

7-Minute Briefing for Health and Care Professionals Home Visiting

7. Where to go for advice, guidance and support

[Crimestoppers](#), if you need to report a crime you can do so anonymously.

[Victim Support](#) is an independent charity which helps people cope with the effects of crime. [The Samaritans](#) are available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair.

[Somerset Independence Plus](#)

Somerset Independence Plus is a Home Improvement Agency service provided by Somerset Council. Supportive guidance to reduce the level of clutter in your property

6. Remember

- Always gain consent before entering the home unless there is a safety concern.
- Be non-judgmental and listen actively. Make safeguarding personal and use professional curiosity.
- Maintain professional boundaries and confidentiality.

Be mindful of your own safety always seek advice and guidance from your team and attend supervision sessions. Safeguarding is everyone's responsibility. Your actions can make a vital difference in protecting someone from harm.

5. Responding to Concerns

If you suspect abuse or neglect:

- Document what you see and hear - objectively and clearly
- Report your concerns according to your safeguarding procedures
- Share information appropriately with relevant professionals or agencies

If there is an immediate danger, call emergency services.

About



Guidance and standards to support home visiting when risks to them from the conditions or circumstances in the home, whether environmental or from other sources, have been identified.

4. Respecting Autonomy

Adults have the right to make their own choices, even if those decisions seem unwise. Part of your role is to consider / assess decision making capacity and provide information to support safe decisions, not to override them without legal basis. Make safeguarding personal and use professional curiosity.

Always ask:

- Does the person understand the risks?
- Do they have the mental capacity to make this decision?

1. Understanding Safeguarding

Safeguarding means protecting a person's right to live in safety, free from abuse, neglect, and exploitation.

Adults at risk may include those with care and support needs due to age, disability, mental health conditions, or other vulnerabilities.

2. Recognise the signs of harm

Be alert to potential indicators of:

- Physical abuse: unexplained injuries, frequent hospital visits
- Emotional abuse: fear, withdrawal, low self-esteem
- Neglect: poor hygiene, malnutrition, unsafe living conditions
- Financial abuse: sudden changes in finances, unpaid bills
- Sexual abuse: unexplained bruises, withdrawal from contact
- Self-neglect or hoarding and domestic abuse are also safeguarding concerns.
- Trust your professional instincts—if something feels wrong, explore it further.

3. Risk Assessment

While in the home, assess:

- The environment: Is it safe, clean, and suitable for care?
- The adult's physical and mental condition
- Interactions with family, carers, or others present
- Any immediate dangers to the person or yourself