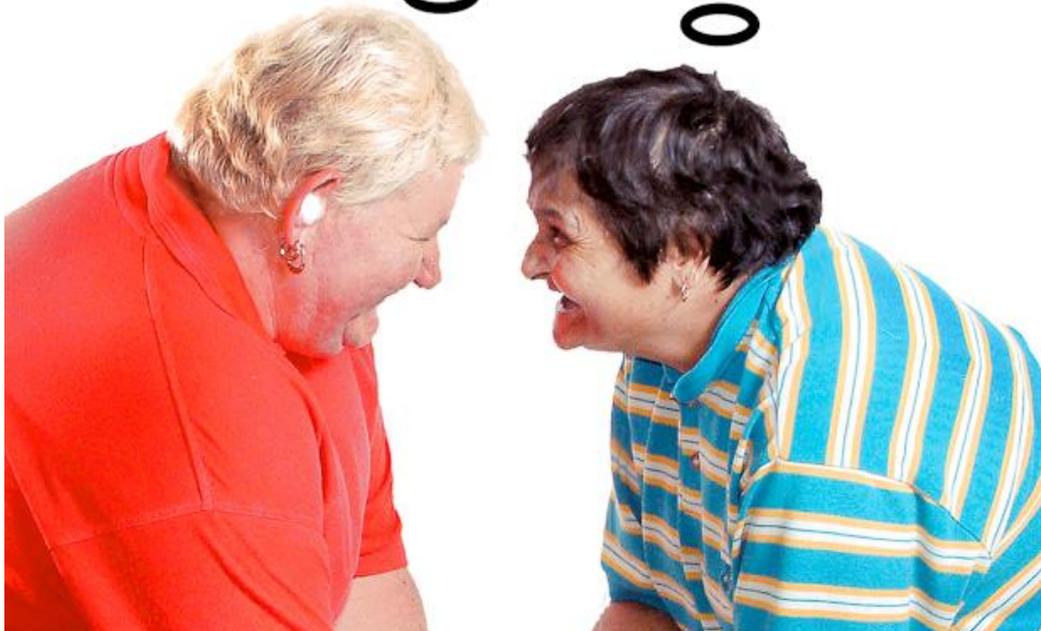


# Cumbria Safeguarding Adults Board

Making Safeguarding Personal  
Easy Read



@cumbriasab



cumbriasab.org.uk

## What is Safeguarding Adults?

Safeguarding Adults helps adults who are vulnerable to live their life without **abuse** or **harm**. An adult is someone who is over 18 year's old. Vulnerable means someone who may have a care and support need.



**Abuse** and **harm** is when someone says or does something that makes you upset or scared.

<b>Physical Abuse</b>	This can include hitting, shaking and spitting. It can also be not being given enough food or drink.	
<b>Emotional Abuse</b>	This can include threats, being called names and stopped from going to activities you enjoy.	
<b>Financial Abuse</b>	This can include people taking your money or spending it on things you did not want.	
<b>Neglect</b>	This can include not being given medication when you need it or enough food when you are hungry.	
<b>Hate Crime</b>	This can include people targeting you because you have a disability or because of your age or sexuality.	
<b>Organisational Abuse</b>	This can include abuse that happens in a care home or hospital setting.	

## What happens next?

### The Alert

When the council is told about the abuse it is called an alert. The **alert** can be made by the person who has been abused. The alert can be made by the person who has seen the abuse. The alert can be made by someone who thinks it might be happening.



### The Enquiry

The council will give the alert to a social worker. The social worker will check how the person feels about the safeguarding alert. The social worker might ask other people who are involved but they should check with you first. This is called an **enquiry**.



### The Investigation

The enquiry could lead to an investigation. An investigation could happen if there are other people at risk of abuse even if you do not want it to.

An investigation is to:

- Find out what happened
- Help the person who has been abused to stay safe
- Help the person decide what they want to happen in the future.



An investigation could take a long time or it could take a short time. It is important that the council tell you what is happening.

**We want to help you to keep safe. We want you to be happy.**

## Our Promise to You

We will listen to you and take what you say seriously.



We will understand that this is a difficult time for you and we will be kind to you.



We will respect your choices and your right to change your mind.



We will be honest with you about what we can and can't do.



We will invite you to your meetings at a place and time you can get to.

**You** can tell us who you want to come to the meeting.



We can help you access support to help you understand what is happening and to tell people what is important to you. This is called **Advocacy**.



We will keep you informed and help you understand what is happening at every stage. We will do this in a way that you choose.



We will introduce you to people from other organisations that might need to be involved. We will make sure you understand everyone's role.



We will give you the name of a person you can speak to when you need help or want to know something about the safeguarding. This will be called Your Contact.



## Your Contact

Name:

Telephone:

Email:

## What do you want to happen?

Think about what you want to happen. Here are some things you may want to think about:

- Do you feel safe?
- Do you understand what is happening?
- Do you want the abuse to stop?
- Can you protect yourself in the future?
- Do you want to feel more confident?
- How do you want to be involved in the safeguarding investigation?
- Do you want the Police to prosecute?



## What is important to you?

If you want you can write down the 3 most important things you want to happen and how we can help. These can be changed at any time.



1
2
3

**Please tell us if you are unhappy about anything at any time.**

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