Kare **Promoting Inclusion for People with Intellectual Disabilities**

Keeping Me Safe

Kare will not Tolerate any Forms of Abuse

Easy Read Policy

This document tells me about Keeping Safe



*** There is a full text document of this policy also available.

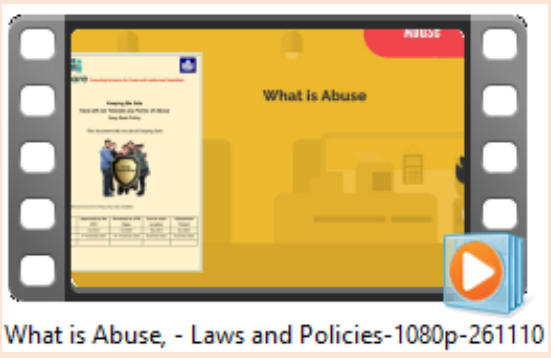
Rev. No.	Approved by the VFK	Reviewed by VFK Reps	Sent to each location	Operational Period
3.2	Oct 2023	Oct 2023	Nov 2023	Nov 2023
4	4th November 2026	18th November 2026	November 2026	November 2026



To Open Videos on each section

Move the Mouse over the Yellow Text

And click the Left side of Mouse button



Use these steps to open links to accessible videos about each Section.







What is the Law and Policies about Abuse:

All adults have the right to be safe and to live a life free from abuse.

Safeguarding is helping you to keep safe from abuse and or neglect.

All persons are entitled to this right, regardless of their circumstances.

Kare is responsible to ensure that all service users in Kare are treated with respect and dignity,

And provide an environment that supports everyone's welfare and prevents abuse

Kare





This is Kare's policy about keeping you safe:

We want you to be safe

We want you to live in a safe place

We want you to have opportunities to make choices









Abuse:

- Abuse and neglect is always bad.
- Abuse damages your rights
- Abuse breaks trust
- Abuse causes harm and makes people upset
- Abuse can be a crime
- Abuse can happen once or many times
- Abuse is always wrong.
- Abuse is not your fault.
- Kare will not tolerate any form of abuse



Abuse can happen anywhere:

At home,

In a hospital,

At work,

In a public place.

In a residential or nursing home

On the Internet or Phone



Abuse can be from many people:

A partner or relative

A friend or neighbour

A carer or volunteer

Your Peers, like other service users

Someone in a position of trust or power like a doctor or staff or employer

A stranger







Neglect:

This is when you do not get the help you need.
It might include not getting help with:

- Your medication,
- Your care needs,
- Or not giving you enough food
- Learning new skills
- Attending your leisure activities
- Your welfare, keeping healthy and warm etc





It is about not being looked after properly or ignored.
Allowed to live in poor conditions.
For Example:

- Without running water to wash
- Or without a toilet
- Not protected from harm from other people

Neglect can occur over a number of weeks or months and not just one occasion





Emotional Abuse:

Emotional abuse is when someone makes you feel sad, afraid or not important.

Like when a person does not receive suitable and necessary affection or approval.

Or when people treat you badly by using their power to control you







Examples of Emotional Abuse are:

This could be by when a person is:

- Constantly criticised.
  Criticise is when someone puts you down.

- Shouted and cursed at.

- Blamed for something you didn't do.



- Calling you names or making fun of you.



- Being Bullied and threatened.



- Cyber bullying on your phone or internet.



- Getting nasty comments on Social media like Facebook and Instagram.



- Nasty texting on your phone.



- Ignoring you all the time.



- A person's safety is at risk.



Physical Abuse:

Physical Abuse is an injury or harm such as cuts, bruises and broken bones.
That has been deliberately caused by another person.







Physical abuse involves contact such as:

- Hitting.
- Kicking.
- Burning.
- Slapping.
- Throwing something at someone.
- Pulling hair.



