

# Self-neglect



Self-neglect is when you are not taking care of yourself properly or you do not let someone look after you when you need help.

Self-neglect can mean that you get very poorly or end up in danger of hurting yourself.

## Examples of self-neglect include:



Living in a very full and messy house with rubbish piling up which could put you at risk of being in an accident such as a fall, or cause a fire in your home



Not eating or drinking enough or having too much unhealthy food which makes you feel poorly or put on weight



Living without heating or hot water



Hurting yourself on purpose



Not taking your medication or attending doctor appointments



Not asking for medical help when it is needed



Drinking a lot of alcohol or taking illegal drugs

## What can I do?

If you need help or you know someone who is not looking after themselves, you should tell someone you can trust.

People you can tell are:



Someone who is in your family



One of your friends



A carer



A doctor or nurse



Someone who works for the council



A social worker



A police officer

You can report this by ringing  
Rochdale Adult Care on  
**0300 303 8886**

Everyone has the right to live safely

**RBSAB**  
ROCHDALE BOROUGH  
SAFEGUARDING ADULTS BOARD