

SPEAK UP!

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This leaflet is available in other
formats - such as large print

For information or help
call **01546 605517**

outside of office hours call
01631 566491

or **01631 569712**

For more information
about adult protection
visit:

www.argyll-bute.gov.uk/social-care-and-health/adult-protection



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Act
against
harm

Argyll and Bute Adult Protection Committee



Adults sometimes need protecting too



No-one should live in fear of harm

Get help now by calling

01546 605517

Adults sometimes need protecting too

Harm can happen anywhere: in someone's own home, out in the community, in a care home, a day centre, a hospital or anywhere else that people spend time.

Anyone may cause harm.

This could include the people closest to you, such as family members or friends, as well as people you rely on such as paid care staff.

Why do adults need protection?

Everyone has the right to live their life without being harmed.

Many people are able to protect themselves and stop things happening to them that they do not like, but for others this may be more difficult.



Some people find it harder to keep themselves or their property safe because they have an illness or a disability that makes them more vulnerable than other people.

What is harm?



Harm is when someone hurts you or treats you badly.

Harm is always wrong.

If you are 16 or older and

- you cannot safeguard yourself or your property
- are at risk of harm
- have an illness, disability or frailty that makes you more vulnerable to being harmed than other adult

then you are an adult at risk of harm and the Adult Support and Protection (Scotland) Act 2007 means that there are people who will work together to help keep you safe.

If you are being harmed, or if you are worried that someone you know is being harmed or neglected, please tell someone.

How do I tell someone?

The different services that exist to support and protect adults can only act when they know that someone may be at risk.

Many adults cannot tell us themselves if they are being harmed and rely on others to report it so that they can be protected.

If you are concerned about someone, please call 01546 605517



There are many different types of harm

Physical harm

Physical harm is when someone hurts you. You should not be hit, kicked, punched, bitten, or have someone shake you.



Emotional harm

Emotional harm is when someone shouts at you all the time, bullies you, or does other things to make you feel scared and upset. It can also be when someone ignores you, or tries to get you to do what they want.

Sexual harm

Sexual harm is when someone makes you have sexual contact that you do not want. No-one should make you have sex if you do not want to or do sexual things for money or presents. No-one should make you look at sexual photos or DVDs.

Financial harm

Financial harm is when someone takes your money or other things or stops you from having your own money.

Neglect

Neglect is when someone does not give you the help and care that you need, or stops you getting important things such as food or medicine. Anyone who helps you to do things, or helps you to live independently, should look after you properly, whether they are a relative or a paid staff member. If they do not - this is neglect.

Self-harm and self-neglect

Sometimes when people are very upset or worried, they hurt themselves because it makes them feel better. This is self-harm.

Self-neglect is when you do not look after yourself properly.



Who can I tell?

It is everyone's business to help protect adults who may be at risk.

If you are being harmed or if you know someone who you believe is being harmed please tell us so that we can help them to protect themselves.

If you believe that someone is in urgent need of help to keep them safe please contact the police on 999.

If you want to report harm you think or know is happening to an adult, please contact:

Argyll and Bute Social Work Department on 01546 605517
Out of office hours you can call
01631 566491 or 01631 569712

What will the person who answers my call do?

- listen to what you say and ask you some questions about what has happened
- make sure that you or the person you are talking about are safe
- involve other people like social workers and doctors to find out what has happened and how best to offer protection so the harm cannot happen again

If you find it difficult to make a phone call, tell someone that you trust what is happening, and ask them to help you.



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