

# Keeping you safe from abuse

Information on what adult abuse is and what to do if you, or someone you know, is being abused or neglected.

## Who is affected by abuse?

Many people in Surrey live safely, free from abuse and are able to protect themselves from further risk. However, some people have care and support needs that make it difficult for them to protect themselves from abuse and neglect. In these circumstances they may need help and support to keep themselves safe. This will include people with disabilities, long term conditions or those who are frail and need extra support to live independently. Other people at risk of abuse are those with mental health issues, who are homeless, experiencing memory loss, or misuse substances. It also includes people who look after someone else, when the care they provide is unpaid. Safeguarding adults is about protecting those at risk of harm from suffering abuse or neglect.

## What is abuse?

Abuse can be:

something that happens repeatedly

without the consent or understanding

Abuse can happen anywhere, at any time and be caused by anyone. Abuse is always wrong.

## Different kinds of abuse

Abuse can take many forms including:

Physical abuse - this includes being hit, shaken, kicked, being locked in a room or inappropriate restraint.

Sexual abuse - this includes an adult being made to take part in a sexual activity when they have not given, or are not able to give, their consent.

Psychological abuse - this includes being shouted at, ridiculed or bullied, threatened with harm, blamed or controlled by intimidation or [reETreW\*(h )-8 g0 0TB





