



INSPIRED SUPPORT

Safeguarding – Easy Read

What is abuse and neglect?

Abuse and neglect is always bad. There are different kinds of abuse.



Physical abuse

Includes hitting, kicking, burning, giving you the wrong medication or medication you don't need.



Neglect

Is about not getting the help, food, or healthcare you need.



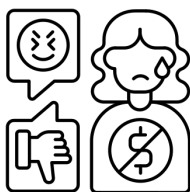
Self-neglect

Is when you are not looking after yourself, or not wanting help given 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 anyone that you live with, including ex-partners.



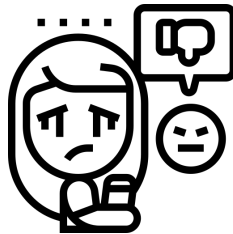
Sexual abuse

Is unwanted sexual contact such as touching or kissing, taking or sending sexual pictures.



Psychological/Emotional abuse

Is shouting, threats, cyber bullying.



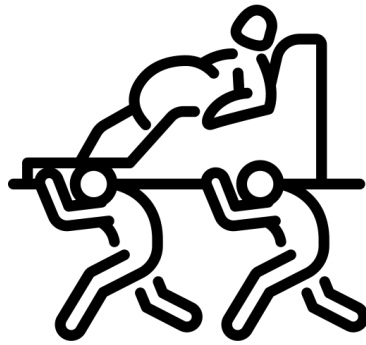
Organisational abuse

Is about poor care, neglect and not good enough help.



Modern Slavery

is working without being paid or not being paid enough and can include other types of abuse too.



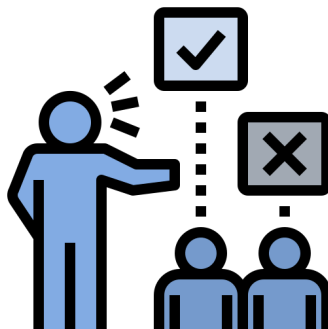
Discrimination

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

Abuse or neglect can happen 1 time or more.

You can be abused by someone you know or someone working with you or a stranger.

Abuse can happen in your own home, a care home, health setting or in a public place.



What is Safeguarding?

Safeguarding is helping you to keep safe from abuse and or neglect.

If you are worried that anything has or is happening to you or someone you know tell someone you trust.



When there is a safeguarding concern

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

A safeguarding enquiry may happen to look into what has happened and make a plan to help you to be safe.

If you do not want an enquiry, but other people could be at risk, the concerns may have to be looked into, but you will be told what is happening.



Making Safeguarding Personal

We will ask you what you think and what you want to happen.



We will listen to you and take what you say seriously.



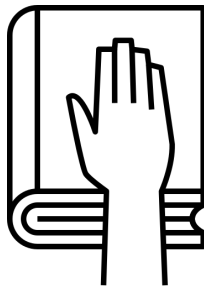
We will help you to make choices and your own decisions and we will respect your choices and your right to change your mind.



We will keep you involved and tell you what will happen next.



We will be honest with you about what we can and can't do.



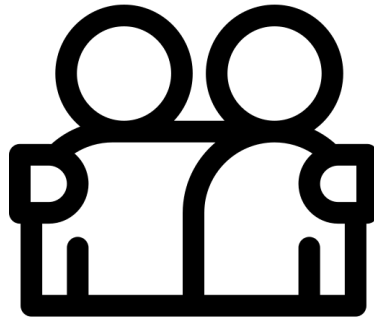
We want to help you to keep safe. We want you to be happy.



Support for you

If you need someone to help you, it could be someone in your family or friend or advocate.

An advocate is someone who helps you to say what you think and what you want.

