



**EQUALLY DIFFERENT**  
THERAPY

01747 590715/07910765830  
contact@equallydifferenttherapy.co.uk  
www.equallydifferenttherapy.co.uk

### **Adults at Risk Policy**

This policy should be read in conjunction with:

**Safeguarding Children Policy**

**Consent Policy**

**Confidentiality Policy**

**Safeguarding lead for Equally Different Therapy is Sarah Wellaway**

#### **Introduction**

The purpose of this document is to set out the policy of Equally Different Therapy in relation to the protection of adults at risk. Living a life that is free from harm and abuse is a fundamental human right of every person.

Adults at risk in the context of the work by Equally Different Therapy may be young adults being seen as clients, or parents/guardians of children/young people seen as clients. Abuse can be physical, psychological/emotional, sexual and sexual exploitation, financial, neglect, discriminatory and institutional. For further information see Appendix 2 Forms of Abuse.

#### **What is an adult at risk?**

Anyone over the age of 18 years who may be unable to protect themselves from abuse, harm or exploitation, due to illness, age, mental illness, disability, other types of physical or mental impairment, or anything that makes them more vulnerable.

#### **Responsibilities**

Where abuse of an adult at risk is suspected their welfare takes priority. In deciding whether to disclose concerns to a third party or other agency the Directors of Equally Different Therapy will assess the risk to the adult concerned in conjunction with anyone working in association with Equally Different Therapy who has relevant involvement.

Concerns should also be discussed with the relevant adult and attempt made to obtain consent to refer the matter to the appropriate agency. Where this is not possible, or in the case of emergency where serious harm is to be prevented, Equally Different Therapy Directors/associates will balance the need to protect the adult with the duty of confidentiality before deciding whether to refer. The adult will usually be informed that Equally Different Therapy intends to disclose information, and advice and support will be offered. The only exception to this will be if informing the adult is likely to increase their risk of harm.

Due regard will be taken of the adult's capacity to provide valid consent.

In assessing the risk to the individual, the following factors will be considered:

- Nature of abuse, and severity
- Chance of recurrence, and when
- Frequency
- Vulnerability of the adult (frailty, age, physical condition etc.)
- Those involved – family, carers, strangers, visitors etc.
- Whether other third parties are also at risk

### **Taking Action (Appendix 1)**

Local adult safeguarding procedures should be followed. In an emergency always call 999  
Safeguarding concerns can be raised by calling Dorset Safeguarding Adults Board on 01305  
221016 007 or emailing DSAB@dorsetcouncil.gov.uk.

For further information:

Bournemouth, Christchurch and Poole contact Adult Social Care

Contact Centre 01202 123654 [asc.contact@bcpcouncil.gov.uk](mailto:asc.contact@bcpcouncil.gov.uk)

Out of hours – Social Services

Evenings and Weekends: 01202657279

Although one council, Bournemouth, Christchurch and Poole still maintain separate websites  
containing information about Safeguarding Adults. These can be found at

[www.bournemouth.gov.uk/adult-social-care-  
services/ProtectingAdultsFromAbuse/SafeguardingAdults.aspx](http://www.bournemouth.gov.uk/adult-social-care-services/ProtectingAdultsFromAbuse/SafeguardingAdults.aspx)

[www.christchurch.gov.uk/care-and-support-for-adults/adult-abuse/reporting-abuse.aspx](http://www.christchurch.gov.uk/care-and-support-for-adults/adult-abuse/reporting-abuse.aspx)

[www.poole.gov.uk/social-care-and-health/safeguarding](http://www.poole.gov.uk/social-care-and-health/safeguarding)

Dorset Council:

In the Dorset Council area contact

Adult Access on 01305 221016, email [adultaccess@dorsetcouncil.gov.uk](mailto:adultaccess@dorsetcouncil.gov.uk)

