



Portsmouth Safeguarding Adults Board

If you need this information in a different language or format, contact us at psab@portsmouthcc.gov.uk or 023 9284 1786









Safeguarding adults is protecting adults at risk from abuse and neglect. These terms are explained within this leaflet and what you can do.

Portsmouth

CITY COUNCII



#### **Physical Abuse**

This is when someone hurts you by hitting you or kicking you or holding you down.



#### **Sexual Abuse**

This is when somebody touches your body or does things to you that you do not like.



#### **Psychological Abuse**

This includes emotional abuse, people will say things to upset you or threaten you.



#### **Financial Abuse**

This is when someone takes your money or does not let you choose how to spend your money.



### Neglect

This is when someone is supposed to help you but doesn't. It might include things like not giving you food, medication or not taking you to see the doctor.



### Self-Neglect

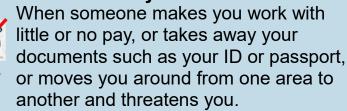
This could be when you are not looking after yourself properly.

### Discrimination



This is when someone treats you unfairly or is mean to you because you are seen as different to them. This may be because you have a disability or have a different religion, gay, transgender, race or a man or a woman.

### **Modern Slavery**





## Institutional Abuse

This may happen in a residential home, or supported living. An example of this is if the staff are not nice to you or do not help you when you need it.

# What can you do?

If you are worried for yourself or somebody else who you think is being abused.

If you or somebody else is in danger call **999** 



If you need to contact the police and it is not urgent call **101** 



You can also report abuse of Adults at Risk to Portsmouth City Council Adult Social Care Helpdesk on:

023 9268 0810 (Monday-Friday in office hours

0300 555 1373 (Out of hours)

Or email <a href="mailto:PortsmouthAdultMash@portsmouthcc.gov.uk">PortsmouthAdultMash@portsmouthcc.gov.uk</a>

If you would like more information about safeguarding adults in Portsmouth, visit the Portsmouth Safeguarding Adults Board website: www.portsmouthsab.uk