



## Redbridge Integrated Health & Adult Social Services

# Say NO to Abuse



## Working to keep people safe

Easy Read Version



# What are my rights?

People with a learning disability have the same rights as everyone else.

You have the right to be treated with respect and not be hurt or taken advantage of in any way, and to live safely.

You should be able to make your own choices.

## EQUAL RIGHTS



Choices include where you live, who you live with and how you spend your money.

# What is Abuse?



Abuse is when someone does or says things to you that are wrong and make you upset or frightened.

You might be abused by someone who knows what they're doing or by someone who doesn't realise what they're doing is wrong.



You might be scared to speak out or to stop them.

## The different types of abuse and neglect are:

**Physical abuse** is when someone physically hurts you. This can include:

- hitting
- kicking
- pulling hair
- pinching or shaking
- giving someone too much medication so they find things difficult to do
- forcing you to stay somewhere you don't want to



**Sexual abuse** is when you are being made to have sex or being touched where you don't want to be touched, for example:

- your private parts
- your bottom
- your breasts
- your penis or vagina
- being made to watch other people having sex when you don't want to



Or being made to touch someone else when you don't want to.

**Emotional abuse** is when people say bad things to hurt your feelings, shout at you or threaten you.

This might include:

- calling you names
- laughing at you
- blaming you for things that aren't your fault
- treating you like a child
- ignoring you
- saying bad things about you on Facebook, Twitter etc
- sending you messages on your phone that you don't like



**Financial abuse** is when someone takes your money or belongings without asking.

This might include:

- stealing your money
- being forced to pay for other people's things
- when you don't get a say in how your money is spent
- people knocking on your door to force you to buy things you don't want. This is called bogus callers



**Neglect** is when your care or support is not enough to meet your needs.

Some examples of neglect are:

- being cold much of the time
- being hungry much of the time
- only having dirty clothes to wear
- being put in danger
- not having your medicine when you need it



This includes not being able to look after yourself

**Discriminatory abuse** is when people say or do bad things to you, or treat you unfairly because you are different to them.

This might include being treated badly because you:

- have a different colour skin
- have a different religion
- are disabled
- are lesbian or gay
- speak a different language
- because of your age



**Domestic violence** is when someone in your family hurts you or makes you scared.

This can include being forced to marry someone you don't want to.



**Grooming** is when a person gets to know you and becomes your friend so that it is easier for them to abuse you.

This can make you think that the abuse is your fault and make it hard to report.

Sometimes it begins with them asking you for small favours like lending them money and it can build up to bigger favours.



When any of these types of abuse are caused by an organisation like a care home, a hospital, supported living agency or home care, this might be called **organisational abuse**.

## Who might abuse you?

Anyone might abuse you. It might be someone you know or a stranger.

This can include:

- partners
- family members
- neighbours
- friends
- someone who is paid to look after you



# Where might abuse happen?

Abuse can happen anywhere, at any time.



At home



In a hospital



At work



At a club



At a day centre  
or college



In the  
community

# What will happen if you tell somebody



They will listen to you

They will find out more

They will help you stay safe

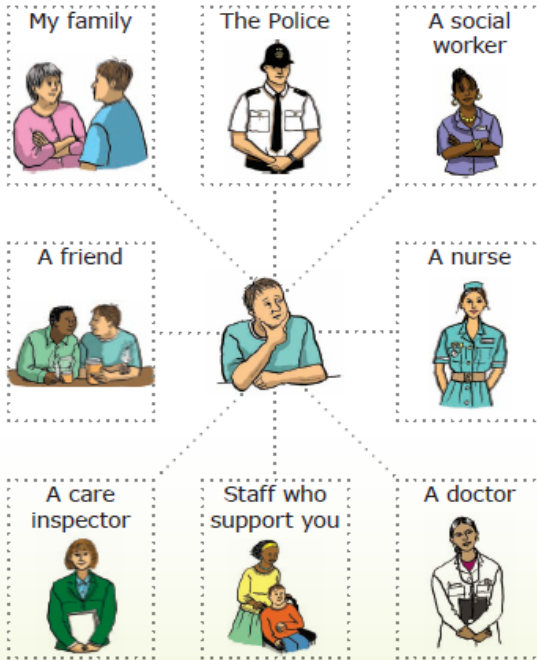
They will give you help and support





# Who can I tell?

Tell someone you trust as soon as you can.



## Important Contact Numbers



Redbridge Community Learning Disability Team  
**020 8708 7018**



Police  
**101**



Redbridge Adult Social Services  
**020 8708 7333**  
Emergency Duty Team (out of hours)  
**020 8554 5000**



King George Hospital  
**020 8983 8000**  
Queens Hospital  
**01708 435000**

Whipps Cross Hospital  
**020 8539 5522**



For all Emergency or life threatening conditions  
**999**



This easy read document has been prepared by

Choices for Employers:

Browser Media Studios

Office B Stable 7

Stable Road

Colchester

CO2 7GL

[www.choicesuk.org](http://www.choicesuk.org)

[choices4employers@yahoo.co.uk](mailto:choices4employers@yahoo.co.uk)

OC356334