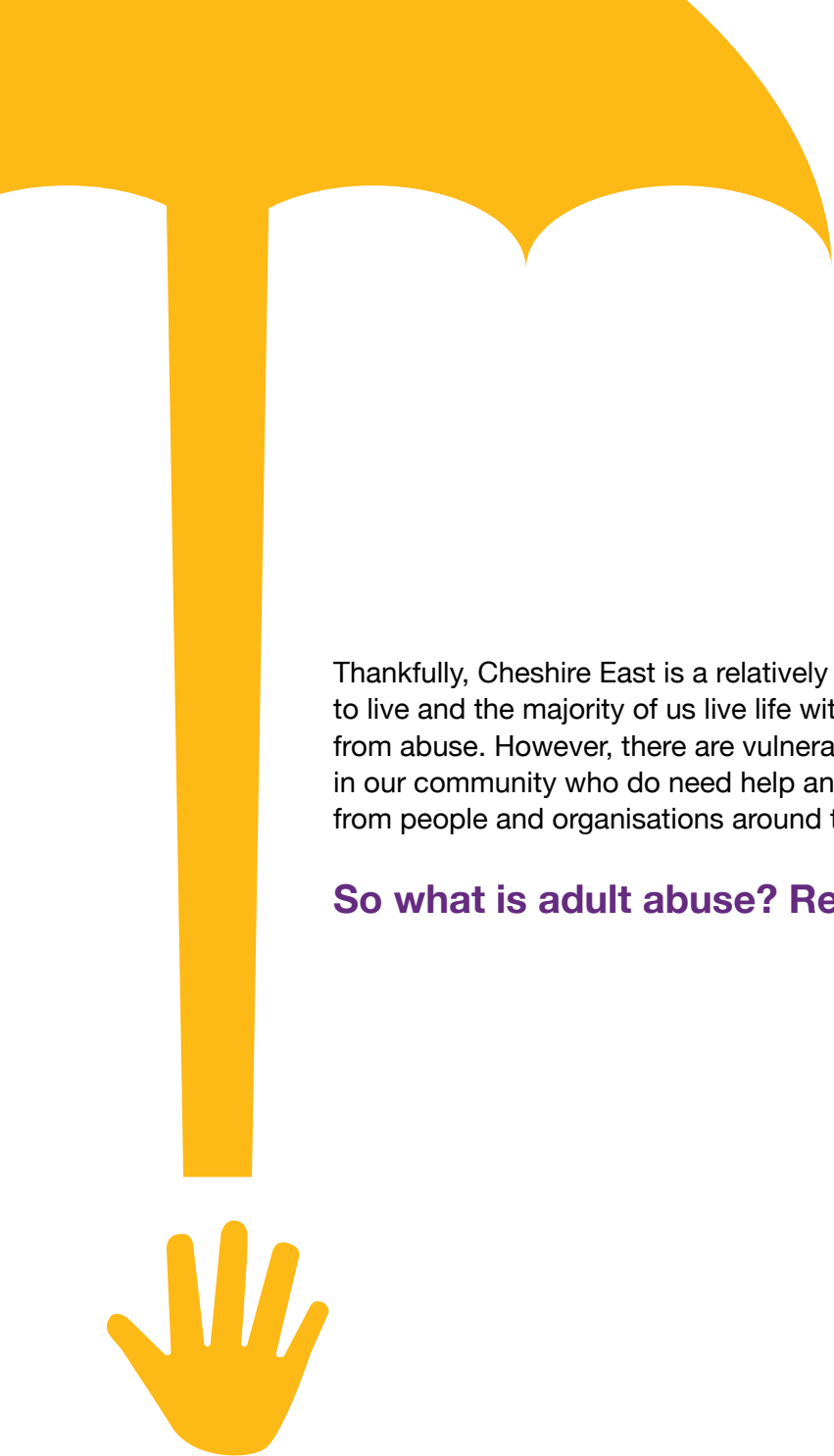




STOP ADULT ABUSE

everyone's business

www.stopadultabuse.org.uk



Thankfully, Cheshire East is a relatively safe place to live and the majority of us live life without fear from abuse. However, there are vulnerable people in our community who do need help and support from people and organisations around them.

So what is adult abuse? Read on...

EMOTIONAL ABUSE

“I’m frightened and don’t know what to do. People who are supposed to help me have started to call me names and laugh at me. I get shouted at a lot but I’m not sure why.

