



# What to do if you are concerned about an adult in Portsmouth



Portsmouth Safeguarding  
Adults Board

## Safeguarding Adults in Portsmouth

Everyone has a responsibility to support people to be safe and report concerns about abuse or neglect



### What will happen if I report abuse?

If you report a concern, we will:

- Listen to you and take your concerns seriously
- Make enquiries about the concerns you have raised
- Talk to other agencies that might need to be involved e.g. care homes, police, GP, other social workers
- Decide on the best way to keep the person safe now, and in the future
- Support the adult to live their life the way they want, free from abuse

If it is an emergency and the adult is at immediate risk or harm, call 999

Otherwise, you can contact the Adult Multi-Agency Safeguarding Hub (MASH) at Portsmouth City Council by phone or by email:



02392 68 0810



PortsmouthAdultMASH@  
portsmouthcc.gov.uk

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



portsmouthsab.uk



## Safeguarding

Safeguarding is there to protect the health and wellbeing of everyone, in particular those who are vulnerable or at risk.

Abuse can occur anywhere and comes in many forms, it can be committed by a family member, friend, or a carer.

## What you can do

- In an emergency, call 999
- Talk to the person, let them know that help is available and ask what they want to do
- Report your concerns (see overleaf)

## Types of Abuse

### Financial

Having items/money taken, scams

### Physical

Hitting, sleeping, restraint

### Emotional

Deprive of contact with others, humiliation, verbal abuse

### Sexual

Inappropriate touching, sexual innuendo

### Discriminatory

Abuse due to person's age, disability, gender, race, sexual orientation

### Organisational

Neglect and poor care in a care setting

### Acts of omission

Withholding access to medication, food, heat, taking away hearing aids, walking frames etc.

### Domestic

Controlling/violent behaviour towards a partner

### Self neglect

Poor hygiene, hoarding, not eating

## Particular issues for the elderly

### Financial

May also include physical abuse

### Neglect

May be a form of control by abuser

## Who could be causing the abuse?

Anyone can abuse another person - this could include a carer, a relative, a friend, a neighbour, a health worker or social worker, a stranger

## ANYONE CAN COMMIT ABUSE OR NEGLECT

## Signs to look for

- Sudden change in behaviour
- Unexplained bruises/injuries
- Not eating enough
- Low self-esteem
- Changes in appearance
- Missing items

## If you are concerned

- Tell someone!
- Talk to family and friends if you feel unsafe or are worried about someone else
- Call 999 if person is in immediate danger
- Call Safeguarding team - mash