

## What will happen next?

If you voice a concern, you will be listened to.

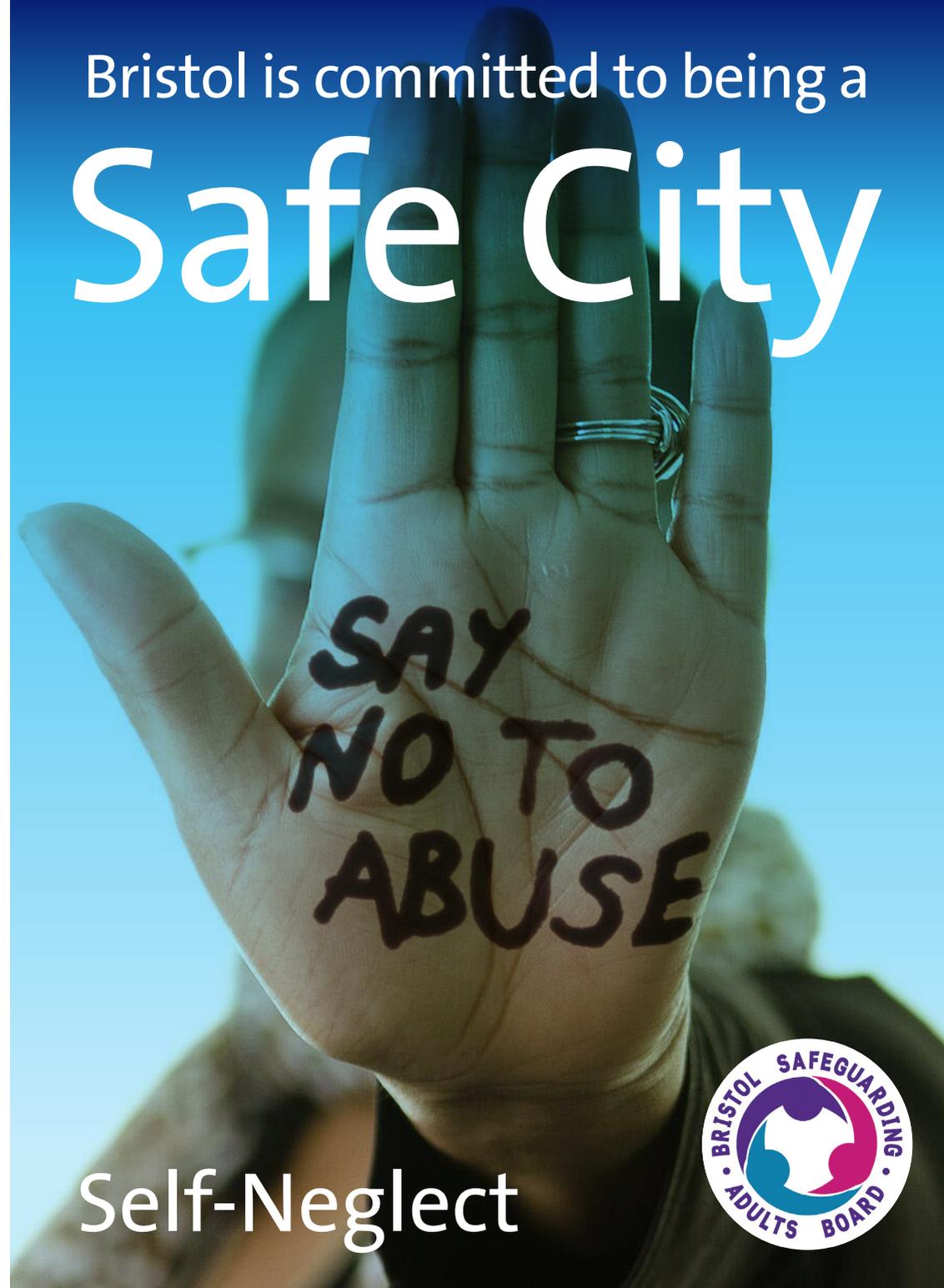
Everyone is different and will need tailored support depending on their situation and circumstances.

The person can involve others they trust and may be entitled to advocacy if they have difficulty making decisions.

If you would like this information in another language, Braille, audio tape, large print, easy English, BSL video or CD rom or plain text please contact 0117 922 2700.



# Bristol is committed to being a Safe City



## Self-Neglect



# Why do we need to safeguard adults?

- Everyone has the right to live free from harm, fear and abuse
- Abuse can severely affect a person's ability to carry out day to day tasks

**Not everyone can protect themselves** - there is support available.

# What is self-neglect?

This is when a person does not look after themselves fully. This may be a choice they make, or because they are ill or unable.

It can also be a sign that something else is going wrong in their life.



If the self-neglect makes the person unwell, or is impacting on the health and wellbeing of others, it is important to get help.

We need to make sure people are aware of the information and support that is available locally.

Sometimes self-neglect cases can be complex and it can take time for the person to build trust and engage with others; the person may not realise the impact their self-neglect is having on their wellbeing or the impact on others.

# Some adults may be more at risk of self-neglect

Those at greater risk include the elderly, people with physical or sensory impairments, people with learning disabilities, people living with severe illnesses, dementia or confusion, or people living with mental ill health.

# Signs could include:

## In the home:

- Having no food in the home, or unsuitable food
- Having no heating in cold weather

- Not cleaning their home leading to infestations of insects or other animals
- Not allowing people to make repairs when it is unsafe
- Not allowing important people access e.g. landlord, water, gas or electric workers, health or care workers etc.
- Not disposing of rubbish or hoarding items or animals

## About the person:

- Not washing or looking after themselves
- Wearing inappropriate, dirty, soiled or torn clothing
- Not having necessary medical aids e.g. glasses, hearing aids, walking frames
- Refusing medication or treatment which leads to ill health
- Refusing to engage with support

**Safeguarding is everyone's business** - There are things you can do to help:

Build relationships - talking to someone and building trust can help them stay connected to their community and can help create enough strength

to avoid or overcome self-neglect. Everyone can play a part - it can be as small as checking on an older neighbour or making time to talk to someone at risk.

# If you are concerned about someone:

Chat with them - find out if there is something simple that could help.

There may be no quick fix - get to know them if you can.

Report to the local authority - call Care Direct on 0117 922 2700

If there is an immediate, serious risk to them or others, please call 999.