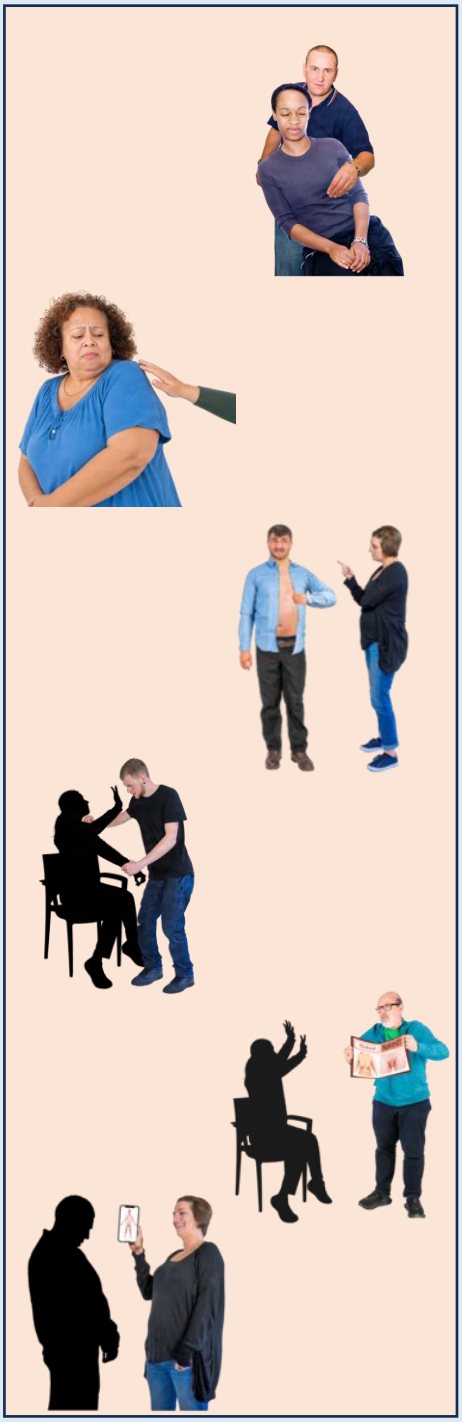
Physical abuse can also be:

- Giving someone the wrong medication or medication, they don't need.
- Being locked in a room.



Sexual Abuse:

Sexual abuse is where someone puts pressure on another person to take part in sexual behaviour against their wishes.



Examples of sexual abuse are:

- When someone touches your body or your private parts without your permission.
- Or other parts of your body, like your hair or leg or knee without your permission.
- Someone watching you undress or shower etc without your permission or consent.
- When someone makes you touch them, and you don't want to.
- When someone talks to you about sex when you don't want to.
- Someone taking or sending sexual pictures.



Financial Abuse:

Financial abuse is when someone takes your money or things that belong to you without asking.



It can also be when someone makes you or puts pressure on you to give them things you own, including your money.



It can be when someone is not letting you have your money or telling you what to spend it on.



Someone not letting you have your Bank ATM card



When someone takes your money, it is fraud.
Financial abuse is a crime.

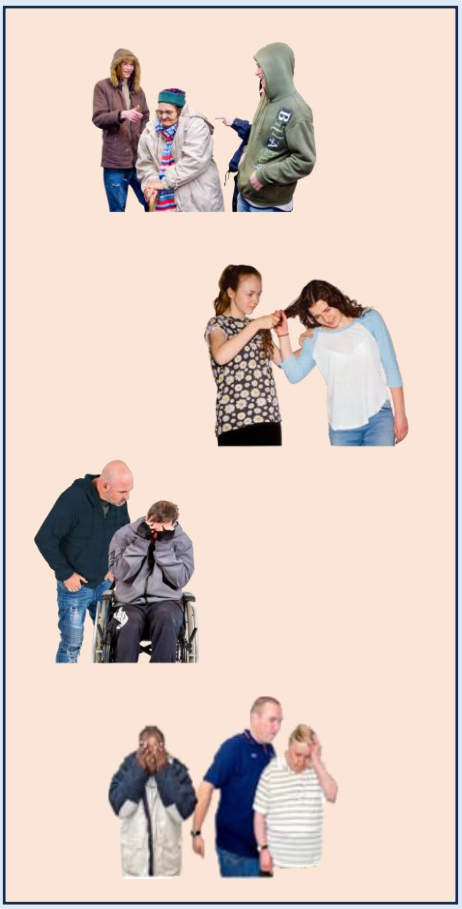


Bullying:

Bullying is when a person threatens another person, verbally, emotionally or physically.

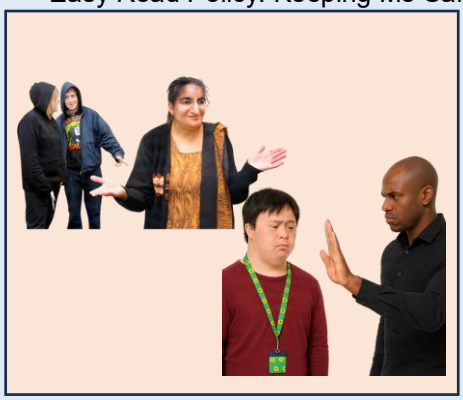
Bullying makes people feel uncomfortable, sad, and scared.

