

# BORROWING? OR STEALING?

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If you're concerned an adult is at risk of harm, it's right to have it checked out.

Find out how to take action inside.

[actagainstharm.org](http://actagainstharm.org)



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# SEEN SOMETHING? SAY SOMETHING.

If you thought a child was at risk of harm, you'd do something about it. It should be no different for an adult. If your instinct tells you something isn't right, don't keep it to yourself.

With one anonymous phone call to your local council, the situation you're worried about will be checked out and support given, if needed. It may be nothing, but there's no harm in being sure.

For the number to call, visit [actagainstharm.org](http://actagainstharm.org)

## SITUATIONS TO BE AWARE OF.

It's not always easy to tell if an adult at risk of harm is in trouble. But there are situations to be aware of. Above all, trust your instincts – if something feels wrong, say something.



### FINANCIAL HARM

Examples of this could be when an adult who is at risk of harm:

- gives money to a stranger or someone they know, for your reasons that concern you.
- is unclear or confused about where their money has gone.
- is stressed about money issues or debt.

### PHYSICAL HARM

Examples of this could be when an adult who is at risk of harm:

- has cuts, bruises or other marks they can't properly explain.
- tries to hide injuries or refuses to talk about them.
- is fearful or withdrawn around certain people or in certain situations.





## PSYCHOLOGICAL HARM

Examples of this could be when an adult who is at risk of harm:

- is always having friends or strangers 'hanging out' at their house.
- is being verbally bullied by others.
- is involved in illegal or socially unacceptable activity with others.

## SEXUAL HARM

Examples of this could be when an adult who is at risk of harm:

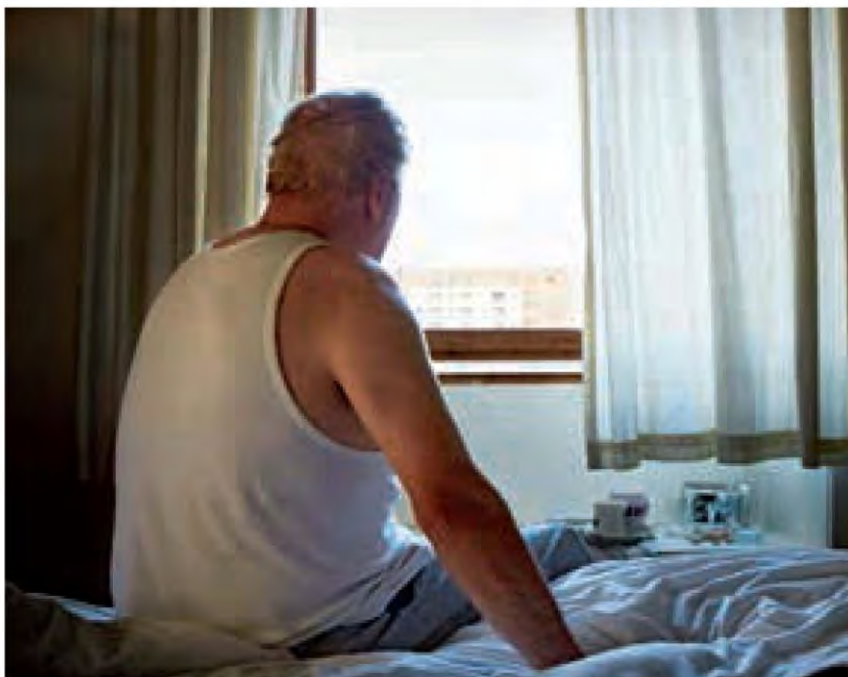
- is being sexually harassed or intimidated.
- appears nervous, withdrawn or intimidated in the presence of others.
- becomes tearful or upset when their relationship is mentioned.



## NEGLECT

Examples of this could be when an adult who is at risk of harm:

- is not dressing, washing or eating properly.
- is becoming socially isolated.
- can no longer look after themselves or their property.



If you think an adult is at risk of harm and may need help, call your local council to share your concerns. For the number to call visit [actagainstharm.org](http://actagainstharm.org)

If you are worried about someone in Orkney- call the Adult Social Work Duty Team on 01856 873535. Monday to Friday between 9am and 5pm. Out of office hours, please call the Balfour Hospital Switchboard on 01856 888000 and ask for The Duty Social Worker.

A social worker can talk through your worries with you and will be able to offer advice and practical help to you and the person who may be in difficulty. There is more information about Adult Protection in Orkney on the Orkney Islands Council website- this is the address: [www.orkney.gov.uk/asp](http://www.orkney.gov.uk/asp)

The Adult Support and Protection Act (2007) defines an 'adult at risk of harm' as someone who is:

- unable to safeguard their own well-being, property, rights or other interests and
- affected by a disability, disorder, illness or infirmity and therefore more vulnerable.

**Seen something? Say something.**  
For your local authority number, visit [actagainstharm.org](http://actagainstharm.org)



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