

Six safeguarding principles

These statutory principles underpin all our work:

EMPOWERMENT

People are supported to make their own decisions and give informed consent

PREVENTION

It is better to take action before harm occurs

PROPORTIONALITY

Any intrusion into your life will only be at a level appropriate to the risks present

PROTECTION

We will support and represent those in greatest need

PARTNERSHIP

We will work together with local services and communities to help keep people safe

ACCOUNTABILITY

We will be transparent and take responsibility for our actions when keeping people safe

Contact us



This leaflet is available in large print format on the website below.

This leaflet has been produced by Nottingham City Safeguarding Adults Board.

For more information visit
www.nottinghamcity.gov.uk/safeguardingadults

Nottingham City **Safeguarding Adults** Board

Making 
safeguarding
personal

- what it means for
you and those who
care for you

Nottingham City Safeguarding Adults Board

What is adult safeguarding?

Anyone can experience abuse or neglect, but not everyone is able to protect themselves from it. This can include people who receive care and support from health or adult social care services, as well as people who could receive support but do not.

Abuse of adults can come in many forms. It can include physical, financial, sexual, psychological, discriminatory and organisational abuse (being mistreated by people who care for you). It can also include self neglect and neglect by others, as well as modern slavery and domestic violence.

If you have care and support needs (whether or not they are being met) and you are experiencing, or are at risk of, abuse or neglect, and as a result of your care and support needs you are unable to protect yourself from either the risk of, or the experience of abuse or neglect, then health and social care professionals have a legal duty to help you.

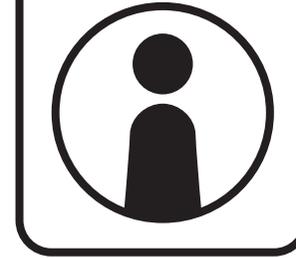
What is 'making safeguarding personal'?

Making safeguarding personal (MSP) is about making sure that you are at the centre of the safeguarding process, from beginning to end. It is a conversation that recognises you as the expert in your own life.

Initially, a professional will talk with you, supporting you to share what has happened and asking what you would like to happen next. If you have substantial difficulty understanding this and no one else can help you then an advocate can support you during these conversations.

Next, professionals may make enquiries about what has happened, and arrange meetings to discuss the safeguarding concerns. Your family and friends can be involved in this process if you want them to, or you can attend alone or with the support of an advocate.

We are committed to working with you and those you want involved, to help us understand your views and wishes. We will ensure, wherever we can, that you have choice and control over what happens next, so that your life is improved in a way you are happy with.



What you can expect

We will:

- Listen to you
- Understand your views and wishes
- Take you seriously
- Treat you with respect
- Support you to feel safe
- Support you to make your own decisions
- Keep you informed and involved
- Tell you what will happen next
- Help you understand achievable outcomes

What you might want

You may want any or all of these things:

- The abuse to stop and to feel safe
- To protect yourself in the future
- To feel more confident
- The abuser to stay away from you
- To be involved in what happens next
- The people supporting you to do what they say they will
- To access support that is available to you