



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



Physical Abuse

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



Self-Neglect

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



Sexual Abuse

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



Neglect

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



Psychological Abuse

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



Discrimination

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



Financial Abuse

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



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.



Modern Slavery

When someone makes you work with little or no pay, or takes away your documents such as your ID or passport, or moves you around from one area to another and threatens you.

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 immediate 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

Or email

PortsmouthAdultMash@portsmouthcc.gov.uk



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

www.portsmouthsab.uk

