



Self-neglect

and how to get help



Contact us on
0300 123 22 24
adults@somerset.gov.uk



**We use pictures to help you understand this leaflet.
Some of these pictures might upset you.**

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Who we are

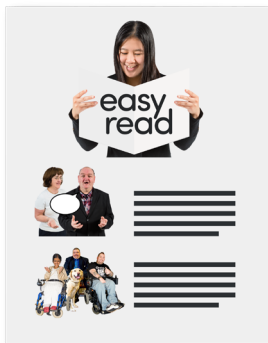


We are **Somerset Safeguarding Adults Board**.

Safeguarding means making sure people are safe.



We work with other organisations to make sure all adults can live safely in Somerset.



This leaflet tells you about **self-neglect** and what you can do about it.



This leaflet might upset you.

You can ask someone you trust to read it with you.

What is self-neglect?



Self-neglect is when someone does not look after themselves or their home. For example,

- Not having enough healthy food or drinking water.



- Not looking after their home.
- Not cleaning their home.
- Not chucking away rubbish.



Someone who self-neglects might stop other people from helping them.



When self-neglect gets very bad it can make someone ill.

Why people might self-neglect



There are different reasons why people self-neglect.



For example, they might

- Have bad mental health.
- Take drugs and cannot stop.
- Have a bad memory like people with dementia.



People sometimes start to self-neglect when something very sad happens.

Like a partner or friend dies.



Somerset Council can help people who self-neglect because they cannot look after themselves anymore.

Signs of self-neglect

Someone who self-neglects might



- Have lots of health problems or lose lots of weight.



- Be very thirsty



- Not wash

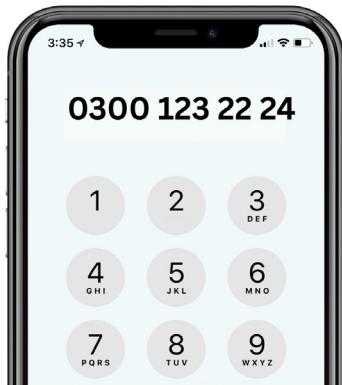


- Wear dirty or wet clothes



Have a dirty house or lots of rubbish bags.

Who to contact for help



You can contact Somerset Council about abuse on

- Phone **0300 123 22 24**
Monday to Friday
8.30am to 5.30pm



- Email **adults@somerset.gov.uk**



Somerset
Council

You can call the Out of Hours team at Somerset Council on **0300 123 23 27**.



You can also contact the police about the abuse.

- Call **101**
- Or call **999** in an emergency.

More information

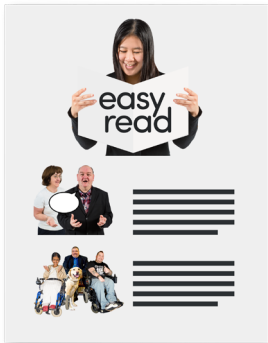


You can find more information on our website

www.SomersetSafeguardingAdults.org.uk



You can also use your phone to scan this QR code to visit our website.



We have a leaflet with more information on each type of abuse.



**Abuse is never your fault.
We are here to help you.**



This Easy Read document has been tested by a team of consultants with learning disabilities.

www.OpenStoryTellers.org.uk