## Types of Abuse/Signs & Symptoms

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

<table>
<thead>
<tr>
<th>Physical Abuse</th>
<th>Signs &amp; Symptoms</th>
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<tbody>
<tr>
<td><strong>Abusive Action</strong></td>
<td><strong>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.</strong></td>
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<td>Hitting, Slapping, Pushing, Kicking, Misuse of medication, Restraint, Inappropriate sanctions.</td>
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<thead>
<tr>
<th>Sexual Abuse</th>
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<tr>
<td><strong>Abusive Action</strong></td>
<td><strong>Change in behaviour. Overt sexual behaviour or language. Difficulty in walking, sitting. Injuries to genital and/or anal area.</strong></td>
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<tr>
<td>Including rape and sexual assault or sexual acts to which the vulnerable adult has not consented, or could consent, or was pressured into consenting.</td>
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<tr>
<td><strong>Abusive Action</strong></td>
<td><strong>Absence of food, heat, hygiene, clothing, comfort. Preventing client to have access to services. Isolation. Absence of prescribed medication.</strong></td>
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<tr>
<td>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.</td>
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<th>Psychological Abuse</th>
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<tr>
<td><strong>Abusive Action</strong></td>
<td><strong>Withdrawal, depression. Cowering and fearfulness. Change in sleep patterns. Agitation, confusion, change in behaviour. Change in appetite/weight.</strong></td>
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<tr>
<td>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.</td>
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<th>Financial Abuse</th>
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<td><strong>Abuse Action</strong></td>
<td><strong>Unpaid bills. Basic needs not being met. Lack of cash on day to day basis.</strong></td>
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<tr>
<td>Theft, fraud, exploitation. Pressure in connection with wills, property, inheritance or financial transactions. Misuse or misappropriation of property, possessions or benefits.</td>
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Institutional Abuse

Abusive Action
Poor care standards, lack of positive responses to complex needs. Rigid routines. Inadequate staffing. Insufficient knowledge base within service.

Signs & Symptoms
Inability to make choices or decisions. Agitation if routine broken. Disorientation. Patterns of challenging behaviour-

Discriminatory

Abusive Action
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.

Signs & Symptoms

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
- lack 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