



## Safeguarding

### Get support to keep everyone safe

The Care Act (2014) defines an adult at risk as a person who:

- has needs for care and support
- is experiencing, or is at risk of, abuse or neglect, and
- as a result of those needs is unable to protect himself or herself against the abuse or neglect or the risk of it.

Vulnerable people need safeguarding if they are unable to protect themselves. All sorts of people have roles in safeguarding. You, the carer have a role in keeping the cared for person safe. But in some circumstances carers can be at risk of abuse themselves. If you as a carer can recognise a risk of harm or actual harmful behaviours, you will be better able to do something about it.

### What The Carers Centre Tower Hamlets does:

Sometimes guilt or denial or other barriers can stop you voicing your concerns or getting help.

Do you recognise and understand any risks faced by the person you care for? If you feel unable to manage risks you notice, you should let someone know. You might be feeling stressed and struggling to cope. You might need advice and guidance to know what is best for the person you look after, and how to provide it.

Or does the behaviour of the person you care for, intentionally or not, seem abusive towards you? You might need to look after your own safety.

Make a start by talking to someone at the Carers Centre Tower Hamlets. Our advocacy and advice services are here to help.

### First steps

If you haven't already, please get in touch to register with us at The Carers Centre [here](#) to complete a Carer's Assessment with us.

This establishes your needs as a Carer then if more support is needed we can refer you to Adult Social Care for a Support Plan – a gateway to more help.

**How to get in touch with The Carers Centre Tower Hamlets and ask to talk about safeguarding and protecting someone including yourself from harm.**

Call the centre 0207 790 1765 or email: [enquiries@ccth.org.uk](mailto:enquiries@ccth.org.uk)  
In person: The Carers Centre, 21 Brayford Square, London, E1 0SG