They say that no-one will believe me if I tell anyone and that I’ll get put in a home if I keep making trouble. I’m dreading every day.”

I need your help to make it stop



PHYSICAL ABUSE

“
I can't move very well these days and have some help for me to stay in the home I love.

The only thing is that someone who visits me can get a bit grumpy and they hit, kick and slap me when I don't get out of the way fast enough. I have to take pills and I'm not sure if the ones I'm given are mine. It's starting to really get me down and the bruises hurt.”

I need your help to make it stop



NEGLECT

“I hardly ever feel good these days. My place is often cold and I've never seen my cupboards look so empty. I struggle to manage as I need help to cook, clean and wash myself.

The help that is supposed to come either doesn't turn up or they hardly do anything. I feel so miserable and alone.”

I need your help to make it stop



DISCRIMINATION

“ I didn't notice at first but lately the names I've been called are really horrible and I'm getting scared to go out.

It's because they see me as different. I've even been chased in the street. I was so frightened and I think they might have found out where I live. I jump at the slightest noise in case it's them.”

I need your help to make it stop



ORGANISATIONAL ABUSE

“My mum lives in a care home. Whilst the place is nice, it seems that the routines are very strict. Mum can only have a bath once a week but I know she'd prefer to wash more often. I tried to speak to staff but sometimes they seem too busy to listen and I can see they get frustrated with me and the residents.

I hate leaving mum and worry about what's happening when I'm not there.”

I need your help to make it stop



SEXUAL ABUSE

“I don't like it when my helper stands a bit close and just lately I'm being touched in places that make me feel embarrassed and uncomfortable. I've tried to move away and show that I don't like it but nothing is working. I'm worried about what might happen next.”

I need your help to make it stop

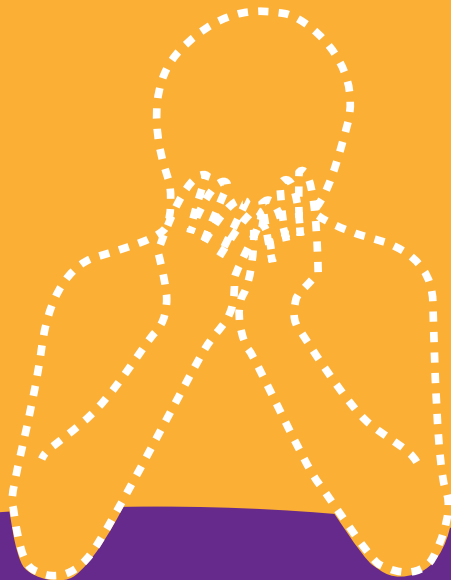


FINANCIAL ABUSE

“The other day I saw my friend and was telling her that I think some of my things and money are going missing. My friend thinks I’m being daft and not to worry. The thing is that I am really worrying about it.

I can’t get out very much and lots of friends and family visit. I don’t want to accuse anyone but it saddens me to lose my things.”

I need your help to make it stop



SELF-NEGLECT

“I don't know why I don't accept help; I suppose I'm a private and proud person.

Lately though things are getting on top of me; my electricity and gas have been cut off, my house is so full of my belongings I can't move around and I now have rats in my home. I'm not managing and I feel alone.”

I need your help to make it stop



SLAVERY

“They promised me a job with pay, food and lodgings. Yet I’ve had no money; I work long hours on the farm with no break. I don’t get a day off and at night, I’m locked in the barn where it’s so cold.

Surely this is not right but how do I leave?”

I need your help to make it stop



DOMESTIC ABUSE

“ Things were really good in the beginning but then it all seemed to change. First it was a slap and a pinch but then it became a punch or a shove. I'm told I'm no good and useless. My friends stopped calling and I no longer have any money.

I want to leave but I'm scared my partner will hurt me.

”

I need your help to make it stop





Who may be at risk of abuse or neglect?

Anyone who is aged 18 or over who has needs for care and support, is experiencing or is at risk of abuse or neglect and as a result of their care and support needs is unable to protect themselves.

