

# WHAT YOU CAN DO

If it's an emergency stay safe and **call 999**.  
Otherwise, contact **Adult Social Care**:

## West Sussex

Phone: **01243 642121**

Email: [socialcare@westsussex.gov.uk](mailto:socialcare@westsussex.gov.uk)

Fill in a safeguarding concern form online at:

[www.westsussex.gov.uk/reportadultabuse](http://www.westsussex.gov.uk/reportadultabuse)

Typetalk: **018001 01243 642121**

## East Sussex

Phone: **0345 60 80 191**

Email: [HSCC@eastsussex.gov.uk](mailto:HSCC@eastsussex.gov.uk)

Typetalk: **18001 0345 60 80 191**

Mobile SMS text: **07797 878111**

## Brighton and Hove

Phone: **01273 295 555**

Email: [accesspoint@brighton-hove.gov.uk](mailto:accesspoint@brighton-hove.gov.uk)

Fill in a safeguarding concern form online at:

[brighton-hove.gov.uk/reportadultabuse](http://brighton-hove.gov.uk/reportadultabuse)

Typetalk: **01273 296205**

You can find out more information from your  
local Safeguarding Adults Board website:

[www.westsussexsab.org.uk](http://www.westsussexsab.org.uk)

[www.eastsussexsab.org.uk](http://www.eastsussexsab.org.uk)

[www.brightonandhovelsab.org.uk/  
safeguarding-adults-board/](http://www.brightonandhovelsab.org.uk/safeguarding-adults-board/)

For more details on the policies and  
procedures:

[sussexsafeguardingadults.procedures.org.uk](http://sussexsafeguardingadults.procedures.org.uk)

## WHAT WILL HAPPEN NEXT?

If you report a concern to us, we will:

- talk to the person at risk to find out what they want to happen
- support the person to have an advocate (someone to represent them) if they need one
- respond professionally and sensitively and take your concerns seriously
- talk to the police if a crime may have been committed
- talk to other agencies that need to be involved
- agree the best way of helping, including other types of support

If a safeguarding enquiry is the best way to provide help we will:

- work with the person to help keep them safe
- make a plan to look into the concerns
- check with the person that what they wanted to happen has happened

If the person refuses help, but others may be at risk, we will need to take appropriate action. However, we will always keep them informed about any action we decide to take.

# SAFEGUARDING ADULTS

## WHAT TO DO IF YOU THINK SOMEONE IS BEING ABUSED, NEGLECTED OR EXPLOITED

Brighton & Hove  
**SAB**  
Safeguarding  
Adults Board

**SAB** East Sussex  
Safeguarding  
Adults Board

**WEST SUSSEX  
SAFEGUARDING  
ADULTS BOARD**

*Everyone's business  
Working together to  
prevent harm and abuse*

# ABUSE CAN HAPPEN TO ANYONE...

**SAFEGUARDING** is about how adults can get help to stop abuse and neglect from happening.

## WHO MIGHT BE AT RISK OF ABUSE AND NEGLECT?

People who are 18 years or over, have **care and support needs** and are unable to protect themselves because of their care and support needs.

**Care and support needs** may relate to a person's age, physical or learning disability, mental health needs or other illness, and are considered whether or not the person is in receipt of services.

Abuse and neglect can happen **anywhere**.

**Anyone** can cause abuse.

## WHAT YOU CAN DO:

- In an emergency or if you think a crime has been committed, call **999**.
- Let the person know that help is available.
- Talk to the person to find out what they want to do.
- **REPORT ABUSE** You can help bring abuse to an end. Please see contact details overleaf.

# WHAT IS ABUSE AND NEGLECT?

## THERE ARE DIFFERENT TYPES OF ABUSE:

**Physical Abuse** includes being hit, slapped, kicked, pinched, unauthorised restraint or being forcibly fed.

**Sexual Abuse** includes being touched sexually on any part of the body when a person does not agree or cannot agree to this. This includes being made to touch or kiss someone else, being raped, being made to view sexual acts or material or made to listen to sexual comments, when a person does not agree or cannot agree to this.

**Discriminatory abuse** occurs when people are harassed, insulted or treated unfairly because of: age, culture, mental health needs, disability, gender, gender reassignment, pregnancy, marriage or civil partnership, race, sexual orientation or religion or belief.

**Modern Slavery** can take many forms including but not limited to sexual exploitation, forced labour, domestic servitude or slavery.

**Neglect and Acts of Omission** is when medical, physical and/or emotional needs are ignored. This could include not being allowed to access appropriate health or social services, having food or drink withheld or being left in wet or dirty clothes.

**Organisational Abuse** includes neglect and poor professional practice in a care setting such as a hospital, care home, or in a person's own home. This may be a one-off incident, repeated incidents or ongoing ill-treatment. Examples include a lack of individual care, regimented routines, and a lack of stimulation and respect for personal dignity.

**Self-Neglect** may happen when a person is unable and/or unwilling to care for themselves or allow others to do so.

**Domestic Abuse** includes any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of their gender or sexuality. It includes so called 'honour' based violence, female genital mutilation and forced marriage.

**Financial Abuse** is when someone misuses or steals money or property. This includes fraud and scams, being pressurised into giving people money or paying for things, misuse of benefits and being prevented access to money.

**Psychological or Emotional Abuse** this includes being shouted at, ridiculed, bullied, threatened or controlled by intimidation or fear.