**Types of Abuse/Signs & Symptoms**

'No Secrets' identifies categories of abuse. They are:

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| **Physical Abuse** | |
| **Abusive Action** | **Signs & Symptoms** |
| Hitting. Slapping. Pushing. Kicking. Misuse of medication. Restraint. Inappropriate sanctions. | Series of unexplained falls or major injuries. Injuries/bruises at different stages of healing. Bruising in unusual sites e.g. inner arms, thighs. Abrasions. Teeth indentations. Injuries to head or face. Client very passive. |
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| **Sexual Abuse** | |
| **Abusive Action** | **Signs & Symptoms** |
| Including rape and sexual assault or sexual acts to which the vulnerable adult has not consented, or could consent, or was pressured into consenting. | Change in behaviour. Overt sexual behaviour or language. Difficulty in walking, sitting. Injuries to genital and/or anal area. |
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| **Neglect** | |
| **Abusive Action** | **Signs & Symptoms** |
| Includes acts of omission. Ignoring physical or medical care needs. Failure to provide access to appropriate health, social care or educational services. Withholding necessities of life e.g. medications, nutrition, heating. | Absence of food, heat, hygiene, clothing, comfort. Preventing client to have access to services. Isolation. Absence of prescribed medication. |
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| **Psychological Abuse** | |
| **Abusive Action** | **Signs & Symptoms** |
| Emotional abuse. Threats of harm or abandonment. Deprivation of contact. Humiliation, blaming, controlling, intimidation, coercion, harassment, verbal abuse, isolation or withdrawal from services or supportive networks. | Withdrawal, depression. Cowering and fearfulness. Change in sleep patterns. Agitation, confusion, change in behaviour. Change in appetite/weight. |
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| **Financial Abuse** | |
| **Abuse Action** | **Signs & Symptoms** |
| Theft, fraud, exploitation. Pressure in connection with wills, property, inheritance or financial transactions. Misuse or misappropriation of property, possessions or benefits. | Unpaid bills. Basic needs not being met. lack of cash on day to day basis. |

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| **Institutional Abuse** | |
| **Abusive Action** | **Signs & Symptoms** |
| Poor care standards, lack of positive responses to complex needs. Rigid routines. Inadequate staffing. Insufficient knowledge base within service. | Inability to make choices or decisions. Agitation if routine broken.  Disorientation. Patterns of challenging behaviour- |
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| **Discriminatory** | |
| **Abusive Action** | **Signs & Symptoms** |
| Racist, sexist, or that based on a person's disability. Other forms of harassment, slurs or similar treatment. Failure of agencies to ensure that staff receive adequate anti-discrimination practice training. | Low self esteem. Withdrawal. Depression. Fear. Anger. |

**Risk Indicators**

**These may be additional indicators that abuse is occurring:**

* destruction of physical environment
* turning night into day/sleep disturbance
* chronic incontinence
* extreme physical and/or emotional dependence
* verbal abuse and aggression towards the carer
* changes in personality caused by illness and/or medication
* non compliance with carers wishes
* obsessive behaviour
* wandering/absconding
* self harm

**Where the preceding trigger behaviours by the vulnerable adult are apparent, the following problems exhibited by the carer may increase the risk and likelihood of an abusive situation:**

* alcoholism
* mental illness
* stress
* chronic fatigue
* conflicting demands or other family members

**There may also be a variety of other contributing factors such as a family history:**

* marital violence
* child abuse
* previous relationship difficulties
* conflicting demands of other family members

**Family problems:**

* housing
* financial
* employment
* lack of support
* ck of respite

**Individual unmet needs:**

* lack of appropriate opportunities for the experience of all types of personal relationships
* lack of appropriate opportunity for individual autonomy or choice
* lack of knowledge of information and support

**Organisational factors:**

* weak or oppressive management
* inadequate staffing (numbers, competence)
* inadequate staff supervision support
* closed communication