

Lewisham

Safeguarding Adults Board

A working partnership to prevent abuse



Say **NO** to abuse



**An Easy Read Guide
To Help You
Understand Abuse
And
How You Can Stay Safe**

Different kinds of abuse

Physical abuse is



This could be when someone:

- Hits you
- Slaps you
- Kicks you
- Causes you pain

Emotional abuse is



This could be when someone:

- **Calls you names**
- **Treats you like a child**
- **Ignores you**
- **Blames you for things that are not your fault**

Sexual abuse is



This could be when someone:

- **Forces you to do sexual things you do not want to do**
- **Makes you touch other people that makes you feel uncomfortable**
- **Makes you look at pictures and films of a sexual nature**

Financial abuse is



This could be when someone:

- **Steals money from you**
- **Forces you to buy stuff on the internet**
- **Spends your money without asking you**

Hate Crime is



This could be when someone:

- **Treats you badly because of your skin colour**
- **Treats you badly because you have different religious beliefs**
- **Treats you badly because you are lesbian or gay**
- **Treats you badly because you have a disability**

Neglect is



This could be when someone:

- **Does not give you food or drink**
- **Does not look after you**
- **Does not give you your medicine**
- **Does not give you any clean clothes to wear**

Who abuses?



- **Anyone can behave in a way that is abusive**
- **It might be someone you know, a carer, a family member, a friend or a stranger**

Where does abuse happen?

Abuse can happen anywhere



At a day centre or college



In a house



In a hospital



In a care home



At work



At a club

Who can I tell?

If you think you or someone you know is being abused, talk to someone you trust as soon as possible



- A member of your family
- A Police Officer
- A Friend
- A Social Worker
- A Doctor
- A Nurse
- A Care Inspector.
- Staff who support you
- A Doctor

Do you want to report abuse?

If you suspect that you or an adult you care about may be at risk of abuse or neglect call

Lewisham

Social Care Access and Information Team

Monday - Friday 9am - 5pm

Tel: 020 8314 7777 (select option 1)

Fax: 020 8314 3014

Or email them: SCAIT@lewisham.gov.uk

Minicom: 020 8314 3309

Text Message: 07730 637 194

If you have concerns about the immediate safety of an adult at risk then please contact the Police on 999

For more information on

Safeguarding Adults in Lewisham

www.safeguardinglewisham.org.uk/lsab

Your Contacts

Use this page to write down your important telephone numbers

Your Doctor:	
Your support worker:	
Your family and friends:	
Other people you trust:	