01422 393000** (Mon – Fri office hours)

Emergency Duty Team - **01422 288000** (Evenings and Weekends)

## Making Safeguarding Personal

- Have you spoken to the person about reporting the concern?  
**If not why not?**
- What **outcomes** does the person want from a safeguarding referral?
- Do they have **mental capacity** to make this decision?



**Ask the receptionist  
or your GP for more  
information**



**‘Everyone has a right to feel safe:  
speak up about the unspeakable!’**

**How to spot signs of CHILD ABUSE or  
NEGLECT, and how to report concerns**

For children and young people, parents, carers and  
members of the public

*Information has been compiled from various websites including NSPCC, Childline,  
Calderdale Safeguarding Children’s Board*

# What is child abuse or neglect?

Child abuse is any action by an adult or another child that causes **significant harm** to a child.

**Did you know?...**

**According to NSPCC over 51,000 children in England were identified as needing protection from abuse in 2017**

# Types of abuse

Did you know there are **4 main types of child abuse**?

**Physical**

**Neglect**

**Sexual**

**Emotional/  
Psychological**

Other types of abuse you may have heard of include...

**Trafficking**

**Grooming**

**Bullying**

**Parents Substance Misuse**

**Female Genital Mutilation (FGM)**

**Online**

**Child Sexual Exploitation (CSE)**

**Forced Marriage or Honour Based Violence**

**Domestic Abuse**

These other types of abuse will fall into the categories of the 4 main types of abuse

4 main types of abuse....

### **Sexual**

Forcing or persuading a child into taking part in sexual activities. This could be sexual intercourse, touching, taking photos, making them watch sexual films or videos.

### **Physical**

Deliberately hurting a child. E.g. hitting, kicking, burning, broken bones, shaking babies, fabricating a child's illness.

### **Emotional/Psychological**

Emotional abuse can involve deliberately trying to scare or humiliate a child, isolate or ignoring them.

### **Neglect**

Neglect is the on-going failure to meet a child's basic needs. A child may be left hungry or dirty, without adequate clothing, shelter, supervision, medical or health care. A child may be put in danger or not protected from physical or emotional harm.

## **Trafficking**

When someone, or a gang moves a child from another country into the UK, or moves a child from the UK to other areas of the country and pressure them into the sex trade, forced labour (such as in factories or like a maid), forced marriage, or petty crime, all for little or no money.

## **Online**

Any type of abuse that happens online, by mobile, through gaming sites and social media (usually grooming, CSE or bullying).

## **Grooming**

When another child or adult builds a relationship with a child and then tricks them or pressures them into sexual abuse, sexual exploitation or trafficking. This can happen online as well face to face contact .

## **Domestic Abuse**

When somebody in your family hurts, threatens, says horrible things to or controls another family member

## **Bullying/cyber bullying**

When another child or adult is name calling, hitting, pushing, spreading rumours, threatening the child. Cyber bullying is bullying that happens online e.g. social media.

Continued...

### **Child Sexual Exploitation (CSE)**

When somebody tricks a child into thinking they are in a relationship with them. They may give a child gifts, money or affection for performing sexual activities or letting others perform sexual activities on them.

### **Parents Substance Misuse**

Parents and carers who misuse substances (alcohol and drugs) often have chaotic, unpredictable lifestyles and may struggle to provide their children with adequate care, and increases the risk of harm to a child.

### **Female Genital Mutilation (FGM)**

FGM is when somebody removes part or all of the female external genitals for non-medical reasons. This is illegal in the UK, and is dangerous. It can cause serious health problems for girls – including regular infections, infertility etc.

### **Forced Marriage and Honour Based Violence**

*Forced Marriage* is when a child (or an adult) is forced into getting married against their will. This is different to an arranged marriage.

*Honour Based Violence* is a form of domestic abuse, and is when someone is punished for bringing 'shame' on their family. This can be physical abuse, sexual abuse, emotional abuse, or controlling behaviour.



