

## Hampshire Safeguarding Adults Board

### Signs and Indicators of Abuse

You may become concerned that someone is being abused in a number of ways:

- the person may tell you
- the person may say something that worries you
- you may see something – an incident or an injury or other sign

#### What might cause concern?

You might see and/or hear something happen:

- someone being bullied or intimidated
- someone being made to feel frightened or unhappy
- someone in a situation of unnecessary risk

The person might tell you or say something that worries you. Somebody might tell you something or say something that gives cause for concern, for example:

- a colleague
- family member
- member of the public

There might be physical signs or unexplained or unusual injuries:

- bruises
- slap marks
- black eyes
- bleeding
- burns or scalding
- cigarette marks
- torn, stained or bloodstained clothes

There may be other signs such as:

- inappropriate dirty or soiled clothes
- no food or drink available for the person
- bills not being paid or services, e.g. telephone, cut off
- shortage of money

The person might say things or behave in a way that causes you concerns:

- the person may seem unhappy or distressed
- the person may appear frightened, anxious or agitated without identifiable cause, or in relation to certain people
- sleeping problems
- constant visits to the toilet without a medical reason
- other unexplained changes in how the person behaves

The behaviour of a colleague or other person:

- dismissive or intolerant attitude
- task/routine orientated rather than person focussed
- not a team player; insists on doing tasks on their own or their way  
secretive about contact with clients
- oversteps their professional boundaries with clients and colleagues/overfriendly  
neglects professional development

**You may not know. It is enough that you are worried.**