



## KEEPING SAFE FROM ABUSE

### INFORMATION FOR ADULTS WITH LEARNING DISABILITIES



**Abuse** is when someone hurts you or does bad things to you. These could be things like:



#### **PHYSICAL ABUSE**

Hurting you (kicking, punching, slapping, pushing).



#### **FINANCIAL ABUSE**

Stealing your money or other things that belong to you.



#### **EMOTIONAL ABUSE**

Talking to you in a bad way (teasing, threatening, shouting, swearing, ignoring).



#### **NEGLECT**

Not looking after you properly by not giving you enough food, not keeping you warm, not giving your medication or not getting you help when you need it.



#### **SEXUAL ABUSE**

Touching your body or your private parts in a way you do not like or want.

## WHAT SHOULD YOU DO IF YOU ARE BEING ABUSED?

Even if you are scared it is very important that you tell someone. This should be someone that you trust.



### This might be:



Someone in your family  
A friend or neighbour  
A Care Manager or nurse  
A member of staff  
An advocate  
A manager  
The police



### What will happen next?

If you are being abused it is important that Social Services know about it. They will help to keep you safe.

A Care Manager will come and talk to you and do what they can straight away to keep you safe.



### Need help or advice?

**Call: 020 8487 5315**  
and we will try and  
help you

