

# Get in touch

## Adults at risk of harm

People over 16 who:

- Are unable to look after their own health, property, rights or money
- Are at risk of harm
- Due to disability, mental or physical ill health, are more at risk of being harmed than others.

An adult is at risk if:

- Another person's behaviour can cause (or has caused) the adult to be harmed
- The adult is doing things that can cause harm, or are likely to cause self-harm.

## If worried about yourself or someone else

**Phone:** 01475 715365

**Write to:** Adult Protection Support Unit  
Inverclyde HSCP  
Hector McNeil House  
7-8 Clyde Square  
Greenock  
Inverclyde PA15 1NB

This document can be provided in large print, braille or on audio cassette and can be translated into different community languages. For this or more information contact the Adult Protection Support Unit at the address and telephone number above.

Health and Community Care

## Adults need protecting too

Inverclyde Adult Protection Committee



**POLICE  
SCOTLAND**  
Keeping people safe



## Complaints, suggestions or comments

**Phone:** 01475 715365

**Write to:** Complaints Officer  
Inverclyde HSCP  
Hector McNeil House  
7-8 Clyde Square  
Greenock  
Inverclyde PA15 1NB

**email:** [pccsp.swork@inverclyde.gov.uk](mailto:pccsp.swork@inverclyde.gov.uk)



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## What is harm?

**Harm means someone doing things to a person that can hurt or upset them.**

The five main types of harm are:



### Physical harm

This means hurting a person's body or stopping a person moving about.

#### Physical harm can be:

- Hitting a person
- Shaking a person
- Locking a person up.



### Psychological harm

This means hurting someone mentally.

#### Psychological harm can be:

- Upsetting a person's feelings
- Making a person feel scared
- Leaving a person alone for too long.



### Financial harm

This means stopping a person from having their money or belongings.

#### Financial harm can be:

- Stealing money from a person
- Stopping someone using their own money
- Stopping someone using the things they own.



### Sexual harm

This means getting a person to do sexual things they don't want to do or don't understand.

#### Sexual harm can be:

- Making a person have sex
- Taking photos at private times
- Making a person look at sex DVDs or photos
- Getting a person to do sexual things for money or presents.



### Neglect

This means stopping a person getting the things they need to be well.

#### Neglect can be:

- Stopping a person from seeing their doctor
- Stopping a person from getting their medicine
- Stopping a person from getting the right food.



#### Anyone can cause harm

It can be a friend, relative, worker, carer, partner, volunteer or other adults at risk.

#### Harm can happen anywhere

In social or health care settings, family home, hospital ward, care home, social club, or social activities.

If you **see** or **hear** something that makes you think that someone is being harmed, or if you are being harmed tell someone!