



# Protection of Vulnerable Adults

## Keeping yourself safe from abuse

General information to protect yourself from abuse  
(easy read)

## Protection of Vulnerable Adults

### What is abuse?

Abuse is when someone does or says things to you that may hurt, upset you or make you frightened.

You may feel scared to speak out or to stop them and may not know how to get help.

The person abusing you may not always know that what they are doing is wrong.

The person abusing you could be a relative, a friend or neighbour, a member of staff or anyone within the community.

### There are many different types of abuse

#### Physical abuse

Is when someone hurts you by using their feet, arms, head or a weapon like a knife or stick.

#### Physical abuse can be:

- Hitting
- Kicking
- Spitting
- Hair pulling
- Stabbing
- Pushing
- Giving the wrong medication



## Sexual abuse

**Sexual abuse can be when someone :**

Touches your private area's when you do not want them to. This can be inside or outside your clothes.

Makes you touch their private area's when you do not want to.

Talks about your body like the size of your breasts or bottom.

Shows you pictures of sex that make you uncomfortable



## Financial abuse

When someone takes something that belongs to you without asking or makes you give them things that belong to you.

**Financial abuse can be :**

Someone stealing your money

Someone taking your belongings

Being forced to pay for others' things

Not having a choice in how to spend your money



## Neglect

When you are not given the right amount of support.

### Neglect can be :

- Not having enough food
- Having to dress in dirty clothes
- Not having any heating
- Being put in danger
- Not giving you your medicine
- Not having enough staff
- Support



## Discriminatory Abuse

This is when people treat you unfairly because they think you are different.

### This may be because:

- You are old
- You are disabled
- You have different
- Coloured skin
- You speak a different language
- You have a different
- Religion
- You are gay or lesbian



## Institutional Abuse

This can happen anywhere, even in your home.

### This may be :

- You are told what to do all the time
- You are told when to go to bed you are told what to eat or drink you are not able to do the activities you want to do
- You cannot go out when you want to
- You are forced to stop doing something
- You are not allowed to have your own money
- you enjoy



## Emotional Abuse

This is when someone makes you feel unhappy, miserable or afraid and not worth very much as a person.

### This can be when people :

- Call you names
- Make fun of you or
- Laugh at you
- Treat you like a child
- Ignore you
- Blame you for things
- You haven't done
- Stop you from making
- Choices



## Where does abuse happen?

Abuse can happen anywhere and at any time :



At a club, leisure centre or at daytime opportunities



At your home or at a Care Home



On transport



At the doctors or a hospital



At work

## Who can I tell?

You should tell someone you trust as soon as possible. This may be :



A family member



A friend



The police



A doctor or nurse



Staff or an advocate who support you

## What will happen next once I have told someone?

If you tell the police or someone who supports you they will:

Listen to you and take what you say seriously

Help you to stay safe

Find out more information

Get you the help and support you need

Report the information to people who can help to stop the abuse

## Contact details

If you have concerns about a vulnerable adult or would like more information, please contact:

**Blaenau Gwent:**

Tel: 01495 315700

Email: [info@blaenau-gwent.gov.uk](mailto:info@blaenau-gwent.gov.uk)

Fax: 01495 315265

Minicom: 01495 355959

**Torfaen:**

Tel: 01495 762200

Email: [socialcarecalltorfaen@torfaen.gov.uk](mailto:socialcarecalltorfaen@torfaen.gov.uk)

Fax: 01495 766686

**Monmouthshire:**

Tel: 01291 638928

Email: [monpovaduty@monmouthshire.gcsx.gov.uk](mailto:monpovaduty@monmouthshire.gcsx.gov.uk)

**Caerphilly:**

Tel: 0808 100 2500

Email: [asdit@caerphilly.gov.uk](mailto:asdit@caerphilly.gov.uk)

Fax: 01443 873627

**Newport:**

Tel: 01633 656656

Email: [pova.team@newport.gov.uk](mailto:pova.team@newport.gov.uk)

If it is an emergency and you need to contact us outside of office hours please call our Emergency Duty Team on: Tel: **0800 328 4432**