

# Safeguarding vulnerable Adults Training

## COURSE INTRODUCTION

Safeguarding adults is an important role for anyone working in health and social care. It's vital that you understand not only what safeguarding and abuse is, but what you must do to stop it from happening.

## Learning Aims

- The rules and regulations
- Understand the principles of safeguarding
- How to recognise signs and symptoms of abuse
- How to respond to suspected or alleged abuse
- And how to report unsafe practices

This course is divided into 5 modules:

1. The Rules and Regulations
2. Safeguarding Principles
3. Signs and Symptoms of Abuse
4. Best Practice and Response
5. Reporting and Support

## Module 1 - The Rules and Regulations

Each country in the UK has a combined view on keeping people safe, with the aim to preventing abuse

- The Care Act 2014 **sets out a clear legal framework for how local authorities and other parts of the system should protect adults at risk of abuse or neglect**
- **Mental Capacity 2005**
- **The Human Rights Act 1998** is based on the right of every individual to live free from violence and abuse, which includes:

The right to life

Freedom from torture, which includes humiliating and degrading treatment

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The right to family life

Every workplace that encounters vulnerable adults also needs to have a safeguarding policy in place. It should include:

- The principles of safeguarding adults.
- What abuse of vulnerable adults looks like.
- How to handle reports of abuse.
- Who to contact when abuse is recognised?

## Module 2 Safeguarding Principles

The Six Principles of Adult Safeguarding are:

### **1. Empowerment**

People being supported and encouraged to make their own decisions and informed consent

### **2. Prevention**

It is better to act before harm occurs.

### **3. Proportionality**

The least intrusive response appropriate to the risk presented.

### **4. Protection**

Support and representation for those in greatest need.

### **5. Partnership**

Local solutions through services working with their communities. Communities have a part to play in preventing, detecting, and reporting neglect and abuse.

### **6. Accountability**

Accountability and transparency in safeguarding practice.

Case Study:

Christophers Story - "Christopher was a head teacher who had travelled the world. He retired following a stroke that resulted in left side weakness and a loss in speech. Christopher was moved into nursing care as he needed round the clock care.

Christopher felt that he was unable to make independent choices in his own time. He felt the care was regimented with no flexibility. Christopher would often go hungry, unable to finish his meal before staff took it away. He was never given the choice of what clothing he wanted to wear each day. Christopher would often spend all day inside. Evening activities were not provided by the care home. Christopher' day would often end at 6.30pm left to spend his time alone in his own room.

The staff always felt busy. Christopher felt that they were more interested in getting the job done quickly over listening to his needs or reading what was written in his care plan. Christopher felt very depressed and lonely.

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Think! What type of abuse is Christopher experiencing?

Should this abuse be raised as a safeguarding?

Why?

**Remember you have a duty of care to those in your care and report any concerns to the relevant person.**

### Module 3 - Signs and Symptoms of Abuse

So What is abuse.....?

Abuse is when someone causes harm or distress to someone else.

Often the people who commit abuse are taking advantage of a special relationship. They may be a family member, friend, or paid carer who is in a position of trust.

Anyone can become a victim of abuse – it's no reflection of intelligence, strength or worth. However, people with care and support needs, such as older people or people with disabilities, are more likely to be abused or neglected due to communication difficulties. It can occur in someone's home, a care home, hospital, or a public place.

You must act if someone reports abuse or if you witness something that puts an individual at risk.

Remember..... doing nothing is not an option!

### Signs and symptoms

#### Physical abuse

Physical abuse is when someone uses physical force or mistreatment against a vulnerable person. Physical abuse might leave visible signs, such as broken bones, bruises, or other marks.

#### Neglect

Neglect, or the act of omission, can cover a lot of different behaviours. In general, it means not providing what a person needs.

Such as

Food or the right type of food.

Water.

Clean clothes.

Medical attention.

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Necessary medication.

## Emotional abuse

Emotional abuse covers a person being:

- Threatened.
- Humiliated or ridiculed.
- Made to fear violence.
- Shouted, yelled, or sworn at.
- Blamed.
- Controlled.
- Intimidated.
- Coerced.

