

Safeguarding adults



Camden
Safeguarding
Adults Board

Helping you to stay safe



Camden



Safeguarding adults means keeping people safe

It's about making sure people aged **18** and over are not hurt, abused or neglected



If someone finds it hard to keep themselves safe because of age, illness or disability, safeguarding support will help them

Who needs safeguarding?



Adults who

- need help with care and support



- adults who might get hurt, abused or neglected



- adults who cannot keep themselves safe



Not all care and support needs can be seen straight away - some needs are hidden, for example

- mental health needs
- learning disabilities
- or long term health conditions



Unpaid carers can also need help and to be kept safe - this is as well as the person they look after

Staying safe



To stay safe, you should understand your rights - you have the right to feel safe, to be treated with respect and to make your own decisions



Some of the ways to stay safe are

- **stay connected** - keep in touch with friends, family or people you trust



- **be aware of risks** - stay alert to anything that feels wrong, online or in person



- **know your boundaries** - it's ok to say **no** if someone makes you feel uncomfortable



- **speak up** - tell someone you trust if something doesn't feel right

Understanding abuse



Abuse is when someone hurts another person - this can be on purpose or because they don't care



It can happen in different ways with **1** person or more, and it can happen once or lots of times



Types of abuse include

- **physical abuse** - hitting, pushing, slapping or hurting someone's body



- **emotional abuse** - making someone feel scared, sad or useless



- **financial abuse** - taking or stealing someone's money or things



- **neglect** - not giving someone what they need, like food, warmth or medical care



- **sexual abuse** - touching someone in a sexual way without consent



- **online abuse** - bullying, scams or grooming on the internet



- **self-neglect** - when someone does not look after themselves



- **modern slavery** - when someone is forced to work without pay or fair treatment



- **cuckooing** - when criminals take over someone's home



- **domestic abuse** - abuse in a family or relationship



- **organisational abuse** - when a care home or hospital does not look after people properly



- **discrimination and hate crime** - treating someone badly because of things like their race, age or gender



Abuse can happen anywhere - at home, in care, in the community or in relationships



No one deserves abuse - there is help if you or someone you know is being abused

Spotting the signs of abuse or neglect



It can be hard to know if someone is being abused or neglected

- sometimes people hide
- sometimes they don't understand that what is happening is abuse



There are signs to look out for, for example

- **physical signs** - burns, cuts or lots of trips to the doctor or hospital



- **aggression** - acting angry or wanting to attack someone or something



- **changes in behaviour** - becoming quiet, sad, worried, crying or sudden changes in mood



- **money problems** - missing money or things, or a sudden change to a will or financial documents



- **neglect** - unclean, wearing the wrong or dirty clothes or poor living conditions



- **social isolation** - this means cutting off contact with friends or family, or being stopped from seeing them



- **fear** - looking scared or nervous around certain people or afraid to speak

What to do if you're worried about abuse



If you are being hurt or not cared for, or you think someone else is, you can

1 talk to someone you trust - like a friend, family member or a professional



2 contact Adult Social Care - they will listen and help



3 call **999** if someone is in danger right now



4 find a local support organisation - they can give advice and help



You don't need to know everything - just telling someone what you saw or felt can help



Safeguarding professionals will take your worries seriously and do the right thing

What happens when you report abuse?



If you are worried about abuse or neglect, tell Adult Social Care in Camden - they will

1 listen to you and find out what is happening



2 act quickly if needed and help the person feel safe and in control



3 work with other organisations to give the right support



The person affected will get support and you will be kept updated



The aim is to keep people safe and respect their wishes and rights

Your privacy is important



- when you report a concern, your information is kept safe



- only those who need to know will be told



- we will ask before sharing your details whenever possible



- if you want, you can report without giving your name



Your privacy comes first, and we will protect it while keeping people safe

We are here to help



If you need advice or want to report abuse or neglect, contact Adult Social Care by

- using the QR code on the left
- or click on the link below to visit the website



www.camdencarechoices.camden.gov.uk/reporting-abuse-and-staying-safe/how-to-report-a-concern/



Or call Adult Social Care on
020 79 74 44 44
and say **safeguarding** when asked



If you use BSL, use Sign Video Web Access at
www.camden.gov.uk/hearing



This service is online, **24/7** and needs a webcam



If you need help to report abuse or neglect

- you can talk to someone you know and trust, like your GP, housing officer or a voluntary group
- they can help you contact Adult Social Care

Some of our partners who can help you are



Age UK Camden

Offers a variety of services to older people

020 72 39 04 00



Camden Safety Net

Support for people going through domestic abuse

020 79 74 25 26



Camden Carers

Supports people who are looking after or caring for someone else

020 74 28 89 50



Rethink

Helps people speak up and understand their rights

030 07 90 05 59



Hopscotch

Offers help and support to women in a way that respects their culture

020 73 88 81 98



Forum+

A local group that helps LGBTQ+ people

020 73 88 57 20



There are plenty of other organisations also offering support in Camden - many of these can be found on our website at

www.camdencarechoices.camden.gov.uk

About Camden Safeguarding Adults Board (SAB)



The SAB helps keep adults safe from abuse and neglect



It is a group of organisations that work together by law, alongside other partners



LONDON FIRE BRIGADE

Some of the organisations are

- Camden Council
- Health and social care services
- Police
- London Fire Brigade
- Age UK Camden
- and Camden Carers