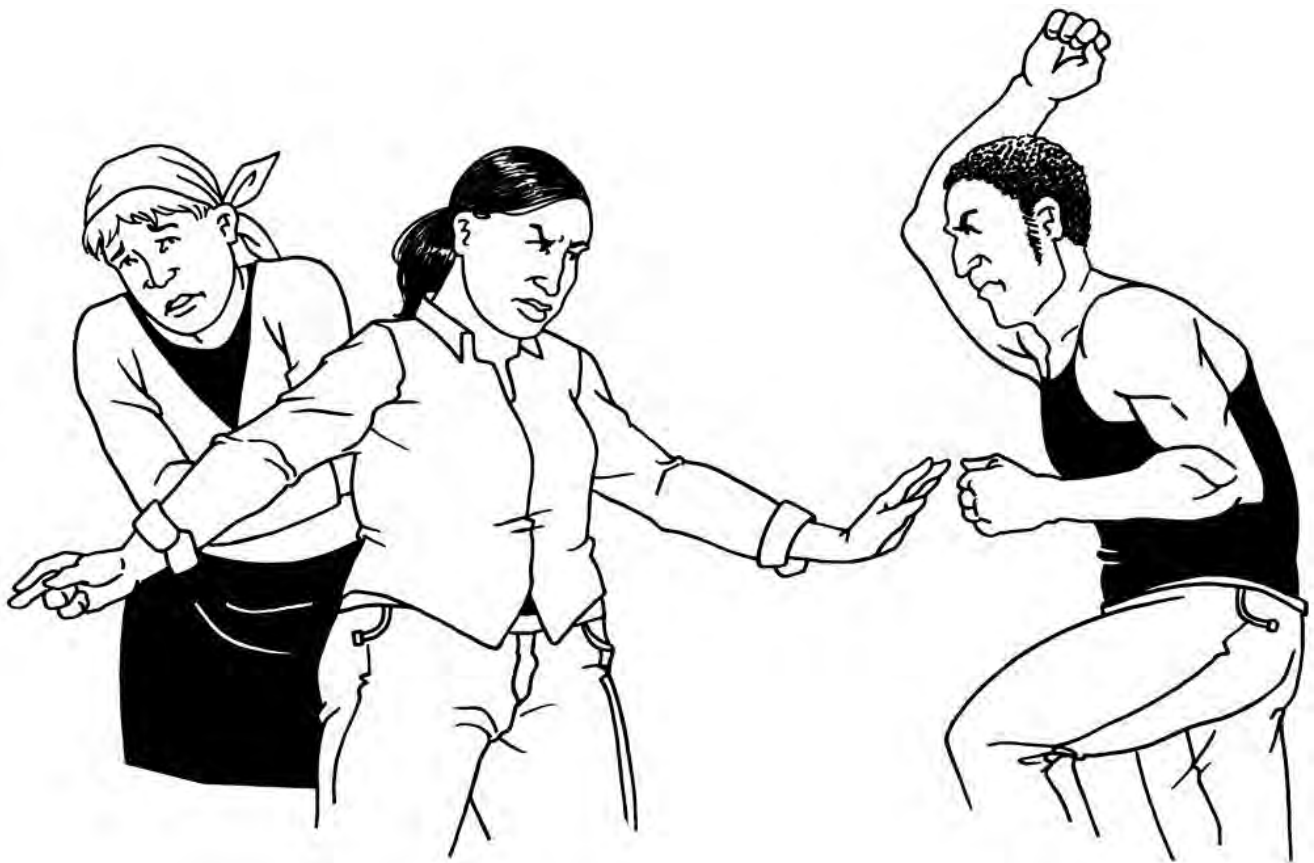


What is Safeguarding?

Easy read

2011





Message from **CHANGE**

We hope that you find this document useful to support people with learning disabilities and other vulnerable adults to be aware of how they should and should not be treated.



It is really important that vulnerable adults and not just those who care for them know about their rights and are empowered to be a key part of plans to stop bullying and abuse.



CHANGE believes that more must be done to place vulnerable adults in a position where they are empowered to **“Say No to Abuse.”**

Details of other relevant resources made by CHANGE are on page 21.



What is safeguarding?

Safeguarding is protecting vulnerable adults or children from abuse or neglect.



It means making sure people are supported to get good access to health care and stay well.



It is wrong if vulnerable people are not treated by professionals with the same respect as other patients.



