

## What can I do?

If you feel that somebody is at immediate risk of harm and that it is an emergency, call 999. Otherwise, report your concerns to your local Adult Social Care department.

### West Sussex

Online:  
[westsussex.gov.uk/reportadultabuse](https://www.westsussex.gov.uk/reportadultabuse)  
Phone: 01243 642121  
Typetalk: 018001 01243 642121

### East Sussex

Phone: 0345 60 80 191  
Email: [HSCC@eastsussex.gov.uk](mailto:HSCC@eastsussex.gov.uk)  
Typetalk: 18001 0345 60 80 191  
Mobile SMS text: 07797 878111

### Brighton & Hove

Online: [brighton-hove.gov.uk/report-safeguarding-concern](https://www.brighton-hove.gov.uk/report-safeguarding-concern)  
Email: [HASCsafeguardinghub@brighton-hove.gov.uk](mailto:HASCsafeguardinghub@brighton-hove.gov.uk)  
Phone: 01273 295555  
Typetalk: 01273 296205

### Find out more about your local Safeguarding Adults Board online:

[www.westsussexsab.org.uk](https://www.westsussexsab.org.uk)  
[www.eastsussexsab.org.uk](https://www.eastsussexsab.org.uk)  
[www.bhsab.org.uk](https://www.bhsab.org.uk)

## What happens next?

Once you have reported your concerns to your local Adult Social Care department, they will decide whether a safeguarding enquiry needs to be undertaken.

Adult Social Care will want to know what the adult wants to happen in relation to the reported concern. This might include: stopping the abuse or neglect; having help to feel safe; accessing support with recovery; knowing where to find help in the future; receiving an apology; or having support from the Police if a crime has been committed. There may be other actions that can be undertaken instead of safeguarding such as health or care support.

### What is Mental Capacity?

Mental Capacity is the ability to make decisions. This means that an adult can understand their options and make an informed decision. If Adult Social Care have concerns about someone's ability to make relevant decisions, they may arrange a Mental Capacity Assessment. If this shows somebody cannot make a capacitated decision they can make arrangements for somebody to speak on the adult's behalf.

## Adult Safeguarding



Is somebody you know experiencing, or at risk of, abuse or neglect?

Report it.



## What is Safeguarding?

**Safeguarding is how adults at risk of, or experiencing, abuse and neglect, can get help to live safely, free from abuse and neglect.**

### Who might need Safeguarding?

Safeguarding is for any adult who appears to have care and support needs, is experiencing or at risk of abuse or neglect and cannot protect themselves from this because of their care and support needs.

### What are care and support needs?

Care and support needs can include a physical or learning disability, mental health needs, or illness. Somebody with care and support needs may or may not be in receipt of services, but this should not affect their access to Safeguarding support.

### What is Making Safeguarding Personal?

It is important that any adult at the centre of a Safeguarding process is fully involved in deciding the best way to keep them safe. This means that professionals will: ask what they want to happen; help them to make choices; support them to find an advocate, if needed; and keep them informed about the process and outcome.

## What is abuse and neglect?

**There are many different types of abuse and neglect. You can find out a bit about each type below.**

**Neglect and acts of omission** happens when a person who has care needs relies on someone else for specific things, which fail to happen. This can be intentional or unintentional.

**Self-neglect** occurs when a person is living in a way that puts their health, safety, or wellbeing at risk.

**Physical abuse** is the act of causing physical harm to someone else.

**Sexual abuse** happens when an adult is forced or persuaded to take part in sexual activities when they do not, or cannot, consent to this.

**Psychological or emotional abuse** involves ongoing psychological or emotional mistreatment.

**Financial or material abuse** is the unauthorised or improper use of funds, property, or any resources.

**Organisational abuse** is when neglect or poor professional practice occurs due to the structure, policies, processes, or practices within an organisation.

**Discriminatory abuse** is the ill-treatment experienced by people based on age, disability, gender, gender reassignment, marriage/civil partnership, pregnancy, maternity, race, religion and belief, sex, or sexual orientation.

**Modern slavery** is the illegal exploitation of people for personal or commercial gain. It covers a wide range of abuse and exploitation including sexual exploitation, domestic servitude, forced labour and criminal exploitation.

**Domestic abuse** is any abuse by people aged 16 or over who are personally connected.