

Types and signs of abuse

The ten types in the Care Act 2014 statutory guidance

A sign is not proof, but it is a reason to act. Notice it, record it and tell your manager or safeguarding lead. Always follow your safeguarding policy.

1. **Physical abuse.** Injuries with no clear explanation, bruises or burns, being wary around one person.
2. **Domestic violence.** Low self-esteem, cut off from family and friends, little access to money.
3. **Sexual abuse.** Unexplained bruising, bleeding or infections, fear of personal care, sudden changes in behaviour.
4. **Psychological abuse.** Quiet or withdrawn around one person, tearful or angry, changes in sleep or appetite.
5. **Financial or material abuse.** Missing money or belongings, unpaid bills, sudden changes to a will or power of attorney.
6. **Modern slavery.** Seems controlled by others, no identity documents, lives and works at the same address.
7. **Discriminatory abuse.** Slurs or harassment, withdrawal, support that ignores who the person is.
8. **Organisational abuse.** Rigid routines, too few staff, poor records, people left hungry, thirsty or without privacy.
9. **Neglect and acts of omission.** Poor hygiene, pressure ulcers, weight loss, untreated health problems, medication not given.
10. **Self-neglect.** Very poor hygiene, an unsafe or unsanitary home, hoarding, refusing care or medication.

If you notice a sign

- Write down what you saw or heard, and when.
- Tell your manager or safeguarding lead straight away.
- Do not investigate or confront anyone yourself.
- Cannot raise it at work? Contact your local authority safeguarding team.

If someone is in immediate danger, call 999.