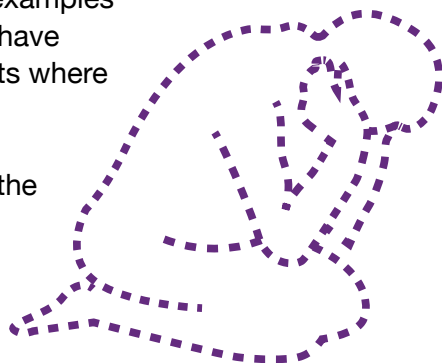
Where does abuse happen?

Abuse can happen anywhere – in a person's home, in the street, in a residential or nursing home, at a day centre or resource centre, in a hospital or indeed any place where vulnerable people might be.

Who abuses?

Sadly it can be anyone including those nearest and dearest. Individuals are often abused, mistreated or neglected by those they trust the most. Care staff too can be abusers. There are many examples of this, including those where the abusers have deliberately chosen to work in environments where there will be vulnerable people.

Any types of abuse may be carried out as the result of deliberate actions, negligence or ignorance but it is still abuse.



Types of abuse

- **Physical abuse**

such as shaking, pushing, hitting, force-feeding, tying up or locking up.

- **Sexual abuse**

which is sexual activity of any kind where the person does not give, or is unable to give consent.

- **Neglect**

such as leaving someone alone for inappropriate periods of time, failing to care for them or leaving them in soiled clothes.

- **Financial abuse**

such as holding money back, cheating or stealing money or possessions.

- **Psychological or Emotional abuse**

such as rejection, ignoring, humiliation, bullying, or the use of threats.

- **Discriminatory abuse /Hate Crime**

such as being harassed, insulted, threatened and treating people in a way that does not respect them because of their race, religion/ belief/faith, sexual orientation, disability, culture, age.

- **Organisational abuse**

where the person's lifestyle is ignored in favour of restrictive routines and practices.

- **Self - Neglect**

when an individual neglects to attend to their basic needs, such as personal hygiene and their physical well-being.

- **Slavery**

where a person is kept in isolation and their documents and money removed, and then forced to work for their keep.

- **Domestic Abuse**

such as a partner or spouse using violence or intimidation to control someone in their home.



Cheshire East Council works with a range of partners including the Police, local Clinical Commissioning Groups, Leighton and Macclesfield Hospitals, Cheshire and Wirral Partnership NHS Foundation Trust, Fire Service, Housing, Probation and voluntary groups to keep people safe in the Cheshire East area.

Through the Adult Safeguarding Board, we have made a commitment to work together to identify, prevent and investigate the abuse of adult at risk.

How do I help to stop abuse in Cheshire East?

Tell someone

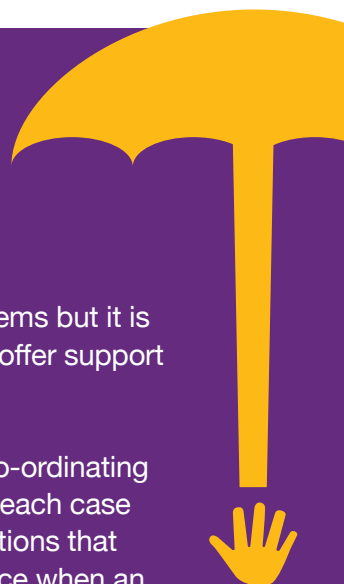
It isn't your responsibility to solve other people's problems but it is important that you tell someone who might be able to offer support and help to the victim.

Cheshire East Council has the lead responsibility for co-ordinating enquiries into possible adult abuse and they deal with each case carefully and sensitively. They do not replace investigations that need police involvement but liaise closely with the police when an adult at risk is alleged to have been abused.

Making Safeguarding Personal

The Care Act 2014 meant that there were major changes in Safeguarding Adults at Risk. Safeguarding adults is now focussed on Making Safeguarding Personal (MSP). MSP puts the adult more in control of their own safeguarding and generates a more person-centred set of outcomes.

The key focus is to develop a real understanding of what the adult wishes to achieve, recording their desired outcomes and then seeing how well these have been met.



STOP ADULT ABUSE



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Who do I call?

Cheshire East Council

0300 123 5010 (8.30am–5.00pm)

0300 123 5022 (out of hours)

www.cheshireeast.gov.uk

Click on the 'concerned about adult abuse' link on the homepage

Cheshire Police

In a non emergency, please call **101**

In an emergency, please call **999**

Available formats

If you would like a copy of this leaflet in large print, Braille, audio tape or in another language please call **0300 123 5010**.

www.stopadultabuse.org.uk