

Cheshire West and Chester  
Local Safeguarding Adults Board

# Stop Abuse Stay Safe

STOP!



# Neglect

## What is it?

Neglect is when your care and support needs are not being met. Such as you are not being given enough food, not being given your medication or not being kept warm.

Ignoring me



Not giving me my medication



Not helping me to stay clean and healthy



Stop ignoring me!



# Financial abuse

## What is it?

Financial abuse is when someone takes your money or does not let you have a say in how they spend your money.

My money belongs to me, don't use my money for yourself!



My purse is private- don't touch unless I say you can!



This is mine...my things belong to me. Borrowing and not giving back is stealing! it's mine not yours!



Stop stealing from me!



# Emotional abuse

## What is it?

Emotional abuse can be when people say bad things to you, tease you or threaten or bully you to upset you.

Threatening to hurt  
me or a friend



Ignoring me



Bullying and  
name calling



Telling me lies to  
make me do  
something

Stop upsetting me!



# Physical abuse

## What is it?

Physical abuse is when someone hurts you, such as by hitting you, kicking you or burning you. It may also be when someone holds you down.



Making me do something that isn't nice—no I don't like that



Grabbing me or pulling me



Hitting me  
– back off!

Stop hurting me!



# Sexual Abuse

## What is it?

Sexual abuse is being forced or tricked into any sexual activity that you do not agree to. This can be in person or online.

Someone has been touching my body or private parts and I don't want them to



My body is private - don't touch unless I say you can

Forcing me to do sexual things that I don't want to



**Stop distressing me!**





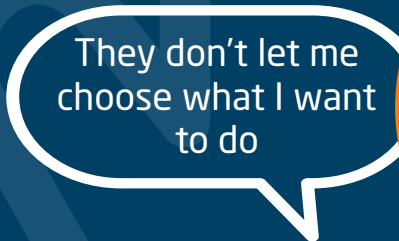
# Organisational Abuse

## What is it?

Organisational abuse is poor care and support. This might be restraint or a lack of choice of food, clothing or activities. There might be more than one abuser or more than one person being abused.



I'm not allowed to go the bathroom or toilet when I want



They don't let me choose what I want to do



The staff grab me and move me around

Stop controlling me!



# Self-Neglect

## What is it?

Self-neglect is when you are not looking after your own care needs. This might be not keeping yourself clean, or not washing your clothes. Or this might be not eating well, or not going to medical appointments, or not taking your medication.

Ignoring my  
needs



Having a dirty  
or unclean home



Not keeping myself  
clean



Help me take care of myself





# Mate Crime

## What is it?

Mate crime is when your friends take advantage of you. Or when people pretend to be your friend and make you do things you don't want to.

Asking for  
money



Inviting  
themselves round  
for tea too often



Taking you  
somewhere you  
don't want to go



Stop taking advantage of me!



# What to do if this happens to you or someone you know

Get somewhere safe with other people, like a shop or cafe – safety in numbers



Tell someone you trust – no secrets!



# Stop Abuse. Don't just talk about it. Report it.

We will:

- Listen to you
- Understand your views and wishes
- Take you seriously
- Treat you with respect
- Support you to feel safe
- Tell you what is happening
- Tell you what will happen next

Speak up if you are worried about something that is  
happening to you or someone else

**Don't just talk about it. Report it.**

If you have a concern or need advice contact the  
**Community Access Team** on **0300 123 7034** or our  
**Emergency Duty Team** on **01244 977 277**

We must work together to make sure  
people feel safe and stay safe

For information search online for the  
Adult Safeguarding Board at: **[westcheshirelsab.co.uk](https://www.westcheshirelsab.co.uk)**