

## Staying Safe and Healthy in the Community

### For Individuals:

**You have the right to be free of fear, free of harm and free of mistreatment.** If you have concerns or worries about your safety, health or rights you can talk to your supports coordinator or provider staff, your family, or an advocate. You can protect yourself by reporting what is happening to you.

**What helps you to feel safe? Let your team know** about what is important in keeping you Safe and Healthy. Listen to others on your team for ideas and ways to keep you Safe and Healthy. Tell someone if your Individual Support Plan (ISP) isn't doing enough to keep you Safe and Healthy.

**Stay connected to your community!** Having relationships with people, making friends and being included in the "everyday life" of your community helps to keep you Safe and Healthy! Having a job, knowing your neighbors, and being out-and-about with friends are great ways to stay connected, safe, and have a healthier and happier life!

If an incident occurs, there will be an opportunity to discuss your feelings. Depending on the nature of the incident, counseling may be available to support you.

### For Individuals and Families:

**If you or someone you know** were hurt in the community, or were a victim of a crime, you should contact the police or dial 911.

**If you observe or someone has told you** about abuse, neglect, or any type of inappropriate conduct, you should contact the service provider, or the supports coordinator if this occurred in your home or in the community. When an incident is being investigated, you may be asked to provide more information about the incident

### For Families:

**Share your ideas with the team about how to prevent incidents** and how to keep your family member Safe and Healthy. Do your part to follow the Individual Support plan (ISP) to address concerns and minimize incidents. Suggest changes, report barriers or concerns about the plan.

**Promptly report any concerns** about health, safety or rights of your family member to the supports coordinator or service provider.

**If you or someone you know are in immediate DANGER—Dial 911**

## RESOURCES:

### Emergency Hotlines:

**Childline 1-800-932-0313**

**Blackburn Center  
Against Domestic & Sexual Violence  
724-836-1122 or 1-888-832-2272**

### Community Resources:

**Westmoreland County  
Area Agency on Aging  
1-800-442-8000 or 724-830-4444**

**Westmoreland County Children's Bureau  
724-830-3300**

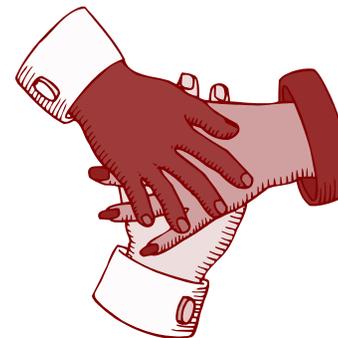
**Westmoreland County BH/DS  
724-830-3617**

## Recognizing Abuse and Neglect

**You have the right to be free of fear, free of harm and free of mistreatment**

**You can protect yourself by reporting what is happening to you**

**WESTMORELAND COUNTY  
BEHAVIORAL HEALTH/  
DEVELOPMENTAL SERVICES**



**40 N. Pennsylvania Ave  
Greensburg, PA 15601**

## What is Abuse and Neglect?

**Do you fear** someone who is hurting you or causing you pain, or is trying to make you feel bad?

**Do you fear** someone who is keeping you from things you need, or because of how they treat you?

**Abuse** is when something was done to harm or cause injury to you.

**Physical Abuse** is when someone hurts you, by hitting, kicking, biting or touching you in a physical way.

**Sexual Abuse** is any inappropriate or unwanted sexual touch, rape, incest, molestation, sexual exploitation or harassment. Any sexual contact between a staff person and an individual is sexual abuse.

**Verbal Abuse** is when someone talks to you unkindly like teasing, yelling, swearing or making you feel bad by humiliating, degrading or demeaning you.

**Psychological Abuse** is when someone hurts your feelings, creates fear, belittles you or demeans you without using words.

**Improper or Unauthorized Use of Restraint** is when someone stops you from being able to move about freely or keeping you from the people you want to be with and the places you want to be. It is wrong for someone to control you.

**Neglect** keeps you from getting the care and support you need to be safe. If you are left alone or unattended, or don't have access to medical care, food, clothing, shelter, personal hygiene and protection from health and safety hazards.

## Where can abuse or neglect happen?

Abuse or neglect can happen:

- At your home
- At someone else's home
- At work
- In the community
- Anywhere

A person who abuses or neglects you can be someone you know or do not know. It can be your support staff or other professionals. It can be a neighbor, friend, housemate, co-worker or family member. It can be anyone.

## What should you do if you suspect abuse or neglect?

### TELL SOMEONE

**You have the right to be safe**

If you, your family or friends think someone is mistreating you, or if you see someone else being mistreated, tell someone you trust:

- A family member
- Friend
- Supports Coordinator
- 911 or local police

## When you report suspected abuse or neglect, what happens next?

1. The person you tell is required to take prompt action to address the issue and protect your health, safety and rights.
2. When abuse or neglect is reported, it is noted as "an incident" for tracking and follow up.
3. You may be asked to give more information. It may include an investigation or involvement by law enforcement or other agency.