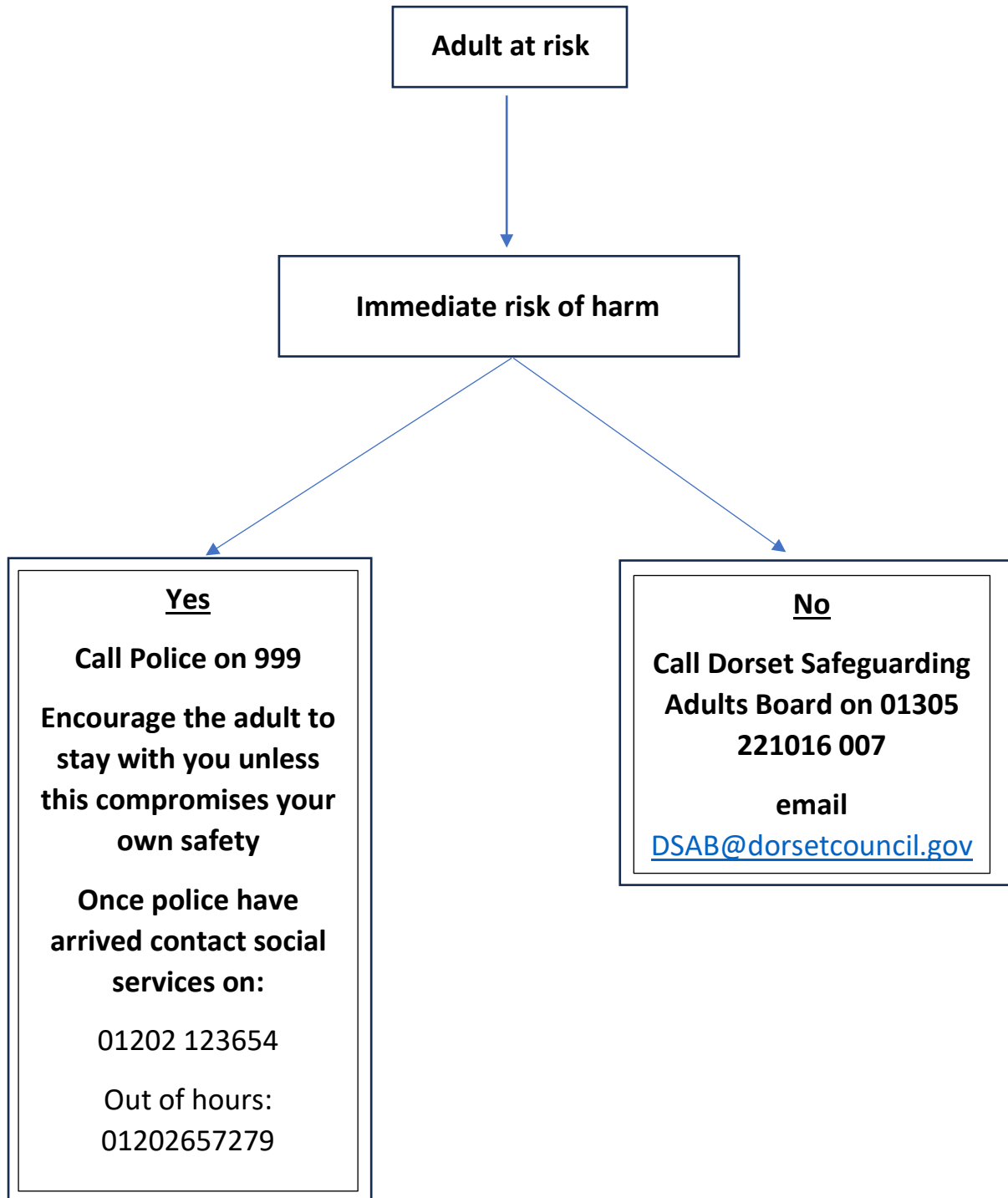
Out of hours – Social Services

Evening and Weekends: 01305 858250

Sarah Wellaway (Company Director)

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Appendix 1



## **Appendix 2: FORMS OF ABUSE**

### **Domestic Abuse**

This form is defined as an incident/incidents which are defined by a controlling or threatening behaviour, violence or abuse by a person who is, or who has been in the past, an intimate partner or family member

It include:s

- Sexual
- Psychological
- Physical
- Emotional
- Financial
- Female Genital Mutilation (FGM)

### **Physical Abuse**

This is defined as non-accidental harm to the body. It can include hitting, punching, pushing, kicking, nipping, head-butting, misuse of medication or inappropriate use of restraint.

