

You can report abuse in the following ways:

By telephone:

Access Centre - 08457 607 2000 (Worcestershire County Council)

By post:

Social Care Services, PO Box 585 Worcester WR4 4AD

By email:

socialcare@worcestershire.gov.uk

Online:

www.worcestershire.gov.uk/safeguardingadults

Other places to access help and support:

Police: 0300 333 3000

Citizen Advice Bureau: 020 7833 2181

www.citizensadvice.org.uk

Age Concern: Free helpline 0800 00 99 66

www.ageconcern.org.uk

Worcestershire County Council is working with the following agencies to stop abuse within the county: Worcestershire NHS, West Mercia Probation, West Mercia Constabulary and Worcestershire Supporting People Partnership.

This document can be made available in other languages and alternative formats (large print, audio tape, computer disk and Braille) on request from the Access Centre on telephone number 0845 607 2000 or by emailing socialcare@worcestershire.gov.uk.

To the best of our knowledge all information was correct at the time of printing: February 2010.

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Safeguarding Adults In Worcestershire



Worcestershire Safeguarding Adults Adult Protection **Keeping Safe**

Every adult has the right to be safe. This leaflet contains valuable advice on what you can do to prevent yourself from becoming a victim of abuse.

Who is a vulnerable adult?

A “vulnerable adult” is someone who “is or may be in need of community care services by reason of mental or other disability, age or illness; and maybe unable to protect him or herself against significant harm or serious exploitation.” (No Secrets (DoH) 2000).

As a vulnerable adult, we recognise that your vulnerability may leave you more open to abuse. This leaflet is intended to help you to protect yourself from becoming a victim of abuse.

What can you do to protect yourself from abuse?

1. Keep active, go shopping, meet friends, and take up a hobby or interest.
2. Keep in touch with family and friends.
3. Take good care of yourself by having regular medical and dental appointments.
4. Know your legal rights; if in doubt contact your Citizens Advice Bureau.
5. Assert your rights to be treated with dignity and respect.
6. Trust your instincts.
7. Don't allow anyone to cut you off from other people.
8. People who drink or take drugs are more likely to be abused.
9. Always remember your personal details are what it says 'Your Personal details' so don't give them to anyone else. If in doubt ask for ID or phone the police. Keep your door on a chain until they show you ID.

What can you do to protect yourself from Financial Abuse?

1. Make sure you check the references of anyone who you employ in your home.
2. Make a Will.
3. Keep valuables, cash and financial documents in a safe place.
4. If a support worker is entrusted with money e.g. for shopping/to pay bills - make sure you get receipts
5. Never give personal or financial information to someone you hardly know either in person or over the phone, especially your PIN/Passwords etc.
6. Do not add another persons name to your bank or insurance documents without legal advice.
7. Do not sign any document until you or someone you trust has read it.
8. There are many charity and other scams, do not send money unless to a well known charity.
9. Avoid asking people to withdraw cash for you – instead ask them to assist you with getting to the bank or arrange with your bank to open a separate account that someone else can have access to and sign a record of who will have access. Only keep a limited amount of money in this account.

If you suspect you are being abused
Report it. There is help out there,
don't become a victim.

