

So you can be
you

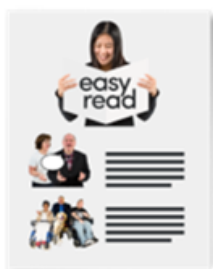
How Dimensions
supports you
through
Safeguarding



easy read



This booklet is all about How Dimensions support you through Safeguarding



This booklet has information in easy read words and pictures and is linked to a **policy**.
Dimensions Safeguarding Policy.



Policy: An important document that tells support teams about the rules to do their jobs well and to keep people safe.



This booklet is for **you and your support team**; to help you understand the rules.



If support teams are not following the rules, you can tell your locality manager, a family member or a friend, who can **speak up with or for you**.



Or you can make a complaint.
To find out how to make a complaint, please ask for the; **How Dimensions support you to make a complaint or raise a concern.**



What is Safeguarding



Safeguarding is about keeping people we support safe from abuse and neglect.



Everyone should be able to live their life feeling:

Safe



Everyone should be able to live their life feeling:

Respected and treated well by people



Everyone should be able to live their life feeling:

Listened to



Everyone should be able to live their life feeling:

Able to say NO to things they don't want to happen

Important to know



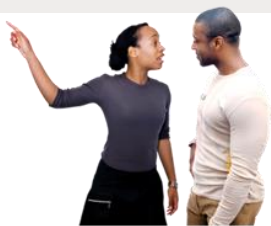
Remember: Abuse does not happen often.



Remember: Abuse is always wrong.



Remember: Abuse is never your fault



Remember: Abuse should be reported.



In Dimensions we must always report abuse if we think it could be happening, if we have heard something, or if we have seen something happen.



If you have told someone about abuse or neglect, they must not keep that a secret - every time you speak out it must be listened to.



What is Abuse and Neglect



Abuse is when someone does or says things that frighten you or cause you harm.



Neglect is when you are not being looked after properly, that includes your care and support needs.



Who might abuse you?

Anyone could abuse you – some examples



- Someone from your support team
- Professionals, for example a GP, nurse or social worker.



- Neighbours
- Strangers



- Friends
- Someone in your family



Where can abuse happen



Abuse can happen anywhere, it could happen;

- At home



Hospital

Abuse can happen anywhere, it could happen;

- In hospital



Workplace

Abuse can happen anywhere, it could happen;

- At work/volunteering



Community

Abuse can happen anywhere, it could happen;

- Out and about where you live



Day Centre

Abuse can happen anywhere, it could happen;

- At a day centre/community hub



College

Abuse can happen anywhere, it could happen;

- At college/university



What type of Abuse are there



Physical abuse is if someone harms you. This could be hitting, kicking, biting or anything else which physically harms you.



Sexual abuse is if someone touches your body or your private parts in a way you don't want them to or makes you do sexual things that you do not want to.



Psychological abuse is if people talk to you in a way which makes you feel uncomfortable, and sad. This could be teasing, threatening, punishing you, swearing, bullying, ignoring you, shouting, and putting you down.



Financial abuse is if people steal your money, or take things that belong to you, or control how you spend your own money.



Discriminatory abuse is if people treat you badly because of who you are. This could be because of the colour of your skin, your religion, your disability, your age, where you come from or your sexuality.



What type of Abuse are there



Organisational abuse is if your support provider Dimensions puts its own needs above yours. For example, making you go to bed before you want to or not letting you choose your own food or clothes.



Modern Slavery is if you are physically abused, threatened or forced to work for nothing or very little money.



Domestic abuse is any type of harm or control caused by anyone who has a close relationship with you. This includes a family member, a partner, or a housemate, someone you live with.



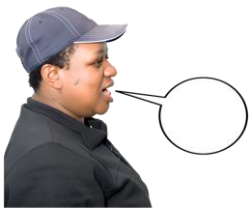
Neglect is if people who should look after you, don't do this properly. This could be, not supporting you with personal hygiene, not being kept warm, not feeling safe, not having enough food, and not having your medication.



Self-Neglect is when you are not taking care of yourself properly.



What should you do if you think you are being abused?



If you or your friends are being abused, you should tell someone you trust.

You could tell.....



Someone in your support team.



Someone in your family.



A friend, neighbour or advocate.



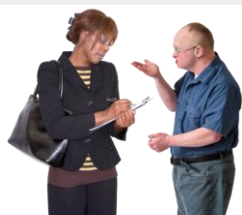
A nurse, doctor or social worker.



The police.



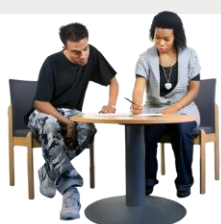
What happens when abuse is reported?



First, we help make sure that you are safe and we will listen to what you tell us.



You will be asked what you want to happen. This is called a '**desired outcome**' (See '*How Dimensions support you with Making Safeguarding Personal*')



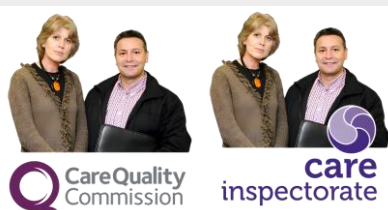
We will find out what has happened, and we will record what people say and do.



We will talk to the **safeguarding team** in your area. They are people who look into an allegation of abuse and make sure that everyone is safe.



The safeguarding team might need to find out some more information, they might want to talk to you, your loved one or an advocate.



We may need to tell other people, for example CQC Care Quality Commission or Care Inspectorate Wales.



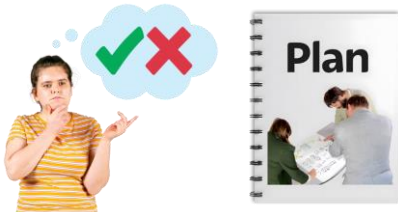
We will keep you involved and tell you what will happen next.



If a member of your support team has been accused of abuse, and you, or others may be at risk, they will not be allowed to support you until we can find out what has happened.



Your support team manager will do everything that is needed to keep you safe.



If the safeguarding team think you are at risk. You will be involved in making a plan to keep you safe.

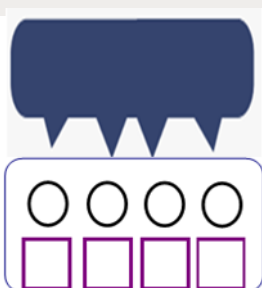


We will record what has happened after a safeguarding concern is raised, we record this on the RADAR system.

Radar: An online report form.



You should always know what has happened after abuse has been reported.



This booklet has been updated and redesigned, by **Dimensions Easy Read Readers Panel**.

Co-produced by Quality Consultants who are experts by experience.

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Better Lives for More People

Dimensions supports adults with learning disabilities, autistic people, individuals with complex health or forensic needs, and those with a history of behaviours of distress.

The people we support and their families are at the heart of everything we do. We want every person we support to have a great, ordinary, active life as part of their local community.

Find out more
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