Indicators of physical abuse might include:

- Bruising
- Finger marks
- Unexplained injuries or falls
- Unexplained changes in behaviour
- Inconsistent causes for injuries

### **Discriminatory Abuse**

This general concept is inclusive of all forms of harassment, bullying or name-calling based on a person's race, ethnic origin, disability, belief, gender or sexuality. In particular circumstances this would be classified as 'hate crime'.

Indicators of discriminatory abuse:

- Victimising a person because of their disability
- Failing to respect one's religious practices/faiths
- Racist or sexist descriptions

### **Sexual Abuse**

This can include sexual assault, rape, inappropriate/indecent touching, forcing an adult to look at sexual images, or any sexual act to which the adult has not given consent/ for which the adult was pressured into consenting

Indicators of sexual abuse might include:

- Bruising or injuries in intimate areas
- Genital and urine infections
- Behavioural changes

### **Psychological (Emotional) Abuse**

This type of abuse will refer to threats of harm, deprivation of contact, humiliation. It is also linked with bullying, threats, intimidation and radicalisation.

Indicators of psychological abuse might include:

- Depression
- Lack of confidence
- Withdrawal
- Lack of trust in other people
- Social deprivation
- Bullying
- Abuse (verbal)

### **Neglect and Acts of Omission**

This includes ignoring medical needs or withholding necessities such as drink, food or medication.

Indicators of neglect might include:

- Weight loss

- Dehydration
- Malnutrition
- Complaints of hunger/thirst
- Complaints of pain
- Reduced communication skills or independence

### **Modern Slavery**

This is characterized by all types of slavery, human trafficking or forced labour/domestic servitude. The adult at risk would be subjected to a life of abuse and servitude at the mercy of traffickers and slave masters who would use their influence to subject inhumane treatment to the adult at risk.

Indicators of modern slavery might include:

- Extreme anxiety and fear
- Low self-esteem
- Self-harm
- Poor skin condition
- Suicidal ideation

### **Self-Neglect**

The individual will neglect their own basic needs (personal hygiene, health, diet)

Indicators of self-neglect might include:

- Unkempt appearance
- Hoarding

### **Organisational (Institutional/Systemic) Abuse**

This can include neglect and poor care within an institution or specific care setting (hospital, hospice or care home).

Indicators of organisational abuse may include:

- Lack of individualised care
- Culture of discriminatory abuse

### **Financial (Material) Abuse**

This type of abuse can include theft or fraud, not being allowed access to or control of one's money, possessions or benefits. The adult at risk will be pressurised against their will, being forced to pay for other people's things. It can also include coercion in relation to an adult's financial arrangements in relation to property or financial transactions.

Indicators of Financial (Material) Abuse:

- Lack of independence in making decisions/Fear of making decisions
- Constant supervision by the abuser

### **Radicalisation**

This is defined as the act or process, by a person, group of people or an organisation, of influencing, coercing or causing another or others to adopt extremist ideologies and/or support terrorism.

It includes Far Right extremism, Terrorist extremism, Environmental extremists or Animal Rights extremists.

Indicators can include:

- Use of hateful language in relation to a specific group/sector of the population
- Verbally expressing extreme ideologies

Abuse may be deliberate or as a result of lack of attention or thought and may involve combinations of all or any of the above forms. It may be regular or on an occasional or single event basis, however it will result in some degree of suffering to the individual concerned.

Abuse may also take place between one adult at risk and another, for example between residents of care homes or other institutions.

### **Indications**

- Bruising
- Burns
- Falls
- Apparent lack of personal care
- Nervousness or withdrawn

- Avoidance of topics of discussion
- Inadequate living conditions or confinement to one room in their own home
- Inappropriate controlling by carers or family members
- Obstacles preventing personal visitors or one-to-one personal discussion