

## What is abuse?

Abuse is behavior towards a person that causes harm and disregards their rights and dignity

### Types of abuse include:

**Physical** – assault, slapping, hitting or rough handling, restraint or misuse of medication

**Domestic Abuse** — psychological, physical, sexual, financial. Emotional abuse, Honour Based Violence, Controlling or Coercive Behaviour.

**Sexual Abuse** – inappropriate touching, rape.

**Psychological/ Emotional** – Threats, Controlling behaviour, deprivation of contact.

**Financial** – theft or misuse of money.

**Modern Slavery** — slavery, forced labour and human trafficking.

**Discrimination** – racial, gender, age, disability, sexual or religious.

**Organisational** – abuse in residential or care setting such as care homes, or in hospitals.

**Neglect** — lack of food, warmth or personal care.

**Self-Neglect** — neglecting own personal hygiene, health, or surroundings and includes behaviours such as hoarding.

Any of these forms of abuse can be intentional, or unintentional or the result of not knowing that they are.



## Help and Support for Carers

As a carer, it is important that you have access to information and advice.

### Contacts

The following organisations may be able to offer you useful advice and information:

**Cambridgeshire County Council**  
Customer Services: 0345004505202

**Peterborough City Council**  
Peterborough Direct: 01733 747474

**Carers Trust:**  
Peterborough: 01733 645234  
Cambridgeshire: 01480 499090

**Making Space -Cambridgeshire Carer Support Service: 01480 211 006**

**Carers UK: 0808 808 7777**

**Carers Direct: 0300 123 1053**

**LD Carers Direct: 0845 815 0139**

**(The agencies above also support young carers)**

**Silverline: 0800 470 80 90**

For more information about safeguarding of adults at risk, please visit our website:

**[www.safeguardingpeterborough.org.uk](http://www.safeguardingpeterborough.org.uk)**

## Safeguarding Adults and Your Role as an Unpaid Carer



## Are you a Carer?

Do you look after an ill, frail or disabled family member, partner or friend who cannot manage at home without help, perhaps a person with mental ill health, dementia or HIV/AIDS, or perhaps a learning disability?

If you answer yes, then you are a carer.

## What is Safeguarding?

Some people are less able to protect themselves from harm and are at risk of abuse and neglect. Safeguarding aims to support adults at risk, and their carers, to retain their independence, wellbeing and choice, and to live a life free from abuse and neglect.

Safeguarding Adults at risk of abuse and neglect is taken very seriously by the Cambridgeshire and Peterborough Safeguarding Adults Board and its partner agencies (including Police, Social Care and Health Services)

To find out more about safeguarding visit:  
[www.safeguardingpeterborough.org.uk](http://www.safeguardingpeterborough.org.uk)



## The Cambridgeshire and Peterborough Safeguarding Adults Board know the important role carers have in the Safeguarding of Adults.

Most carers strive to act in the best interests of the person they support. There are times, however, when carers themselves experience abuse from the person to whom they are offering care and support or from the local community in which they live.

Sometimes, because of stress, tiredness, or lack of information, skills, or support there is a risk that the carer may harm the person they are caring for. Sadly, also, there are times when the harm is intended.

If you are the victim of abuse, or are worried that you may have caused harm to someone you are caring for, you must speak up and ask for help.

## Speak up, Ask for Help

If you need to talk to someone call:

Cambridgeshire Customer Services: 0345 045 5202

Peterborough Direct – 01733 747474, and select the Adult Social Care option.

You will be offered support, advice and guidance, however if you disclose something of a serious nature then safeguarding procedures may apply. You can find out more about this on our website:

[www.safeguardingpeterborough.org.uk](http://www.safeguardingpeterborough.org.uk)

## Common Risk Situations for Carers

Some situations can make it more likely for a carer to abuse the person they care for, intentionally or unintentionally, for example, if as a carer you:

- Are vulnerable or at risk yourself
- Have unmet, or unrecognised needs of your own
- Are not sure about the cared for persons condition or needs
- Have unwillingly had to change your lifestyle
- Are not receiving practical and/or emotional support from other family members
- Are feeling emotionally and socially isolated or undervalued
- Have other responsibilities such as family or work
- Have no personal or private time outside the caring environment
- Have asked for help, but problems have remained
- Are being abused by the cared for person
- Feel unappreciated or not supported

Do any of these situations apply to you?  
If so, talk to someone and ask for help.