

# Cumbria Safeguarding Adults Board

## Making Safeguarding Personal



Everyone should be able to live their lives without being mistreated or neglected by others. If this is thought to have happened, a concern will be raised and the situation investigated as it's important to find out what has happened and help the person who may have been harmed to stay safe and decide what they want to happen in the future. These investigations are known as 'safeguarding' enquiries.

The types of things that prompt an enquiry include:

**Physical abuse** such as hitting, pinching, punching shaking, misusing medication, withholding food or drink, force-feeding, scalding, restraint failing to provide physical care and aids to living.

**Psychological or emotional abuse** such as threats of harm or being abandoned, being intimidated or controlled, being harassed or verbally abused or being prevented from receiving services or support

**Financial or material abuse** such as theft, fraud or exploitation, pressure in connection with wills, property, or inheritance, misuse of property, possessions or benefits.

**Neglect** such as ignoring medical or physical care needs and preventing access to health, social care or educational services or withholding the necessities of life such as food, drink and heating, or exposing a person to unacceptable risk

**Discriminatory abuse** such as that based on race or sexuality or harassment because of someone's race, gender, disability, age, faith, culture, or sexual orientation.

**Organisational abuse** which may have happened in a health or care setting.

## What you can expect if you are involved in a safeguarding enquiry

To have a named person from the County Council support you through the enquiry and for them to:

- Put you in touch with People First, an organisation that can provide you with an independent advocate if you are likely to have difficulty being involved in the safeguarding process and you don't have any family or friends who could help you. An independent advocate is someone who can support you to speak up for yourself and help people understand what is important to you
- Understand that being involved in a safeguarding enquiry is probably difficult for you and for them to show kindness, patience and consideration throughout the enquiry
- Meet you and your advocate, if you have one, in person at a place of your choice and at times that work for you
- Introduce you to people from other organisations that may need to be involved in the enquiry and ensure that they tell you what their role is
- Carefully explain what will happen as the enquiry progresses
- Listen carefully and find out what's important to you and what you want to happen during the enquiry and in the future
- Help you understand a range of possible options as to what could happen about keeping you safe in the future, and work with you to understand what you want the end result to be
- Keep you informed about how things are going as the enquiry progresses.

The three most important things that i want to happen as a result of the investigation

	<b>My Chosen Outcomes</b>	<b>Date agreed</b>
1		
2		
3		

Agreed changes to the Outcomes above

	<b>Amended Outcomes</b>	<b>Date agreed</b>
1		
2		
3		

Contact details of the social worker supporting me

Name:

Office Address:

Telephone No:

Email: