

Find out more about your local Safeguarding Adults Board online



www.westsussexsab.org.uk



www.eastsussexsab.org.uk



www.bhsab.org.uk

This document has been checked and approved by the Involvement Matters Team (IMT).



IMT is East Sussex County Council's reference group for adults with a learning disability.

IMT help to create, and check the quality of, easy read information on behalf of the East Sussex Learning Disability Partnership Board.



Adult Safeguarding

An easy read guide



Safeguarding is how adults who are

- experiencing **abuse** or **neglect**
- at risk of experiencing abuse or neglect



can get help to live safely.



This guide will explain what you can do if you are worried about yourself or someone you know.



Who might need Safeguarding?



Safeguarding is for any adult who:

- has needs for **care and support**
- AND
- is experiencing, or at risk of, abuse or neglect
- AND
- cannot protect themselves.



Care and support is a mix of different types of support for adults who need extra help to live their lives and be independent.

Including:



- people with a physical or learning disability
- people with mental health needs
- older people.



Brighton and Hove

Online brighton-hove.gov.uk/report-safeguarding-concern

Email HASCSSafeguardingHub@brighton-hove.gov.uk

Phone 01273 295 555

Typetalk 01273 296205

What happens next?



Once you have reported your concerns to your Adult Social Care department, they will decide if there needs to be a **safeguarding enquiry**.



A **safeguarding enquiry** is when information is collected to work out

- what has happened
- and
- what needs to happen now to make sure that the person is safe.

What can I do?



If you feel that somebody is in danger and that it is an emergency, call **999**.



If it is not an emergency, contact your local Adult Social Care Department.

West Sussex



Online [WestSussex.gov.uk/](https://www.westsussex.gov.uk)
ReportAdultAbuse

Phone 01243 642 121

Typetalk 018001 01243 642 121

East Sussex



Phone 0345 60 80 191

Email HSCC@eastsussex.gov.uk

Typetalk 18001 0345 60 80 191

Text 07797 878 111

What is Making Safeguarding Personal?



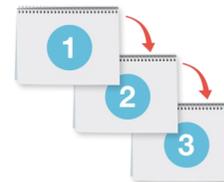
A way of making sure the person who might need safeguarding is fully involved in deciding the best way to keep them safe.

The person will be:



- asked what they want to happen
- supported to make choices
- supported to find an advocate, who can speak up for them, if needed.

The person will be:



- told what is happening and what will happen next
- able to say if and when they feel safe or if they need more support.

What is abuse and neglect?



It can happen once or lots of times.
It can happen anywhere, including in a person's home or in a public place.
It can be done by anyone, including someone that the person at risk knows.

Types of abuse and neglect



Neglect

A person is not getting the help, food or healthcare they need.



Self-neglect

A person is not looking after themselves, or not wanting help given to them.



Sexual abuse

When a person is made to do sexual things that they do not want to do.



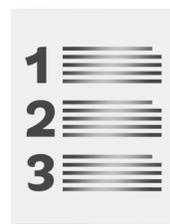
Physical abuse

When a person's body is hurt, including being hit, kicked, burnt, given medication that they do not need.



Emotional abuse

When a person is made to feel upset or worried, including being threatened, shouted at or called names.



These are very short descriptions of just a few types of abuse and neglect.

There are lots of other types of abuse and neglect.



If you are worried about yourself or somebody else, you should speak to somebody you trust or your local Adult Social Care department.