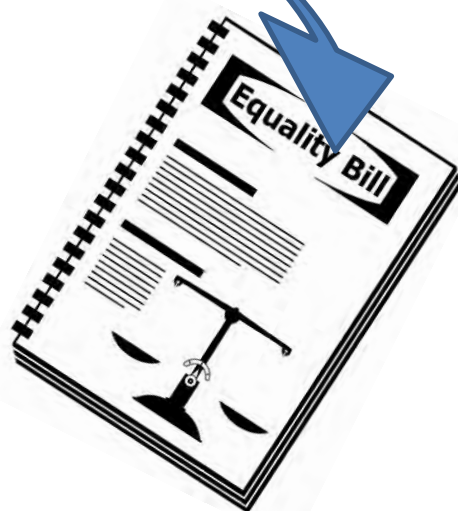
It is making sure that people are supported to have full and happy lives.



It is making sure that people get safe and empowering care.

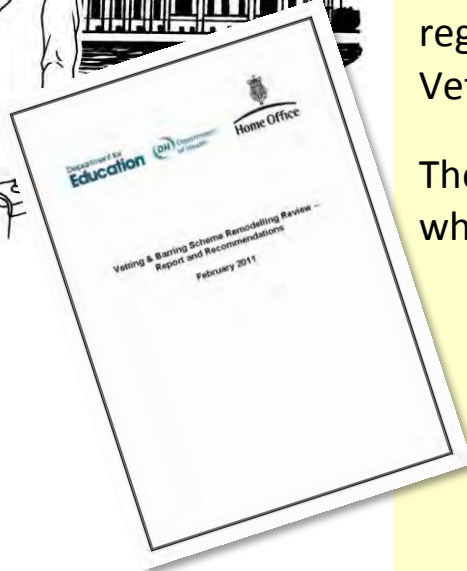


Safeguarding should make sure that people get the support they need to make the most of their lives and get their full equal rights.





Independent Safeguarding Authority



The Safeguarding Vulnerable Groups Act was passed in 2006.

It came after 2 young girls were murdered by their school caretaker.

The **Independent Safeguarding Authority** was set up to make sure that bad people were not employed to care for vulnerable adults and children.

The Government is currently (2011) thinking about whether this is the best way to protect people. For now employers no longer have to register with the ISA under their Vetting and Barring Scheme.

They have written a report about what they plan to do:

<http://www.homeoffice.gov.uk/crime/vetting-barring-scheme/>



What employers must do:

Employers must still make sure they do not employ bad staff or volunteers to care for vulnerable adults and children.



They should make sure that staff and volunteers have a Police Check before they are left to work alone with vulnerable adults and children.



If an organisation has sacked or planned to sack a member of staff or volunteer who has left because they have harmed a child or vulnerable adult, they must tell the Independent Safeguarding Authority.

Who is a vulnerable adult?



The law says a vulnerable adult is:

A person who is or may be in need of community care services because of their:

- mental health
- other disabilities
- age
- illness



A person who is or may be unable to take care of him or herself.



A person who is unable to protect him or herself against serious harm or being taken advantage of.



Other people can be at risk

Lots of people with learning disabilities who may live independently or without services can be vulnerable to bullying and abuse as well.



What is abuse?

Abuse is when someone bullies you and does or says something to you that makes you hurt, upset or frightened.



You may be scared to speak out or to stop them. The person who is bullying you may make it hard for you to report it.



If abuse happens to you or someone you know it is important to speak out and tell someone that you trust. Do this as soon as you can.



There are lots of different kinds of abuse:

- **Physical Abuse** – this is when someone hurts you by hitting you, kicking you or burning you. It may also be when someone holds you down.



- **Sexual Abuse** – this is when someone touches your body and does things to you that you do not like or want them to do.



Sexual abuse is when someone makes you do sexual things that you do not want to do.



- **Emotional Abuse** – this can be when people say bad things to you like teasing or threatening or bullying you to upset you.



It can be when people do not listen to you or do not believe what you say.



- **Financial Abuse** – this is when someone takes your money. It is when you do not have a say in how someone spends your money.



- **Mate Crime or Tricky Friends**

This is when people who you think are your friends take advantage of you. They may get you to pay for everything all of the time.



- **Abuse of things that belong to you** – this is when someone takes your private things without asking you.



- **Abuse of your rights to choose** the medical care you get such as giving medication against your will.



Neglect – this is when people say they are going to help you but they don't.

Neglect could be not taking you to the Doctors or not giving you your medicine.



Neglect could be when someone stops you having a social life.



Neglect could be if someone does not support you to keep clean and comfortable.



Neglect could be if someone stops you having enough food or drink.

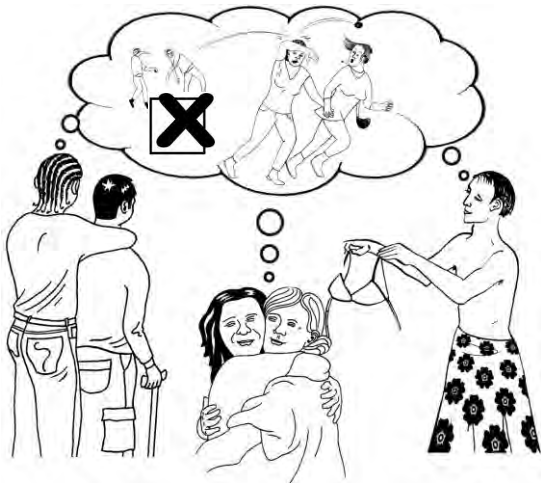


Neglect can be when people fail to treat you as an equal by not thinking about your feelings and dignity.