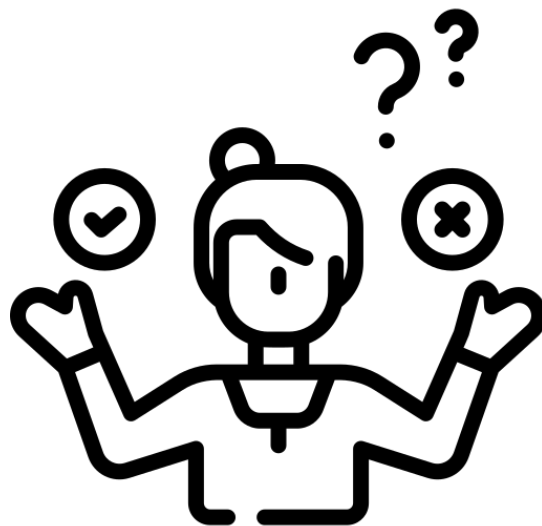


Mental Capacity

Mental capacity means being able to make your own decisions. An assessment may be done to check this.

If the assessment shows you need help, you will be asked if there is anyone you would like to speak for you.

If you do not have anyone to speak for you, an Independent Mental Capacity Advocate will speak with you to listen to your views and feelings about what you want to happen, and speak for you.



What you want to happen

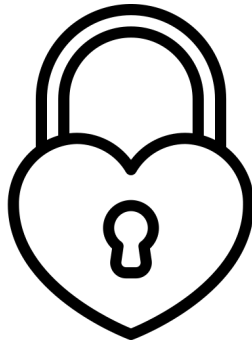
Think about what you want to happen.

Here are some things you may want to think about:

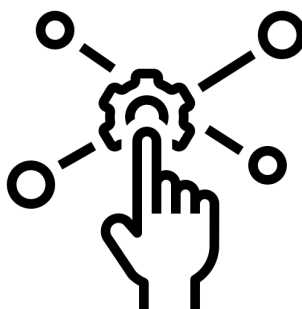
Stopping or avoiding the abuse or neglect



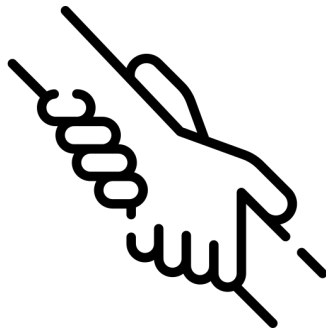
Being safe or feeling better.



Being able to choose or control what happens.



Knowing how to ask for help.



Having an apology.



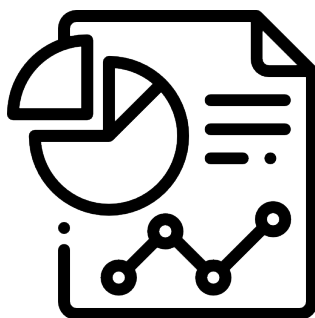
Support from the police if there has been a crime.



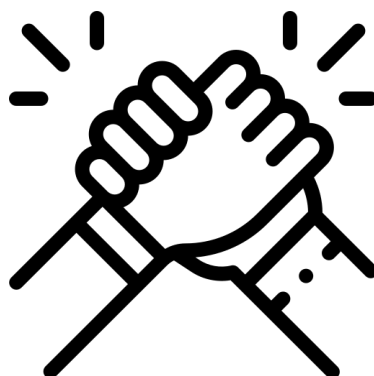
What happens at the end of a safeguarding enquiry?

Staff helping you will:

Check that you now feel safe, and you have what you wanted. These are the 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, it may need to be looked at again later on. Keep checking that you are happy with the plan.

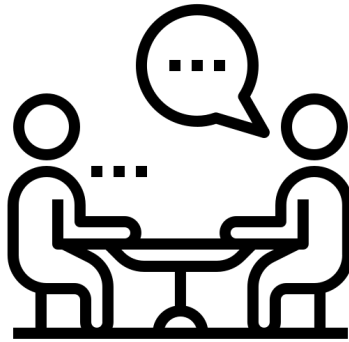


Tell you when the enquiry ends and ask you or anyone helping you, about what you thought of the help you had.



Tell us about a safeguarding concern:

You need to tell someone you trust (support mentor) if you are worried about abuse and neglect.



You could also tell the safeguarding lead in the area you attend.



Or you can phone Inspired Supports Safeguarding
Officer Stu Herring on 07531 906026



You can also contact the local authority safeguarding teams – information can be found on their websites.



In an emergency dial 999

