

# Keeping Adults Safe

Easy Read Version



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We want to help adults keep safe from neglect and abuse.

## What is neglect?



Neglect is when the people who are supposed to look after you don't give you the right care and support.

## What is abuse?

Abuse is when somebody causes you harm, either by what they say to you or what they do to you. There are different types of abuse and these will be explained in this leaflet.

## Physical abuse



Physical abuse is when someone hits you or hurts your body. This could be by slapping, hitting or pushing you.

## Sexual abuse



Sexual abuse is when someone touches your body in a way that you do not like.

Sexual abuse can also be when someone wants you to touch them, or have sex with them when you don't want to.

## Emotional abuse



Emotional abuse means when someone keeps saying hurtful things that upset you.

## Financial abuse



Financial abuse is when someone takes your money or belongings from you without asking.

Someone may also force you to give them things or spend money when you don't want to.

## Hate Crime



A hate crime is when people treat you badly because they think you are different. This could be because of your skin colour or because you have a disability.

**If you someone is hurting you, upsetting you or frightening you, you must tell someone.**

**Or do you know someone who is being treated badly?**

If so, you can:

- Talk to someone you trust
- Ring Call Derbyshire on 01629 533190 and someone there will help you
- Call the police on 101
- In an emergency always call 999



# What happens next?



- You will be asked to say what has happened
- What you say is important and will help to make a plan to keep you safe
- You will not be in the wrong for speaking out
- You will get the support and help to stop the abuse



## Remember

- Most people you meet will not abuse you
- Abuse can be by someone you know or a stranger
- Abuse can be from a carer or a family member
- Abuse can happen anywhere
- There is help and support to stop abuse - but **you need to tell someone**

## Organisations that can help you

- Derbyshire Victim Services - 0808 612 6505
- Derbyshire Domestic Abuse Support Line - 0800 019 8668
- Derbyshire LGBT+ - 01332 207704
- Samaritans - 116 123
- Stop Hate - 0800 138 1625

## More Information



Call Derbyshire on 01629 533190  
Minicom: 01629 585240  
Text: 86555



Website: [www.derbyshire.gov.uk](http://www.derbyshire.gov.uk)  
Email: [contactcentre@derbyshire.gov.uk](mailto:contactcentre@derbyshire.gov.uk)



Write to us at:  
Derbyshire County Council Adult Care,  
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