- Bullying can take place in different ways such as: Directly towards you or behind your back.
- Spreading rumours or online bullying
- On your phone or computer.



Examples of bullying are:

- Name calling.
- Telling lies about you.
- Threatening you.
- Leaving someone out from joining the group.
- Physically or Verbally assaulting others.
- Saying something disrespectful about you, like your weight, or gender or disability, your clothes.



Discriminatory Abuse:

Discrimination Abuse is when you are not treated in the right way because you are different.



For Example:

- Where you are from,
- The colour of your skin,
- Your religion,
- Your gender,
- Your sexuality,
- Your disability.



Because of these differences,
people may say or do bad things to you.





Institutional Abuse:

Institutional Abuse is when an organisation or care provider treats the people using a service badly.

Institutional abuse neglects you or provides a bad service.
Where the help and support given is not good enough.

It happens when the smooth running of the service is taken to be more important than meeting a person's wishes or needs.







Examples of Institutional abuse are:

- Lack of choice for Service Users.
- Lack of support for Service users
- Limited access to friends, community
- Poor Support Plans
- Disrespectful staff.
- Untrained Staff



What you can do:

Tell someone you trust and feel safe with.



For Example

- Keyworker.
- The guards
- House or Local service Leader.
- Staff or a teacher or a doctor.
- Social worker.
- Family member.



The National Safeguarding and Protection Team

These are Social Workers who work in the Community to make sure you are safe.



In an emergency contact the Gardai by dialling 999 or 112

Example of an emergency is where:
There isa likelihood of someone being physically harmed and need help straight away



Who can you talk to:



You can tell the person you trust, about what has happened to you or has happened to somebody else that you are worried about.



The staff will know how to help you.
Staff are trained on how to keep you safe.

They help to inform the people who use the service about Keeping Safe





They will make sure you are safe and will have to inform the Designated Officer in Kare about what you have reported.





Rosemary Keenan
Principal Social Worker
Tel: 045 480200
Mobile: 087 2353827
Email: rosemary.keenan@kare.ie



Jacinta Barrett
Social Work Team Leader
Tel: 045 480200
Mobile: 087 9882520
Email: jacinta.barrett@kare.ie



Caitriona Burke
Social Worker
Tel: 045 480200
Mobile: 087 7206779
Email: caitriona.burke@kare.ie



Jamie Zoellner
Social Work Team Leader
Tel: 045 480200
Mobile: 087 2579700
Email: jamie.zoellner@kare.ie



Brian Conroy
Social Worker
Tel: 045 480200
Mobile: 0874743392
Email: brian.conroy@kare.ie

Designated Officers are the people who have the job of keeping you safe.

Their job is to make sure that everyone in Kare tries to keep you safe at all times.









If you live in a Kare house,

Or use Kare Services you can contact:

Gráinne Cunningham-O'Brien

Gráinne is not part of Kare

She is independent from the HSE.

She is a voice for people who live in Residential or use Services and are not happy with how their concern is being managed

Address:

Confidential Recipient

Office of the Confidential Recipient

Merlin park University Hospital

Block B

Old Dublin Road

Galway 91 N973





Freephone: 1800 949494

Mobile: 087 6657269

Office Mobile: 087 1880523

Email: grainne.cunningham@crhealth.ie

Office Email : etta.shanahan@crhealth.ie

Online Form: Online Enquiry Form

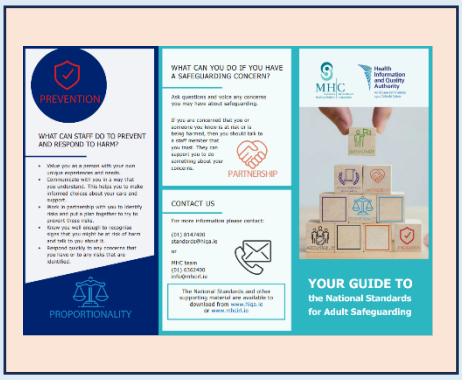


If you want to know More Information about Abuse:

Easy to Read Publications and leaflets - Inclusion Ireland



Safeguarding information leaflet for service users (hse.ie)



National-Standards-for-Adult-Safeguarding_Leaflet.pdf (hiqa.ie)

This document was designed and created together with People who use Kare Services and Voice For Kare

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