# Signs/Indicators of Abuse or Neglect

## **Sexual**

e.g. Sexualised behaviour at an inappropriate age, avoid being alone with a specific person, Physical symptoms such as difficulty walking or sitting, Sexually Transmitted Infections

## **Emotional/Psychological**

e.g. Lack of self-confidence, high levels of anxiety, struggle to control emotions, seem isolated from their parents/carers, lack of social skills and have few friends

## **Physical**

e.g. Unexplained bruising especially in areas such as stomach, neck, bottom, cuts, burns, vomiting or seizures (from being given inappropriate medication)

## **Neglect**

e.g. Unwashed, smelly clothes, always hungry or thirsty, undernourished, lack of clothing (e.g. coat in winter), tiredness, untreated dental issues, living in unclean houses (e.g. dog mess on the floor etc.)

PLEASE NOTE:

These are some examples, but is a non-exhaustive list

Continued...

### **Grooming**

e.g. The child may be very secretive of what they are doing online, be in a relationship with older people, come home with new phones, clothes, money.

### **Bullying/cyber bullying**

e.g. Belongings going missing, unexplained physical injuries, being afraid of going to school, falling behind at school, problems eating or sleeping

PLEASE NOTE:

These are some examples, but is a non-exhaustive list

### **Domestic Abuse**

It can be difficult to spot signs, but children can struggle at school, display problem behaviours, have anxiety or depression.

### **Parental Substance Misuse**

e.g. Being left at home with inappropriate carers, early use of substance misuse (child), extreme fear or anxiety, families regularly moving schools, non-attendance to school, lots of accidents in the home suggesting poor parental supervision

### **Trafficking**

e.g. The child may rarely leave the house and has no playing time, isn't aware of what country or city they live in, fear of the police or social services, has no documents or identification, or may have falsified documents, isn't registered with a school or a GP, seen at inappropriate locations such as brothels or factories.

## **Online**

e.g. Spending increasing time online, on gaming, on social media, or using their phones, can be upset/angry after using it, very secretive about what they are doing online, or who they are talking to.

PLEASE NOTE:  
These are some examples, but is a non-exhaustive list

## **Female Genital Mutilation (FGM)**

e.g. A long holiday abroad, or visiting family in their country of origin, a ceremony to 'become a woman', or older siblings or relatives already experienced 'being cut'.

## **Child Sexual Exploitation (CSE)**

e.g. Often goes missing from school or home, be involved with gangs, be a part of petty crimes such as shoplifting, not sure where they are (as they have been moved around the country), hang around with older people.

## **Forced Marriage and Honour Based Violence**

e.g. The child is going on an extended holiday to the country of their origin, their siblings have been 'married off' and not returned home. Absence from education, the person being cruised for being 'too westernised', restrictions on leaving house including being 'escorted' everywhere.

