SAFEGUARDING VULNERABLE ADULTS IN SUTTON
HELPING YOU FEEL SAFE. SAY NO TO ABUSE

Easy read version

Sutton Safeguarding Adults Board
WHAT IS ABUSE?

Abuse is when someone does or says things to you to make you feel upset or frightened

- You may be too scared to speak out or stop them
- You may be abused on purpose,
- or by someone who may not realise that what they are doing is abusive
- It’s when someone has power over you, and
- You do not agree to what is happening to you.

There are different types of abuse
PHYSICAL ABUSE
This is when someone physically hurts you

Physical abuse can be:

- Hitting
- Kicking
- Pulling hair
- Pinching or shaking
- Or giving someone too much medication so they find things difficult to do.
SEXUAL ABUSE

This is when someone makes you do sexual things that make you sad, angry or frightened.

Sexual abuse is being touched where you do not want to be touched.

- Your private parts
- Your bum
- Your breasts
- Your penis or vagina, or being made to touch other people in these places.
EMOTIONAL ABUSE

This is when people say bad things to hurt your feelings, shout at you or threaten you

Examples of emotional abuse are:

- Calling you names
- Laughing at you
- Blaming you for things when it’s not your fault
- Treating you like a child
- Ignoring you.
FINANCIAL ABUSE
This is when someone takes your money or belongings without asking

Financial abuse can be:

- Stealing your money
- Being forced to pay for other people’s things
- When you don’t have a say in how your money is spent.
NEGLECT

Neglect is when your care or support is not enough to meet your needs

Neglect can be:

- Being cold much of the time
- Being hungry much of the time
- Having only dirty clothes to wear
- Being put in danger.
DISCRIMINATORY ABUSE

This is when people say or do bad things to you, or treat you unfairly because you are different

Discriminatory abuse is being treated unfairly because you:

- Have a different colour skin
- Have a different religion
- Are disabled
- Are a lesbian or gay
- Speak a different language.
SELF NEGLECT

Self neglect is when you cause harm to yourself by injury, not eating or not washing

Self neglect can be:

✦ When you don’t look after yourself by not washing, not eating the right foods or letting yourself get ill
✦ Where you live gets very untidy or you don’t throw rubbish away
✦ When you don’t let other people help you.
SLAVERY

This is when people keep you against your will or force you to do things you don’t want to do

Slavery can be:

✦ Making you to work to pay back money you owe
✦ Making you to work when you don’t want to and not pay you
✦ When someone makes you do sexual things
✦ Making you commit a crime
✦ Making you work in someone’s house and not pay you.
INSTITUTIONAL ABUSE

This is when people who are paid to look after you do things in ways that might hurt you or not help you enough

Institutional abuse can happen when:

- There are not enough staff to help everyone
- People are not helped to do things for themselves
- People are not given choices
- Things happen when staff want them to, not when you need it, for example bed-times and meal times.
Who might abuse you?

Anyone could abuse you. It might be someone you know or a stranger.
Where might this happen?

Abuse can happen anywhere, at any time.

- In a house
- At work
- At a day centre or college
- On the computer
- In a hospital
- At a club
Who can I tell?

Tell someone you trust. Do this as soon as you can.

- My family
- The Police
- A Social Worker
- A friend
- A nurse
- Someone at Church
- A Care Inspector
- Staff who support you
- An Advocate
- A Doctor
What happens next?

Tell someone you trust or tell someone in Social Services or the Police.

They will listen to you.

They will help you stay safe.

They will find out more.

They will give you help and support.
Useful contacts

Sutton Council Social Services
020 8770 5000 - option 3 and then option 2

Sutton Police
101 or 999 (in an emergency)

Care Quality Commission
03000 616161

Action on Elder Abuse (Elder abuse response helpline)
Freephone 080 8808 8141

Advocacy for All
020 8669 0500

Age UK (Sutton)
020 8770 4090

Alzheimer’s Society (Sutton)
020 8770 1875

Ann Craft Trust (for people with learning difficulties)
0115 9515400
Broken Rainbow Hotline (For lesbian, gay, bisexual, and transgender victims)
0800 999 5428

Disability Law Services
020 7791 9800

National Domestic Violence Helpline
Freephone 24hr 0808 2000 247

Respond (for people with learning disabilities and their supporters)
National Telephone Helpline 0808 808 0700

Rape Crisis Helpline
0808 802 9999

Sutton Domestic Violence Service / Victim Support Sutton
020 7801 1777

Sutton Mencap (learning disabilities)
020 8647 8600

Mind Helpline
0300 466 6463

Sutton would like to thank Barnet Council for their help in providing us with the information for this leaflet, adapted for Sutton.
London Borough of Sutton
Safeguarding Vulnerable Adults: Citizen report form

For use by adults at risk, their families, friends and carers when concerned about abuse or neglect.

Send to:
Sutton Council First Contact
Adult Social Services and Housing
Civic Offices
St Nicolas Way
Sutton, SM1 1EA
Phone: 020 8770 5000 - option 3 and then option 2
Fax: 020 8770 4347
email: safeguardingadults@sutton.gov.uk

If, after 5.00pm or at a weekend, please phone the number above and ask for the Emergency Duty Team. In an emergency please call the Police on 999.

Adult’s Name


Adult’s DOB


Adult’s Address


Phone Number
London Borough of Sutton

What happened or what are you worried about?

When did it happen (date and time)?

Where did it happen?

Your name

Phone number

Date form sent

Please complete both sides of this form
If you, or someone you know, need a translation of any part of this document please tick the box for the language required and complete the form below.

Telephone 020 8770 5000

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Name: ____________________________________________
Address: __________________________________________
____________________________________________________
____________________________________________________
Tel: ________________________________________________
Please return the form to:
London Borough of Sutton
Civic Offices
St Nicholas Way
SUTTON SM1 1EA