

## What will happen next?

If you voice a concern, you will be listened to. Everyone is different and will need tailored support depending on their situation and circumstances.

The person can involve others they trust and may be entitled to advocacy if they have difficulty making decision.



**“** *If you are concerned that an adult may be at risk of self neglect please do not ignore it.* **”**

***IF IN DOUBT,  
SPEAK OUT!***

### Useful contacts:

Environmental Health Services  
**0161 474 4284**

Adult Social Care  
**0161 217 6029**

If a child is at risk, contact can be made on **0161 217 6028**  
(Out of Hours **0161 718 2118**)

*You do not have to give your name, but we may need to act on the information you give us and contact other relevant services.*



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL

# Safeguarding Adults from Self Neglect

Safeguarding  
**Adults**  
in Stockport

[www.mycaremychoice.org.uk](http://www.mycaremychoice.org.uk)

## What do we mean by self neglect?

Self-neglect – covers a wide range of behaviour such as neglecting to care for one's personal hygiene, health or surroundings and includes behaviour such as hoarding.

Signs of self neglect could include:

### In the home:



Having no food in the home, or unsuitable food



Having no heating in cold weather.



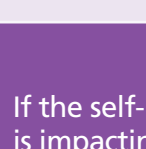
Not cleaning their home leading to infestations of insects or other animals



Not allowing people to make repairs when it is unsafe



Not allowing important people access e.g. landlord, water, gas or electric workers, health or care workers etc.



Not disposing of rubbish or hoarding items or animals

### About the person



Not washing or looking after themselves



Wearing inappropriate, dirty, soiled or torn clothing



Not having necessary medical aids e.g. glasses, hearing aids, walking frames



Refusing medication or treatment which leads to ill health



Refusing to engage with support

If the self-neglect makes the person unwell, or is impacting on the health and wellbeing of others, it is important to get help.

We need to make sure people are aware of the information and support that is available locally.

Sometimes self-neglect cases can be complex and it can take time for the person to build trust and engage with others; the person may not realise the impact their self-neglect is having on their wellbeing or the impact on others.



## What is self neglect?

Self-neglect is when a person does not attend to their basic care and support needs, such as personal hygiene, appropriate clothing, feeding or taking care of their health or any medical conditions they may have.

## Who may be at risk?

Those at risk include the elderly, people with physical or sensory impairments, people with learning disabilities, people living with severe illnesses, dementia or confusion, or people living with mental ill health.

It could be your friend, it could be your neighbour, or even a relative or loved one, self neglect can affect anyone.

## What can you do if you are concerned about someone?

Chat with them - find out if there is something simple that could help.

There may be no quick fix - get to know them if you can.

**If you know of a worrying situation, please do not ignore it. Adult Social Care is the first point of contact. You can call them on 0161 217 6029.**

**If there is an immediate, serious risk to them or others, please call 999.**