

**If you think someone  
is being harmed,  
or is harming you...**

## **SPEAK UP!**

**Acting against Harm  
is everyone's responsibility**

Most adults in Fife who are disabled, ill or elderly, live comfortable, safe and secure lives – either living independently, or with support from relatives, friends, neighbours, professionals or volunteers. However, some people might find it more difficult to stop harm happening to them.

There's now a new law to protect and support adults at risk of harm. It is called The Adult Support and Protection (Scotland) Act 2007.

This leaflet tells you more about the different kinds of harm, and what to do if you, or someone you know is being harmed.

**DON'T assume that  
someone else will  
report harm.  
They may not and  
the harm may continue.**



**Phone this number to report harm**

**01383 602200**

**In an emergency call 999**

Deaf BSL users/hard of hearing people  
SMS text service: 07781 480 185  
(available from 8am - 8pm)

For information about adult protection visit:  
**[www.fifedirect.org.uk/adultprotection](http://www.fifedirect.org.uk/adultprotection)**

This information is available in other  
languages and formats including BSL  
interpretation, by calling 08451 55 55 00

**Are you concerned about  
someone who may be at  
risk of harm or who is being  
neglected?**

## **STOP HARM SPEAK UP!**

# Adults have the right NOT to be harmed

The Adult Support and Protection Act exists to help support and protect adults in Scotland who are at risk from harm.

## Who can I tell?

If you are worried because you or someone you know is being harmed or suffering from neglect, call this number:

**01383 602200**



## What is harm?

There are many different forms of harm. These include:

- **Physical harm** – such as slapping, punching, biting, hitting, shaking and kicking .
- **Psychological harm** – being humiliated, intimidated, shouted at, threatened, bullied or constantly criticised.
- **Financial harm** – feeling under pressure to hand over money or possessions. Exploitation of property or welfare benefits or stopping someone getting their money or possessions. Stealing, cheating or fraud. Being under pressure to re-write a Will.
- **Neglect** – being denied food or heating, medication, privacy, dignity or personal care.
- **Sexual harm** – any sexual activity that a person doesn't feel comfortable with, want or understand.
- **Discrimination** – ignoring religious beliefs, making comments or jokes about a person's disability, race or sexuality, not providing the right food.
- **Institutional harm** – repeated instances of poor care, rigid routines to suit staff, lack of respect.
- **Self-harm / Self-Neglect** – when you don't look after yourself or harm yourself.

## What will happen if I report harm?

Fife Council Social Work, NHS Fife and Fife Constabulary are working in partnership to keep people safe from harm. We have a duty to inquire and investigate cases where harm is known or suspected.

Staff will work closely with the adult at risk to decide together what action is best. If appropriate, the family of the adult at risk will also be involved in the decision making.

## Who causes harm?

Anyone can cause harm. They could be someone the person knows, such as a partner or other relative, a friend or neighbour, paid staff, carers or volunteers, or another adult at risk.

## Where can harm happen?

Harm can take place anywhere - in the person's own home, in a residential or nursing home, a hospital, day centre, at work or in a public place.

