

Adult Protection

Getting help to avoid

harm



don't ignore it
report it



What is harm?

Harm is when someone does something wrong that hurts you, frightens you or makes you unhappy.

There are lots of different kinds of harm.

Emotional harm

Emotional harm is when people deliberately make you feel bad.

This could be someone

- Saying bad things to you
- Stopping you doing things you have a right to do
- Treating you like a child



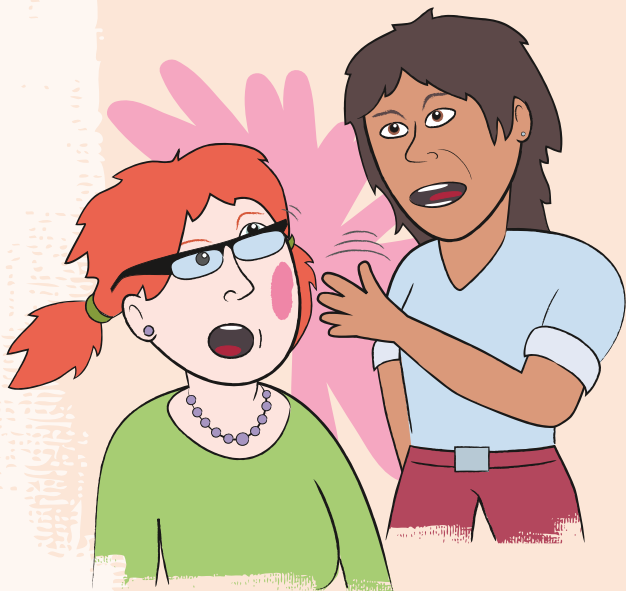
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Physical harm

Physical harm is when someone hurts you.

This could be someone

- Kicking you
- Hitting you
- Biting or scratching you



Sexual harm

Sexual harm is when someone touches your body or your private parts when you do not want them to.

This could be someone

- Kissing you
- Getting you to touch them or making you have sex with them when you don't want to
- Showing you pictures or DVDs about sex that you don't like
- Sexual teasing, sexual jokes
- Sending you pictures, images or sexual messages on your computer or telephone



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Financial harm

Financial harm is stealing your money or things which belong to you when you don't want them to.

This could be someone

- Taking control of your money
- Making you pay for their things
- Not giving you what is rightfully yours



Neglect

Neglect is when people who should be helping you look after yourself don't do it.

This could be someone

- Not giving you food to eat
- Giving you the wrong medication
- Not getting you the right medical help when you need it



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Anyone can harm you

It could be someone you know or a stranger.

Harm can happen anywhere

- At home
- In a day centre
- At work or college
- In your community
- Online



You have a right to live safely

The Adult Support and Protection (Scotland) Act 2007 is a law which is there to support and protect you.

The Act can

- Make sure you have support
- Find ways to stop harm
- Help you to keep yourself safe



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Who to speak to

If someone is harming you, you should tell someone.

You can tell

- family
- social work
- police
- doctor
- support worker

The Social Worker may suggest you talk to an advocate. An advocate is an independent person who can support you to think about options and decide for yourself.



What happens when harm is reported?

A council officer will

- Visit you
- Listen to you
- Talk to you about your situation
- Find ways to keep you safe

The council officer may suggest that an adult protection meeting is the best way to support and protect you.



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What is an Adult Protection meeting?

An Adult protection meeting is a meeting of all of the people who are worried about you. They want to keep you safe.

The meeting will

- Listen to you
- Talk about what help you need
- Talk about how to keep you safe

The people at the meeting may suggest ways to keep you safe.



What is a protection plan?

A protection plan is an agreed plan of what help and support you need.

You will

- Be involved in your protection plan
- Find out if other staff will be involved such as health and police
- Get your protection plan reviewed



Contact numbers

Don't be scared – tell someone!

For assistance contact -

Reporting Harm Scottish Borders Council

0300 100 1800

Adult Protection Unit (for advice)

01896 664159

Immediate dangers contact

Emergency Police

999

Speak to the police

101

Medical assistance from your GP

NHS 24

111

BIAS Borders Independent
Advocacy Service

01896 752200



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Further information

If you need this information in another language or format, please contact us to discuss how we can best meet your needs.

Phone: **01835 825970**

Email: health.improvement@borders.scot.nhs.uk



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