

# Adult Social Care Keeping you safe

Easy Read



Coventry City Council

**ONE**  
COVENTRY

## ● Protecting yourself and others

### ● Rights

People with learning disabilities have the same rights as everyone else. You have the right to be respected like anyone else.

### ● Abuse

Abuse is worse than an argument with your friend. Abuse is when somebody does a bad thing to you that makes you very scared or unhappy. Sometimes it is so bad that it is against the law.

**It is not your fault.**

**Nobody has the right to abuse you.**

A decision will be made with you about what needs to be done.

Always tell someone if you think abuse is happening even if it turns out there is not a problem.

**Remember you have rights**

## ● What happens next?

- If you have told someone that you are being abused you will get support.
- If you have reported that someone else has been abused you will get support.
- Someone will talk to you to find out what is happening.
- They will make sure that you are safe and told what happens next while they are finding out what has been happening.
- It might be that no abuse has taken place.
- It might be that the police have to be called.



### It is wrong

for people to hit or push you around.

### It is wrong

for people to take your money without you saying they can.

### It is wrong

for people not to care for you properly when it is their responsibility to care for you.

### It is wrong

for people to touch your private parts without you saying it's OK or make you touch them.

### It is wrong

for people to treat you unfairly because of your gender, colour, culture, religion or disability.

### It is wrong

for people to say nasty things that they know will upset or scare you.

## ● Make it stop!

Tell someone if you think this is happening to you.

Tell someone you trust if you are being abused.

Tell someone you trust if you know that someone else is being abused.

**It is good to protect each other!**

## ● Who can you tell?

Anyone can harm you, even people you trust. If this happens: **Tell someone you feel safe with**

- A carer, parent or family member
- A doctor or nurse
- A friend
- A police officer or social worker
- A member of staff
- An advocate

**If one person doesn't listen then tell someone else until you are heard**

# Don't think about it! DO IT!



**In an emergency dial 999**

Otherwise call:

All Age Disability Team, via Adult  
Social Care Direct on **024 7683 3003**  
or email [ascdirect@coventry.gov.uk](mailto:ascdirect@coventry.gov.uk)

[www.coventry.gov.uk/safeguardingadults](http://www.coventry.gov.uk/safeguardingadults)

## Contact Adult Social Care Direct

Call **024 7683 3003**

or email [ascdirect@coventry.gov.uk](mailto:ascdirect@coventry.gov.uk)

or visit [www.coventry.gov.uk/health-social-care](http://www.coventry.gov.uk/health-social-care)

Speech impairment, deaf or hard of hearing? You can call using Next Generation Text (also known as Text Relay and TypeTalk): **18001 024 7683 3003**

If you require this information in another language or format,  
please email [ascdirect@coventry.gov.uk](mailto:ascdirect@coventry.gov.uk)

Jeśli potrzebujesz zawartych informacji w innym języku lub formacie, prosimy o wiadomość e-mail na adres [ascdirect@coventry.gov.uk](mailto:ascdirect@coventry.gov.uk)

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ, ਤਾਂ ਵਿਰਧਾ ਕਰਕੇ  
[ascdirect@coventry.gov.uk](mailto:ascdirect@coventry.gov.uk) 'ਤੇ ਈਮੇਲ ਕਰੋ

اگر آپ کو یہ معلومات کسی دوسری زبان یا فارمیٹ میں درکار ہوں تو براۓ مہربانی [ascdirect@coventry.gov.uk](mailto:ascdirect@coventry.gov.uk) پر ای میل کریں۔

إذا اردت الحصول على هذه المعلومات بلغة أو تنسيق آخر، يرجى إرسال بريد إلكتروني إلى: [ascdirect@coventry.gov.uk](mailto:ascdirect@coventry.gov.uk)

Dacă aveți nevoie de aceste informații într-o altă limbă sau format, vă rugăm trimiteți email la:  
[ascdirect@coventry.gov.uk](mailto:ascdirect@coventry.gov.uk)

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[ascdirect@coventry.gov.uk](mailto:ascdirect@coventry.gov.uk)

**Worried that someone you know  
is being harmed or neglected?  
Report it here**

