

What can you do?

We're here to help, so if you or someone you know is being abused, harmed or exploited, please call Harrow's Safeguarding Adults Team on:

020 8420 9453 during office hours or:

020 8424 0999 at all other times, you can also email us at:

safeguardingadults@harrow.gov.uk

or visit our website at:

www.harrow.gov.uk/safeguardingadults

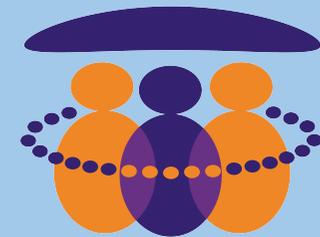
**Adult Abuse -
Break the Silence
REPORT IT!**



in partnership with:



SAFEGUARDING ADULTS SERVICE



**Safeguarding
Adults at Risk**

Safeguarding Adults Service

Safeguarding Adults Services cover the systems and processes in place to protect adults at risk from abuse, harm or exploitation.

An adult at risk is someone aged 18 or over who may not be able to take care of, or protect themselves from abuse or exploitation.

An adult at risk may have a mental health problem, be an older person or frail or have a learning or physical disability or other sensory impairment.

Every day, adults at risk are physically, sexually, financially or psychologically abused, discriminated against or neglected.

The abuser could be someone who is a relative, paid carer, neighbour or friend.

If you or someone you know is being abused, harmed or exploited, please call the number overleaf.



The 10 Dignity Challenges

High quality services that respect people's dignity should:

- 1) Have a zero tolerance of all forms of abuse.
- 2) Support people with the same respect you would want for yourself or a member of your family.
- 3) Treat each person as an individual by offering a personalized service.
- 4) Enable people to maintain the maximum possible level of independence, choice and control.
- 5) Listen and support people to express their needs and wants.
- 6) Respect people's right to privacy.
- 7) Ensure people feel able to complain without fear of retribution.
- 8) Engage with family members and carers as care partners.
- 9) Assist people to maintain confidence and a positive self esteem.
- 10) Act to alleviate people's loneliness and isolation.

Abuse can be a single or repeated act and can take the form of any of the following.	
Physical	Being slapped, punched, kicked, shaken, burnt, restrained or over-medicated.
Sexual	Any act of a sexual nature that is not requested or consented to. This can range from touching to sexual assault or rape.
Financial	Money, savings, benefits or property being controlled, stolen, misused or abused without consent.
Psychological	Being bullied, harassed, ignored, threatened with violence or living with the fear of violence or threats.
Neglect	Not providing help & support to someone unable to care for themselves. Failure to feed, attend to personal care or access medical treatment.
Discriminatory	Mistreatment based on a failure to acknowledge or respect an individual's religious, cultural, ethnic, social, lifestyle choices or belief system.
Institutional	Abuse, neglect or mistreatment in a care, nursing, or hospital type setting.