



Adult Safeguarding Easy Read



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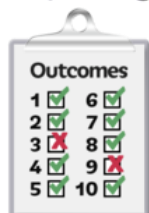
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What is Safeguarding?

Safeguarding is keeping people safe from abuse and or neglect.



Safeguarding helps any adult:



- who has care and support needs.



- who cannot protect themselves because of their care and support needs.



- who is or is at risk of abuse or neglect.



What is abuse and neglect?



Abuse/neglect is when someone hurts you or treats you badly or fails to provide care for you. Abuse and neglect are always wrong and should never happen.



There are several types of abuse, these include:



Physical abuse includes shaking, hitting, kicking, pushing, restraint or misuse of medication.



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

Self-neglect is when you are not looking after yourself or not accepting help offered 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.



Domestic abuse is any form of abuse from any family members over age of 16, partners or ex-partners.



Sexual abuse is unwanted sexual contact such as touching or kissing, taking or sending sexual pictures or making you do things that you don't want to do.



Emotional or psychological abuse is shouting, making threats, online bullying such as social media.



Organisational abuse is about poor care and support or being neglected by someone paid to care or support you.



Modern Slavery can be being forced to work without being paid or not being paid enough and can include other types of abuse.



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



Who might be the abuser/where can abuse take place?



You can be abused by anybody, someone you know, someone supporting you or a stranger.



Abuse or neglect can happen any number of times and it can take place anywhere.



Tell us about a Safeguarding concern:



If any of these things happen to you, your friends, or someone you know in the Rochdale borough, you should tell us or tell someone you trust, and they can report it for you (this is raising a safeguarding concern).



You can contact us without giving your name. However, please give us as much information as possible so that we can look into your concern.



You should ring Rochdale Adult Care on 0300 303 8886

Or email adult.care@rochdale.gov.uk



Their address is:
Adult Care Services
Number One Riverside
Smith Street
Rochdale OL16 1



In an emergency always ring 999.



When you raise a safeguarding concern



A member of staff will contact you to ask what has happened and what you would like to do.



We will look into what happened and help you plan to stay safe; this is called a safeguarding enquiry.



You will be told what is happening during the enquiry, but sometimes the enquiry may need to go ahead even if you do not want it to because there might be other people at risk too.



We may also have need to talk to other organisations about the risk to you and decide who is best to help. For example:



- Police



- Nurse, Doctor, or other health professional



- Housing Officer



- Anyone from a service that has been supporting you.

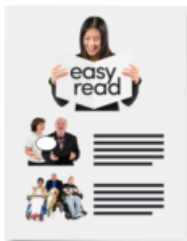




What is Consent and is it needed?



Consent - This is saying yes or agreeing with something.



Informed Consent - This means giving someone all the information they need to make a decision.



You will be asked if you are happy for your information to be shared. This means Informed Consent



Sometimes it is not possible to get consent. If adults are at risk, information will be shared without consent.



What else may happen?



Sometimes we must check up on people, including staff if they are thought to cause harm, to you or others even if you do not want us to. We do this to protect you and others who may be abused or neglected.



Sometimes we may not have enough proof of abuse, so we will give you information on how to prevent abuse happening and how to tell us if it does.

Sometimes if Police are involved, you may ask you for a statement or to give evidence - this means telling your side of the story.



Sometimes we may have to decide if the person who harmed you is allowed to work in support or care settings in the future.



Sometimes we will give people more training to teach them how to prevent abuse or neglect.



What do you want to happen?



You will be asked what you want to happen, which may be:



- Stopping or avoiding the abuse or neglect



- Being safe or feeling better.



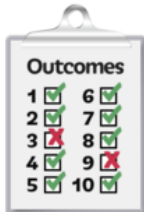
- Being able to choose or control what happens.



- Knowing how to ask for help.



- Support from the police if there has been a crime.



These are called **Safeguarding Outcomes**.



Support for you if you need it:



If you want support, you can choose someone in your family, a friend or an independent Advocate (worker). An Advocate is:



- Someone who will talk to you and listen to your views, feelings, values and beliefs.



- Someone who will support you to make important decisions.



Someone who helps you to say what you think and what you want.



What is Making Safeguarding Personal (MSP)?



Making Safeguarding Personal (MSP) means you will be supported to make your own decisions and will be given information and support to get the result you want when managing the risk of abuse or neglect.



As part of this process, we will:



- Listen to you.



- Take you seriously.



- Give you the chance to speak out.



- Help you to understand and are able to make your own decisions



- Keep you informed and involved.



- Tell you what will happen next.

What happens at the end of a safeguarding enquiry?



Our Staff will:



- Check that you feel safe, and you have what you wanted. These are the called **Safeguarding 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, may need to be looked at again later and 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.



Who are Rochdale Borough Safeguarding Adults Board (RBSAB)?



The Board helps make sure that people know about abuse and neglect.



The board helps to make sure people know why it is important to protect adults with care and support needs from that abuse or neglect.



There are people on the Board from lots of different organisations like Adult Social Care, Health, Police and Voluntary Organisations.



The RBSAB has 3 core duties:



1. Write a strategic plan - to show what they want to do.



2. Write an annual report - to show what has been done.



3. Conduct Safeguarding Adult Reviews - to look at support given to people to see what was good and what was not so good so we can make support better in future.



Remember if you are worried about abuse or neglect taking place:



You can tell us by raising a safeguarding concern by emailing adult.care@rochdale.gov.uk



Or you can phone Adults Social Care on 0300 303 8886



In an emergency always ring 999



For more information, please see the [RBSAB website](#).

This guide is based on an original produced by Knowsley Safeguarding Adults Board. Our thanks to them for allowing this adaptation.