

If you think you or another person is at risk of harm or abuse, please contact:

If you live in Medway:

 01634 334 466  
 01634 333 111

Or if you live in any other part of Kent:

 08458 247 100  
 08458 247 905

If someone is in immediate risk contact the emergency services on 999.

For further information go to:

[www.medway.gov.uk/abuse](http://www.medway.gov.uk/abuse)

[www.kent.gov.uk/adultprotection](http://www.kent.gov.uk/adultprotection)

This leaflet is available in other formats and languages please contact 08458 247 100

## Kent and Medway

# How to protect yourself from abuse



**STOP ADULT ABUSE**  
it's *your* responsibility

**Report it**

neglect • assault • harassment



## How to recognise and protect yourself and others from abuse

Adult safeguarding is about protecting vulnerable adults. This includes keeping people safe and protecting them from abuse.

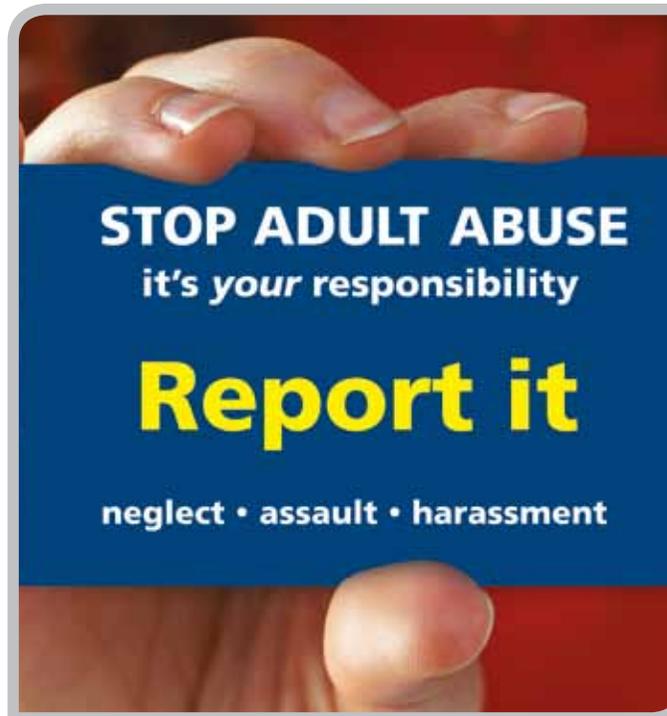
It is also about keeping people safe in their home. This includes fire safety and home security.

There are different kinds of abuse - older people and those with disabilities can be especially vulnerable.

**Physical abuse** could be assault or inappropriate sexual behaviour and intimidation. Other kinds of abuse are not physical.

**Financial abuse** and **psychological abuse** can put people under pressure to do things they do not want to do.

A deliberate or careless refusal to provide adequate care for someone could be neglect. Adults who are neglected can feel they have been



left alone or abandoned. Neglect can leave people malnourished or seriously ill because they are not getting the right food, care or medicine.

Some people can treat others differently because of their age, disability, ethnicity, sexuality, faith or skin colour. This could be seen as discrimination, bullying or harassment.

## What can you do to protect yourself and others from abuse?

With each kind of abuse, neglect, undue pressure or assault, there is often someone who knows it is happening or suspects that something is wrong.

By taking responsibility and reporting it, you can help yourself and others. This will help people keep their dignity and respect, protect their finances and keep them safe from physical harm.

Anyone who thinks they might suspect abuse can talk to someone about it.

There are many ways we can support you or someone you think is at risk or might need protecting. If you report something, we will discuss with you what action, if any, might be taken.

If no one reports a problem, neglect, abuse or assault could continue when something could be done to stop it.