



**Concerned  
about an  
adult?**

**Safeguarding  
is everyone's  
business**



See it / Report it / Stop it



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Cumbria  
Safeguarding  
Adults Board



## **The Cumbria Safeguarding Adults Board works to protect adults with care and support needs from abuse and neglect**

Safeguarding Adults means protecting an adult's right to live in safety, free from abuse and neglect.

Abuse and neglect can happen anywhere including at home, in day care centres or care homes and hospitals. It may happen once or take place over a longer period of time. Abuse can take different forms.

### **What is abuse?**

Abuse can be:

- Something that happens once
- Something that happens repeatedly
- A deliberate act
- Something that was unintentional, maybe because of lack of understanding
- A crime

## Different Types of Abuse

Abuse can take many forms. It might include:

**Physical Abuse** such as being hit, kicked, restrained inappropriately or locked in a room.

**Sexual Abuse** such as being made to take part in a sexual activity when the adult does not or can not give consent.

**Psychological Abuse** such as being shouted at, bullied or ridiculed, as well as being made to feel frightened.

**Financial or Material Abuse** such as theft, fraud, internet scamming, or misusing someone's finances.

**Neglect** includes the failure to provide care and support that results in someone being harmed.

**Modern Slavery** such as human trafficking, forced labour and domestic servitude.

**Discriminatory Abuse** such as forms of harassment, slurs or similar treatment because of race, gender and gender identity, age, disability, sexual orientation or religion.

If these forms of abuse are caused by an organisation, it is sometimes called **Organisational Abuse**.

**Self Neglect** is when an adult is neglecting to care for one's self including their personal hygiene, health or surroundings and can include behaviour such as hoarding or refusing support.



## How to report abuse?

If you are concerned about the safety of an adult and you think they may be a victim of abuse or neglect, it is important that you report it.



**Abuse takes many forms. If you are concerned about a person's safety and well-being – report it.**

Contact their local authority Adults helpline:

**For Cumberland: 0300 373 3732**

**For Westmorland & Furness: 0300 373 3301**

**If someone is at immediate  
risk of harm call 999**

