

PREVENTING ABUSE

Prevention is the second principle and the first job. Most abuse is detected late — these are the conditions that detect it early.

IN THE SERVICE

- Know each resident as a person, not a room number.
- Train staff well — induction, mandatory updates, capacity, dignity.
- Robust recruitment: references checked, DBS, right to work.
- Open culture — staff feel safe to speak up.
- Visible leadership. Managers seen on the floor.
- Strong record-keeping so patterns become visible.

WITH THE PERSON

- Ask what 'safe' means to them — don't assume.
- Make sure they know how to raise a concern.
- Keep contact with family and friends open.
- Notice isolation — from people, from outside the building.
- Support capacity — the more choice, the less risk.

REMEMBER

The strongest safeguard is a culture where small concerns are spoken about quickly.

Silence is what abusers count on.

Speak early. Speak often. Speak openly.

PRINCIPLES & PURPOSE

WELLBEING — SECTION 1, CARE ACT 2014

All safeguarding starts from one duty: **promote individual wellbeing**. That covers:

dignity • physical & mental health • protection from abuse • control over daily life • personal relationships • suitable home • contribution to society

THE SIX SAFEGUARDING PRINCIPLES

EMPOWERMENT	Person-led decisions and consent.
PREVENTION	Act before harm occurs.
PROPORTIONALITY	Least intrusive response to the risk.
PROTECTION	Support for those in greatest need.
PARTNERSHIP	Services working together.
ACCOUNTABILITY	Transparent practice, explain decisions.

MAKING SAFEGUARDING PERSONAL

Always ask the person what **they** want the outcome to be. Safeguarding is done *with* people, not *to* them.

SECTION 42 — WHO SAFEGUARDING APPLIES TO

An adult who: has **needs for care and support**, is **experiencing or at risk** of abuse or neglect, and **cannot protect themselves** because of those needs.

All three must apply. If they do — the duty applies.

SAFEGUARDING ADULTS

the Care Act 2014

WHAT THIS CARD COVERS

the six principles
preventing abuse
types of abuse
recognising abuse

For everyone working with adults
with care and support needs

Safeguarding is everybody's business.

Keep in your pocket. Use every concern.

RECOGNISING ABUSE — CARE ACT 2014

what to look for, what counts as abuse, what to do next

SIGNS YOU MIGHT NOTICE

Most abuse is detected by someone who noticed a small thing. Trust those small things.

ON THEIR BODY

- Bruises, burns, or marks they can't explain.
- Injuries in unusual places, or at odd angles.
- Weight loss, dehydration, pressure sores.
- Poor hygiene or unchanged clothing.
- Over-sedation, or a sudden change in medication.

IN HOW THEY BEHAVE

- Withdrawn, frightened, or unusually quiet.
- Flinches at touch or sudden movement.
- Anxious around one specific person.
- Won't make eye contact.
- New sleep problems or sudden change in mood.
- Reluctant to be alone with a particular carer or visitor.

REMEMBER

*One sign doesn't prove abuse.
Several signs are worth a conversation.*

TYPES OF ABUSE

The Care Act 2014 names 10 categories. Abuse may be one act, repeated acts, or a failure to act.

- 1 PHYSICAL**
Hitting, restraint, misuse of medication.
- 2 SEXUAL**
Acts without consent, including harassment or exposure.
- 3 PSYCHOLOGICAL / EMOTIONAL**
Threats, coercion, humiliation, isolation, verbal abuse.
- 4 FINANCIAL / MATERIAL**
Theft, fraud, scams, coercion over money or possessions.
- 5 NEGLECT & ACTS OF OMISSION**
Withholding care, food, heat, or medication.
- 6 DISCRIMINATORY**
Abuse linked to a protected characteristic.
- 7 ORGANISATIONAL**
Poor or neglectful care within a setting or service.
- 8 DOMESTIC ABUSE**
Between partners, ex-partners, or family. Includes coercive control.
- 9 MODERN SLAVERY**
Trafficking, forced labour, domestic servitude.
- 10 SELF-NEGLECT**
A person not caring for themselves; includes hoarding.

REMEMBER

*Abuse rarely fits one neat category.
Many cases involve more than one type.*

WHAT YOU DO

IF SOMEONE IS IN IMMEDIATE DANGER

Call 999. Stay with them. Then report.

THE FIVE R's

RECOGNISE

— Notice the signs.

RESPOND

— Listen. Take it seriously. Don't promise secrecy.

REPORT

— Tell your manager or safeguarding lead the same day.

RECORD

— Write what was said in their own words, with the date.

REFER

— Your manager will pass to the local authority safeguarding team.

REMEMBER

*It is not your job to investigate.
It is your job to notice and pass on.*