

Adults sometimes need protecting too

:K\ GR DGXOWV QHHG SURWHFWL RQ "

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Everyone has the right to live their life without being harmed.

Many people are able to protect themselves and stop things happening to them that they do not like, but for others
WKLVD\ EHPRUH



Harm can happen anywhere: in someone's own home, out in the community, in a care home, a day centre, a hospital or anywhere else that people spend time.

6RPH SHRSOH QG LW KDUGHU WR NHHS WK because they have an illness or a disability that makes them more vulnerable than other people.

:KDW LV KDUP "

Anyone may cause harm.

This could include the people closest to you, such as family members or friends, as well as people you rely on such as paid care staff.



Harm is when someone hurts you or treats you badly.

Harm is always wrong.

If you are 16 or older and

- ‡ you cannot safeguard yourself or your property
- ‡ are at risk of harm
- ‡ have an illness, disability or frailty that makes you more vulnerable to being harmed than other adult

then you are an adult at risk of harm and the Adult Support and Protection (Scotland) Act 2007 means that there are people who will work together to help keep you safe.

) L Q D Q F L D O K D U P

Financial harm is when someone takes your money or other things or stops you from having your own money.

1 H J O H F W

Neglect is when someone does not give you the help and care that you need, or stops you getting important things such as food or medicine. Anyone who helps you to do things, or helps you to live independently, should look after you properly, whether they are a relative or a paid staff member. If they do not - this is neglect.

6 H O I K D U P D Q G V H O I Q H J O H F W

Sometimes when people are very upset or worried, they hurt themselves because it makes them feel better. This is self-harm.

Self-neglect is when you do not look after yourself properly.



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It is everyone's business to help protect adults who may be at risk.

If you are being harmed or if you know someone who you believe is being harmed please tell us so that we can help them to protect themselves.

If you believe that someone is in urgent need of help to keep them safe please contact the police on 999.

If you want to report harm you think or know is happening to an adult, please contact:

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‡ listen to what you say and ask you some questions about what
has
happened