



Mattishall and Lenwade Surgeries

Safeguarding Adults

**What to do if you have
concerns**

Safeguarding adults

is about protecting those at risk of harm (vulnerable adults) from suffering abuse or neglect. Abuse can happen anywhere. It can happen at home, in a residential or nursing home, in a hospital, at work or in the street.

Who is at risk?

Those who need safeguarding help are often elderly and frail, living on their own at home, or without much family support in care homes.

Other people at risk of suffering harm are those with physical or learning difficulties or people with mental health needs.

What are the different types of abuse?

Physical - being hurt or harmed either deliberately or through rough, careless or thoughtless behaviour.

Emotional abuse or bullying - being humiliated or put down or made to feel anxious or frightened.

Financial abuse or theft - someone using your money or possessions in a way that you don't want.

Neglect - not being given the things you need to feel safe and comfortable or not making sure you get the care or treatment you need.

Sexual abuse - being made to do something that you don't want to do.

How to spot adult abuse...

General signs of abuse:

- Frequent arguments between the carer and the elderly person.
- Changes in personality or behaviour in the person being abused.
- Broken eye glasses or frames.
- Signs of being restrained, such as bruises on the wrists.
- Staff in a care home refusing to allow you to see the elderly person alone.

Physical abuse:

- Unexplained signs of injury such as bruises, burns or scars, or more serious unexplained injuries such as broken bones.
- Report of a person taking too much of their medicines or not taking their medicines regularly (a prescription has more remaining than it should).

Emotional abuse:

- Threatening, belittling, or controlling behaviour by the abuser.
- Behaviour from the abused person that seems like dementia, such as rocking, sucking, or mumbling to themselves.

Sexual abuse:

- Bruises around the breasts or genitals.
- Unexplained genital infections.
- Unexplained bleeding from the vagina or from the back passage.
- Torn, stained or bloody underwear.

Neglect by caregivers or self-neglect:

- Unusual weight loss because of not eating enough food or drinking enough fluids.
- Untreated physical problems, such as bedsores.
- Dirty living conditions: dirt, bugs, soiled bedding and clothes.
- Being left dirty or unwashed.
- Unsafe living conditions (no heat or running water; faulty electrical wiring, other fire hazards).

What to do next?

If you are being abused or concerned about someone else being abused, it is very important to talk about your concerns.

You can obtain help just by talking to:

Police

If you feel the situation is an emergency and the adult is in immediate danger call 999.

Mattishall Surgery

You can report your concerns to the surgery who will then liaise with the adult safeguarding team. Dr FitzGerald is the Adult Safeguarding Lead for the practice.

Social services

There is a social worker contactable 24 hrs a day to take concerns about adults who have safeguarding needs
0344 800 8020