

How can I report abuse?

It is important that you tell someone you trust what is happening. It can be a friend, a family member, a neighbour, a doctor or a care worker.

You can also speak to someone you don't know by contacting Hartlepool Borough Council's **Social Care Duty Team** on **01429 284284**.

If it is not safe where you are, call the police straight away on 999.

What if someone I know is being abused?

Please call Hartlepool Borough Council's **Social Care Duty Team** on **01429 284284**.

All adults have a right to live free from violence, fear and abuse, and to be protected from harm and exploitation

Useful telephone numbers

If you think someone is breaking the law contact:

The Police 0845 090 1234
(999 for emergencies only)

If you think you or someone else is being abused contact:

Hartlepool Borough Council Social Care Duty Team 01429 284 284
or write to:

Child and Adult Services, Hartlepool Borough Council, Civic Centre, Victoria Road, Hartlepool, TS24 8AY

If you feel you need to speak to somebody or need support please speak to a member of the Hospice Team.

Contacting the Hospice

Telephone: 01429 855555
email: enquiries@alicehousehospice.co.uk
website: www.alicehousehospice.co.uk

Covid-19 We are continuing to provide essential care for patients. COVID-19 restrictions are subject to change. Please contact us to check on our current policies.

Hartlepool Hospice (known locally as Alice House Hospice and formerly Hartlepool & District Hospice) is a charity within England and Wales registered with charity number: 510824.
Hartlepool Hospice Ltd is a company limited by guarantee and registered in England and Wales with company number: 1525658.
Registered office: Alice House, Wells Avenue, Hartlepool, TS24 9DA

Serving the communities of
Hartlepool & East Durham

Safeguarding vulnerable adults from abuse



Information for patients, carers and families

Dignity, Respect, Support and Care

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This leaflet is about safeguarding adults from abuse

What is adult abuse?

Adult abuse is where a person over 18 who is unable to protect themselves is ill treated or neglected. A vulnerable adult is someone whose independence and well-being is at risk to to abuse or neglect.

Some vulnerable adults will not be able to tell anyone they are being abused. Changes in someone's physical or emotional state, or injuries which a vulnerable adult cannot explain, may be signs of abuse.

Abuse can be a single act or repeated acts. It can occur in any relationship, for example amongst friends, family, neighbours, care and support workers, or someone you do not know very well.

Examples of adult abuse:

Psychological - threats, intimidation, verbal abuse, isolation, locking someone up, inappropriate sanctions, humiliation, blaming

Physical - hitting, pinching, slapping, punching, pushing, kicking, misuse of medication

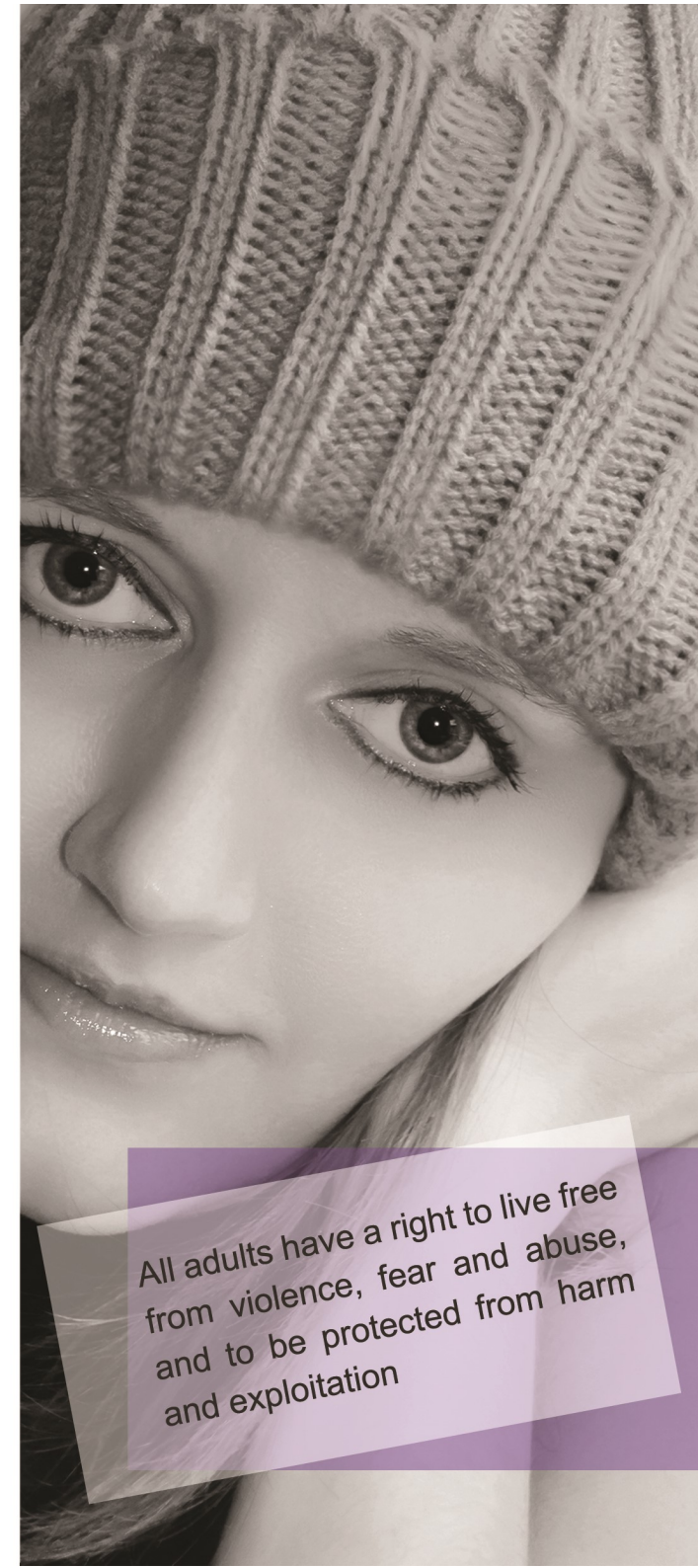
Neglect - ignoring health needs, withholding food, heat and light, not allowing access to appropriate services.

Sexual - rape, being party to or witnessing sexual acts without consent

Financial or material - theft, fraud, misuse of property

Discrimination - racist, ageist, sexist slurs or making jokes about someone's condition

Institutional - can occur in a care home, nursing home, acute hospital or in-patient setting and can be any of the above types of abuse



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