

What You Need To Know About Abuse

Abuse of anyone is a serious problem. It is wrong. No one has the right to abuse you. If it doesn't feel right to you, talk to someone you trust. If you are abused it is very important for you to tell someone and keep telling until you get help. If you are abused it is not your fault.

Some examples of abuse are (remember these are not the only way abuse happens):

Physical abuse (actions that could hurt your body):

- Hitting
- Hair pulling
- Biting
- Kicking
- Shaking
- Pushing
- Choking
- Burning

Sexual Abuse

When you feel uncomfortable, embarrassed or forced to:

- Kiss someone
- Be touched when you don't want to be
- Touch or look at someone's private parts
- Look at sexual pictures or videos
- Have sexual pictures taken of you and/or posted on the internet
- Have intercourse with someone
- Being embarrassed by someone making fun of you in a sexual way, or
- Feeling uncomfortable when someone talks about you in a sexual way

Emotional Abuse (actions that could hurt your feelings or your mind):

- Being pressured
- Being threatened
- Getting yelled at
- Being called names
- Being put down
- Being ignored
- Not being allowed to go to places or see people
- Being talked into things you know are wrong or don't want to do
- Not being allowed to have privacy

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Exploitation

When someone takes advantage of you:

- Using or taking your money or things without asking
- Forcing you to sell your things
- Forcing you to change your Will (e.g. Last Will and Testament or Personal Directive)
- Forcing you to buy something you don't want
- Forcing you to do anything that is against the law
- Forcing you to be with people that you don't want to be around

Neglect

- Not being given enough food
- Not being given proper housing
- Not having clothing for the weather, etc.
- Not getting care and attention (e.g. not going to the doctor when you are sick)
- Not being given a chance to learn new things when you want to
- Not being given medication that you do need

Inappropriate Use of Restrictive Interventions

- When people use ways to control your actions that they don't have permission to use
- Being given medication that you don't need

Failure to Report Abuse

- It is also abuse if someone knows that you have been abused, and they don't report it

YOU CAN REPORT ABUSE BY:

- Telling a person you trust
- Telling your Doctor
- Telling your family
- Telling the Police
- Telling someone you work with
- Calling 1-888-357-9339 (Protection of Persons in Care Reporting Line)

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Some kinds of abuse are not against the law, but they are against your rights and the way Accredited Supports to the Community provides support.

You should always report anything that you think goes against your rights.

If someone thinks you are being abused they must report it. If the abuse is against the law, they must report it to the Police.

Accredited Supports to the Community protects your rights to be safe by:

- Working with you to understand what abuse is and that you should report abuse
- Working with you to do things in your community
- Teaching people who work with you about your rights
- Teaching people who work with you about signs that may show abuse is happening and actions that could be abuse
- Following the law
- Having a way to check into reports of abuse
- Having serious results for people who abuse others

ASC handles concerns of abuse by:

- Stopping the abuse if someone sees it happening
- Making sure you are safe
- Listening to you
- Asking questions
- Taking you to the Doctor, if needed
- Calling your parent /guardian
- Looking at medical information
- Looking at any physical signs that may be there
- Checking other behavior and incident reports
- Checking other things that may be written about you
- Talking with people who work with you
- Talking with other people who know you
- Writing down all the information we gather
- Keeping a copy of all the information we gather in your file
- Reporting to the people who need to know (Executive/Program Director or Police)

If the person that works with you is proven to have abused you, that person may be told that they can no longer work at Accredited Supports to the Community.

If you are living in an Approved Home and there is a worry that you are being abused, you will move away from the Approved Home.

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