# Where can abuse occur?

At home

Online

On the street

At School

In a hospital

At a party

On the bus or train

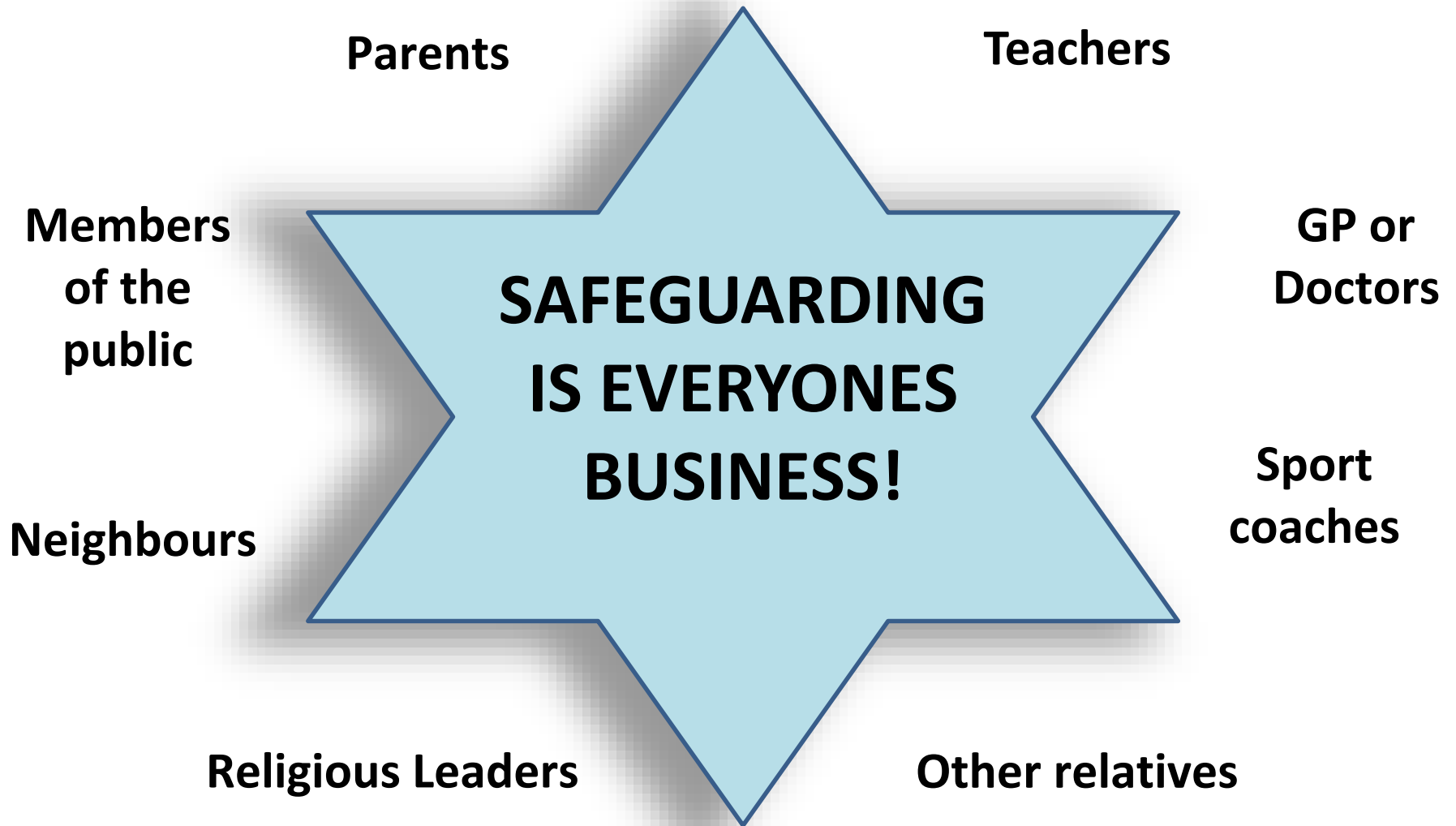
'On holiday'

## Abuse can happen anywhere!

# What does safeguarding mean?

Safeguarding means the safety and welfare of every child and young person, protecting them from abuse and neglect and keeping them safe.

# Who is responsible for safeguarding?



# How to report your concerns



If you are concerned that a child or young person is being abused or neglected please **call now**:

- ❖ MAST Team  
**01422 393336** (Office hours)
- ❖ Emergency Duty Team  
**01422 288000** (Evenings and Weekends)

Where ever possible, you should gain consent from the parent or carer of the child **HOWEVER** if this could put the child at further risk then consent may not be needed.

If it is **an emergency and someone's life is at risk**, call the police – **999**

If a **crime has been committed**, but it is **not life threatening** then you can call the police non-emergency line - **101**

# What will happen after you report the concern?

When you raise a concern to MAST they will gather enough information to help them make a decision on the best course of action, depending on the significance of harm to the child.

If there is evidence that the child is at risk of, or is being abused they have the duty to respond to the concern which they aim to do **within 1 working day**.

Significant harm

If there is significant harm to the child, and there are concerns for their immediate safety, MAST will complete a Multi-Agency discussion with police, NHS and any other relevant services to decide on most appropriate actions and outcomes to ensure the safety of the child.

No Significant harm

If MAST identify there is no significant harm caused, there will be no further action required from MAST

Signpost to another agency

Refer the child and family to the Early Intervention Panel for alternative support



# Other Useful Information

**NSPCC**

[www.nspcc.org.uk](http://www.nspcc.org.uk)

**Sarah's Law**



[www.kidscape.org.uk/advice](http://www.kidscape.org.uk/advice)




[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

**childline**

ONLINE, ON THE PHONE, ANYTIME

[www.childline.org.uk](http://www.childline.org.uk)



**Ask the receptionist  
or your GP for more  
information**