



Garland Support

enabling choice and independence

Safeguarding Vulnerable Adults Policy

An easy guide for people with learning disabilities



Safeguarding means making sure that you are safe from abuse and neglect, and are able to be independent and make choices.

A vulnerable adult is;

- Any person who is aged 18 years or over and at risk of abuse or neglect because of their needs for care and or support.
- A person with learning disabilities
- Someone over 18 years of age
- A person in a wheelchair
- People who cannot speak for themselves
- People who need support to live their lives

What is abuse?

Abuse is when someone hurts you, frightens you, or treats you badly.

Abuse is always wrong and is NEVER your fault. There are different kinds of abuse:



Physical abuse; when someone hurts your body. For example



- Hitting
- Kicking
- Biting

Neglect; This is when you are not being looked after

properly. You may be hungry, cold, or be wearing dirty clothes because you are not getting the support you need.



Sexual abuse; When someone touches your body or your

private parts in ways you do not like or want. This includes kissing you, making you touch them, having sex with you when you do not want them to.

Financial abuse; when people take or control your money or benefits without your permission.

Emotional abuse; When people talk to you in unkind ways. For example

- Calling you names
- Threatening
- Swearing
- Ignoring you

Discrimination; When people treat you badly or unfairly because of the colour of your skin, your religion, your disability or because you are Lesbian or Gay.



Domestic Abuse; When your partner or someone in your family hurts you or makes you scared. Examples include



- Physical (hitting, kicking, pushing)
- Sexual (someone touching you, or having sex with you when you don't want to)
- Financial (not letting you have your money, stealing)
- Emotional (keeping you away from family and friends, calling you names)
- Psychological - How a person thinks (making you feel scared)

Modern slavery; When you are forced to work by someone threatening you or hurting you, not letting you leave and not treating you as a person

Who can I tell?

If I feel in immediate danger I need to call 999



You can also call
Bristol City Council
Safeguarding team

0117 9222700



If these things happen to you, you should tell someone you trust, they will then talk to the necessary authorities who are there to help and keep you safe. You could tell:



Your support worker or manager at
Garland Support

0117 344 5957

(Use the space below to fill in your own trusted contacts)

Someone in your family

A nurse or social worker

A friend or neighbour

An advocate or advocacy group

What happens next?

While you might want to keep what has happened between you and the person you have trusted to tell, it is important to know that they have a duty to pass on the information; but only to others whose job it is to help you and to keep you safe.



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Everyone at Garland Support is trained to help you in these situations. It is our job to keep you safe and well. Your support worker or manager at Garland support is



there to listen. They will pass on what has happened to social services (Bristol city council safeguarding team), these are professionals who try to find out more about what has happened. They also try to protect you, so that the abuse does not happen again.