- **Discrimination** – this is when people say bad things to you or treat you unfairly because you are different from them.

You may be made to feel different because you are a different colour, have a different religion, look different or speak a different language.

You may be made to feel different because you are a disabled person.

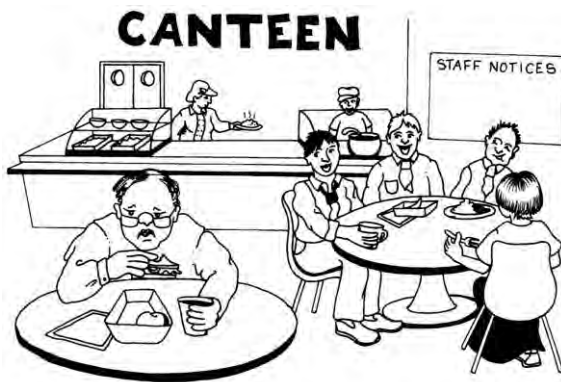


You may be made to feel different because of your sexuality. Like being gay, lesbian, bi sexual or transgendered.



Abuse can happen anywhere, at any time. It could happen:

- In your own home or in someone else's home



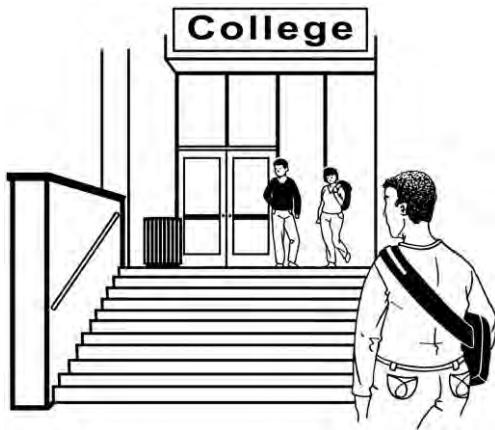
- At work



- At your care home



- At your Day Centre



- At College



- In hospital



- At your club



Who could abuse you?

Most people will not abuse you, but anyone could.



It might be someone you know or a stranger.



It could be someone in your family or a friend.



It could be someone who works with you like a social worker or a support worker.

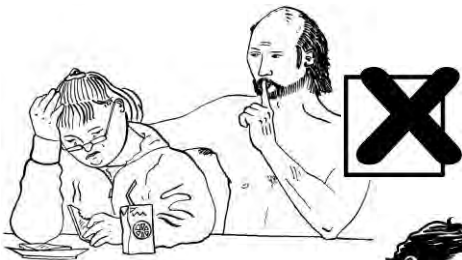


What should I do if I think I am being abused?

People who are being abused are often scared to speak up.



It is good if you can tell someone you trust, and help to make it stop.



Sometimes the bully can make it hard for you to tell anyone.



They may make you feel scared or guilty and stop you being able to tell anyone.



Abuse is not your fault.

You have a right to have a safe life without being bullied or abused.



Photo
here



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There are lots of people that you could tell if you feel you are being abused or bullied.

In an emergency you could call the police.

It is a good idea to take some time to think about who you think you could tell. Write their names and contacts below:

A relative or friend you trust:

Name: _____



A Social Worker you trust:

Name: _____



A member of staff you trust:

Name: _____



Photo
here



Your Local Safeguarding Board:

Name: _____
 _____

Your Doctor:

Name: _____
 _____

Put other useful contacts here:

Name: _____
 _____

Name: _____
 _____

Name: _____
 _____

Name: _____
 _____



Remember we also provide excellent training delivered by experienced trainers with learning disabilities:

[CHANGE Training](http://www.changepeople.co.uk/)



The images used in this document can be found on CHANGE's **NEW General Picture Bank**. Use the 1800 images and accessible templates to work more accessibly with the people you support:

[CHANGE Picture Banks](http://www.changepeople.co.uk/)

Living Our Lives in Safety

CHANGE is currently working to develop resources and training to support people with learning disabilities to know when they are being abused and how to report it.

The work is being led by co-workers with and without learning disabilities. They are supporting people who have experienced disability hate crime to work with the police to make it easier to report crimes. Contact CHANGE to find out about **"Power Changers"** which aims to empower vulnerable adults to **"Say No to Disability Hate Crime"**:

[CHANGE Hate Crime webpage](http://www.changepeople.co.uk/)