



Leicester
Safeguarding
Adults Board

WORKING IN PARTNERSHIP
TO KEEP ADULTS SAFE

Easy Read Safeguarding Adults in Leicester City



What is Adult Safeguarding?



What is adult safeguarding?

Safeguarding means protecting your right to live:-

- in safety
- free from abuse and
- free from neglect

People and organisations will work together with you to prevent abuse and neglect taking place.

People and organisations will work with you to increase your:-

- involvement
- choice and
- control of what is happening

Who is an adult at risk of harm?

An adult at risk of harm is :

- someone who may have needs for care and support and
- experiencing or at risk of abuse or neglect and
- unable to protect themselves

This could be you, friends, family members or other adults you know.



Who may have care and support needs?

Adults who may need care and support include:

- older people
- people with a disability
- people with long-term illness and
- people with mental ill health





Care and support needs can be:

- practical help with
 - personal care
 - cooking
 - shopping and
 - cleaning

- emotional support such as:
 - providing encouragement and
 - confidence building

- financial help with:
 - managing your money
 - paying bills and
 - supporting you to get any benefits you may be entitled to

What is abuse and neglect?

Abuse and neglect can happen in lots of different ways, for example:

- when someone hurts or treats another person badly
- when someone does things to upset or frighten people
- when someone ignores medical or physical care needs

Abuse and neglect can happen anywhere. You can be abused or neglected in:

- your own home
- a care home
- hospital
- a day centre or
- public





Adults with care and support needs could be abused and neglected by anyone, including a:

- partner
- family member
- neighbour
- friend
- health or social care professional
- volunteer or
- stranger



What can I do if I am being abused or I am worried that someone else is being abused or neglected?

If you think you or someone you know is being abused or neglected **tell** someone you trust as soon as possible.

If you need help to contact Adult Social Care, Police or Health Services, ask a person you trust to help you.



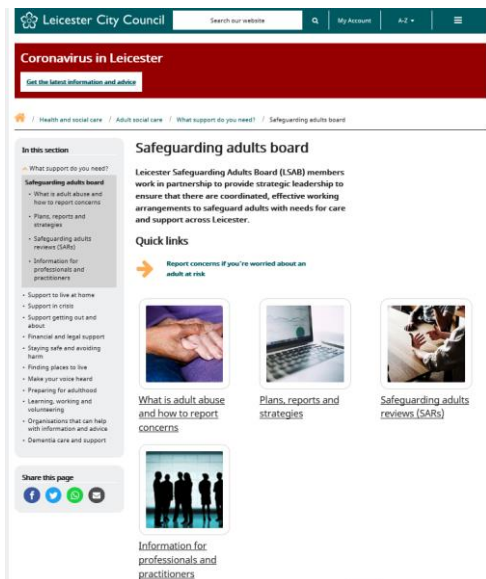
If you, or the other person, is ill hurt or injured seek medical attention.

If you, or the other person, is seriously ill, hurt or injured dial 999.

You can report the abuse or neglect of an adult with care and support needs in Leicester:

- to the **Adult Social Care** team, telephone number **0116 454 1004 (24 hours a day, 7 days a week)**
- if a crime has taken place you can report to Leicestershire Police
 - via their website **www.leics.police.uk** or
 - you can call 101
 - if it is an emergency, call 999

Organisations will work together with you to prevent the abuse and neglect taking place.



How can I find out more information about safeguarding adults in Leicester?

Take a look at the Leicester Safeguarding Adults Board website

www.leicester.gov.uk/lisab

If you go to a community group in Leicester and would like more information about safeguarding adults, please contact Leicester Safeguarding Adults Board, at LSAB@leicester.gov.uk or on 0116 454 6270 to arrange a virtual session (please **do not** report abuse or neglect via this route).