## Sexual abuse

Sexual abuse can be in situations when the person is most vulnerable such as during bathing or when their clothes are being changed, but it could be more subtle like having explicit photos sent to their mobile phone.

Acts of sexual abuse come in many forms, which are:

- Rape.
- Sexual assault – non-consensual touching or masturbation.
- Verbal sexual harassment.
- Grooming activities.
- Forced viewing of pornography or sexual photos or videos.
- Indecent exposure.

## Domestic abuse

Domestic abuse can be sexual, emotional, physical, or financial. There are lots of ways domestic abuse can occur; even though it's in someone's home you still have an obligation to report it if you have concerns about the situation.

## Financial abuse

Is a type of abuse which includes having money or other property stolen, being defrauded, being put under pressure in relation to money or other property and having money or other property misused.

## Institutional abuse

Organisational or institutional abuse is the mistreatment of people typically in their workplace brought about by poor or inadequate care or support, or systematic poor practice that affects the whole care setting

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## Bullying

Bullying is a repetitive abuse. It can be verbal, physical, or emotional, and is designed to make a person feel unhappy and isolated. It can look and even feel insignificant but when there is a pattern of small acts it can have a long-term effect on the vulnerable adult.

## Modern slavery

Modern slavery is the illegal exploitation of people for personal or commercial gain. It covers a wide range of abuse and exploitation including sexual exploitation, domestic servitude, forced labour, criminal exploitation and organ harvesting.

Victims of modern slavery can be any age, gender, nationality, and ethnicity.

## Discrimination

Discriminatory abuse means a person is being denied the right treatment due to protected characteristics are:

- Gender.
- Sex.
- Race.
- Age.
- Disability.
- Religion or belief.
- Sexual orientation.
- Gender reassignment.
- Marital or civil partnership status.

Whilst it is alarming to learn the signs and symptoms for different types of abuse it is essential that you have knowledge of these as part of your job is to recognise them and follow the correct procedures.

## Module 4 - Best Practice and Response

So, what can we do as support workers? (Hannah animation)

As professionals you have a duty of care to report abuse, but it can be difficult to detect.

A victim of abuse is often too frightened to tell anyone. This is where your trusting relationship with them is so important.

Your response is crucial to safeguarding procedures.

There is always the possibility that once you tell an individual that you must report a safeguarding matter that they will decide not to continue the disclosure, which they have the right to do.

If this happens, you must still report the matter, because they are still at risk, even though you do not have all the facts.

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## Tips

Allow time for them to disclose

Listen

Remain calm and act professionally

Don't interrupt them

Be prepared that information may be shocking

Reassure the individual that steps can be taken to protect them

Explain the next steps that will be taken

Do not make promises that you can't keep

Explain that the information will only be passed to those that 'need to know'

Maintain confidentiality

As a professional health and social care worker you have a 'Duty of Care' in protecting vulnerable individuals and keeping them safe, so knowing what to do and following the correct procedures cannot be overlooked

## Emergency Situations

If you are in a situation where an individual is in immediate danger, then you must react straightaway to ensure their safety.

You must also ensure that you are safe as well so that you can get the help required.

## Module 5 Reporting and Support

Once you suspect abuse or have a disclosure made then you must record an accurate account of the incident, so that investigations can begin.

### Reporting the facts and the facts only

the report on what you have been told or what you have seen must be factual and not clouded with opinions or judgement.

Once you have reported a safeguarding matter it is important that you know what happens next.

Your organisation should give you a copy of their Safeguarding Policy.

Once a safeguarding alert has been raised, the individual will need regular reassurance that things are being investigated.

## Safeguarding vulnerable Adults Training

**Whistleblowing is an essential part of safeguarding adults:** all adults deserve to be always treated with dignity and respect. In circumstances where they are not being treated this way, whistleblowing ensures that the malpractice is acted upon and that vulnerable adults receive the care and support they deserve.

Hannah Animation on all recaps

Lets Recap.....

- We learned the rules and regulations that govern safeguarding and the protection of adults.
- How recognise signs and symptoms of abuse
- How to follow best practice and respond correctly to suspected or alleged abuse.

Well done!

You have completed Safeguarding vulnerable adults training.