

Worried about an adult?



 **Scottish
Borders
COUNCIL**

**Act
against
harm**

**adult support
and protection**

Tell someone 0300 100 1800

This leaflet is about the kinds of harm that can happen to adults.






Harm can happen to adults anywhere in Scottish Borders.

There is a law to help adults who are at risk of harm. It is called The Adult Support and Protection (Scotland) Act 2007. An adult at risk of harm is a person aged 16 or over who may find it hard to protect themselves due to a disability, mental disorder, illness or physical or mental infirmity. The law says that if a council thinks an adult at risk is being harmed in any way, they must look into it.

The Social Work Services at Scottish Borders Council's have people who know a lot about harm and adults at risk. They will help an adult who is being harmed. They can work with the adult's family too.

If you or someone you know is being harmed, phone Scottish Borders Council Social Work Services on 0300 100 1800 or visit www.infoscotland.com/actagainstharm

Worried about an adult?

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Neglect

Neglect is when you do not look after yourself or you are not looked after properly. It can mean that you do not get enough food, or the care or medical treatment that you need. It can mean that you are not warm enough or you have no privacy.

Neglect can happen to anyone. Adults can neglect themselves or they can be neglected by someone else.



Here is one person's story

I was worried about Jim. He lives near me. He is old and he walks with a stick. Jim's wife died and Jim stopped going out. I don't know how he did his shopping. He never had any visitors. He just sat at his window.

I called Social Work Services, to say that I was worried about Jim. They paid Jim a visit and now he has a home help and the district nurse visits. It's good to know there's help out there.



Psychological harm

Psychological harm **is when someone picks on you or says things that make you feel scared. It can also be when someone does not talk to you, pretends you are not there or tells you what to do all the time. Psychological harm is bullying.**

Psychological harm can happen to anyone. It can happen anywhere. All kinds of people can harm adults in this way.



Here is one person's story

My Dad has always been hard on me. He always shouted at me when I was a child. He said I was rubbish at reading and writing. I'm 25 now, but he still says nasty things to me.

I called Social Work Services.

The person I spoke to listened to me and helped me to think about what I wanted to do.

I got loads off my chest and I now have someone who works with me to help develop my confidence. I'm getting stronger and a lot happier.



Sexual harm

Sexual harm **is when someone makes you do something that you do not want to do or touches you in a way that does not feel right.**

Sexual harm can happen to anyone. It can happen anywhere. All kinds of people can harm adults in this way.



Here is one person's story

I am 18 now, and I was brought up in care. I know this man. At first, he was nice. He brought me things. But then he started to make me do things I did not want to do when I stayed at his flat. It made me feel dirty and horrible.

I called Social Work Services.

The person I spoke to listened to me and gave me help and support. I could trust them. They see that I'm safe. And away from him.



Physical harm

Physical harm **is when someone hurts you on purpose. It includes hitting, punching, biting or shaking you.**

Physical harm can happen to anyone. It can happen anywhere. All kinds of people can harm adults in this way.



Here is one person's story

Mum and Dad have been married for 50 years. They have grandchildren. But Dad is ill now, and Mum cares for him. I think it is too much for her. Dad dropped something and Mum pushed him over and hurt him.

That's when I had to do something. I called Social Work Services.

The first thing they did was get Mum some help with Dad. He comes to us for a weekend, Mum gets a break, and she gets help looking after him in the house. The nurse and the carers' support group have made a big difference too.

She's calmer now. Dad's safer and I sleep better too.



Financial harm

Financial harm is when someone tries to make you give them money or other things that are yours. It is financial harm if someone tries to make you change your will.

Financial harm can happen to anyone. It can happen anywhere. All kinds of people can harm adults in this way.



Here is one person's story

My daughter owed people money. I love her. At first, I gave her money to help out. But she kept asking for more. I had to say no. Then she took money out of my purse. And stole some of my jewellery and sold it. Then she took my cashline card and made me tell her my number. I was really upset.

I spoke to someone in Social Work Services.

A woman came to talk to me and she made sure that I would be safe and if I needed more support she'd help. She also spoke to my daughter and got someone to help her with her money problems.

What a relief. I can trust my daughter again.

Worried about an adult?

If you are being harmed or you know an adult who is being harmed, please contact Social Work Services at Scottish Borders Council on

0300 100 1800

You can get further details on

www.infoscotland.com/actagainstharm

Tell someone

**If you would like some help
understanding this or need it in
another format please contact
0300 100 1800**

Worried about an adult?



Act against harm

Across the Scottish Borders, there are adults who can be at risk of harm. There's now a new law to help and support people who find it hard to protect themselves.

If you're being harmed yourself, or you know someone being harmed, call or visit the website for information.

[infoscotland.com/
actagainstharm](https://www.infoscotland.com/actagainstharm)

Tell someone 0300 100 1800