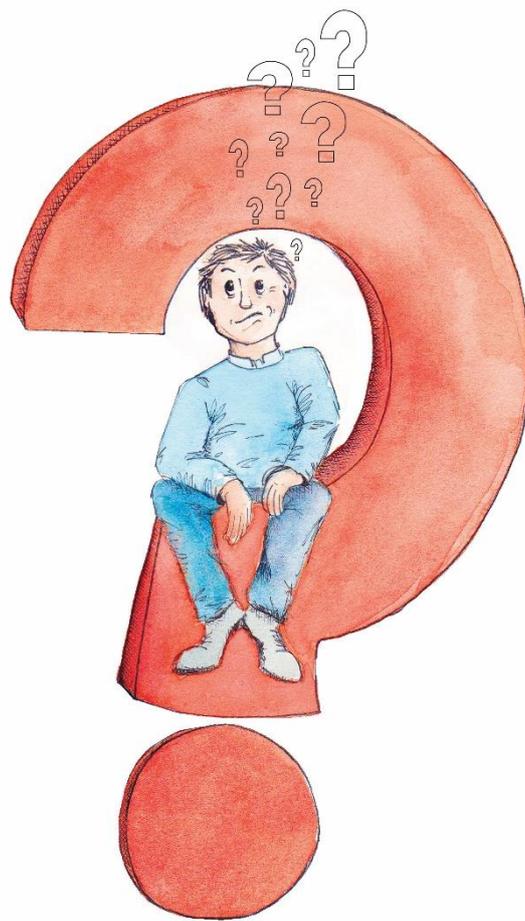


# What is Adult Support and Protection?





## Social Work said I'm an adult at risk, what does that mean?

Being at risk means you are being harmed by someone or you are harming yourself. You may be scared to speak out and stop it happening.

### Harm can be:

**Physical** - someone hitting, kicking or pinching you



**Emotional** – when people say bad things to you, treat you like a child, call you names or threaten you

**Sexual** – when someone makes you do sexual things you don't want to do or touches your private parts



**Financial** – When someone takes your money or you are forced to pay for other people's things



**Self harm or neglect** – being cold or hungry most of the time, only having dirty clothes to wear, not looking after yourself.



When someone reports harm to Social Work the law says they must find out what has happened.

Social Work will offer you help to keep you safe.



**Will they tell me who has reported me?**

Social Work may be able to tell you this. They may not be able to tell you if the person has made an **anonymous** report or there are other reasons.

**Anonymous means the person won't have said their name to Social Work.**

**What happens next?**



Social Work will visit you and show an ID card which will show who they are with a photograph.

The worker will explain why they are there.

They will want to hear what you think.

They will ask questions about what happened.

Social work may need to see where you live depending on what has happened.



They may ask anyone else in the house questions as well.

This is called an investigation.



**Social Work are coming to visit me, what are my rights? What if I don't want to answer any questions?**

At the start of the visit the Social Worker will tell you that you don't have to answer any questions.

Some people may worry about answering questions because of what they think may happen.



It is important that Social Work know your side of the story and what your thoughts are on what has been happening.

**Your views are very important.**





## I don't want help can I refuse?

Yes unless Social Work think:

- Someone is telling you to refuse help
- Other people are also being harmed
- You may not have **capacity** to make the decision to refuse help

**Capacity means that you are not able to make some decisions about your life.**

Social Work will accept it, if you don't want help but they will ask you to think about having some support.

They will tell you about the support services that might help you.

Social Work will always try to involve you.

They will always try to get the right help and support to stop the harm and keep you safe.





## **Can I have someone to support me if there is a meeting about me?**

Yes. This could be an advocate or a friend or family member.

### **What is an Advocate?**

An Advocate is a person who will support you to speak up about things that are important to you. They help you to have your views heard.

Social Work will arrange an advocate for you if this is what you want.

### **Why do I need an Advocate?**

It is sometimes hard to say what you want. An advocate will find out what you think and what you want to say.



The advocate can say it for you at a meeting if this is what you want.



## **I've been invited to an Adult Support and Protection Case Conference. What's that?**

It's a meeting for you about the harm that has happened.

Everyone at the meeting will agree how to stop the harm and help keep you safe.



MEETING

### **Who will be at the meeting?**

You will be invited to come to the meeting. There will also be people who know you well. There will be people from organisations who can support and protect you.

### **Will the person who has harmed me be at any of the meetings?**

No they will not be invited.



## **Will I have to talk about what has happened to me?**

Not if you don't want to. You do not have to answer any questions but it would help to know what you think.

## **What if I don't want to go to a meeting?**

You don't have to, but you should make sure that your views are heard at the meeting. An advocate can help you with this.



You could write out your views and Social Work could read it out at the meeting.

It is important that people at the meeting know what you want to happen.

## **How will I find out what has happened at the meeting if I don't go?**

You will get a copy of the notes from the meeting, the notes are called minutes.



This is a report which tells you what was talked about at the meeting.

The minutes help everyone remember what they agreed to do to support you.

## **Who can I get in touch with if I have any questions about what is happening?**

You should ask the Social Worker, your advocate or the person who is supporting you at the meetings.

## **Who will know what has happened to me?**

The people at the meeting and the people who have agreed to help keep you safe





## What happens next?

Depending on what was agreed at the meeting will depend on what happens next. Remember you will be involved in any decisions and your views are very important.

There may be another meeting in a few months time to check that:

- The plan is working
- You are safe
- The harm is not happening anymore

This meeting is called a Review Case Conference.

You don't need to wait until the review if the harm has started again.



Tell Social Work or someone who knows the plan so you can get more support quickly.

## Important contact information:



**Adult Support & Protection**

**Helpline number: 0800 902 00 42**

**Advocacy Highland:**

**01463 233460**

**or Text: 077177 04638**



**[www.advocacy-highland.org.uk](http://www.advocacy-highland.org.uk)**

