



**Are you
worried
about
someone
you know?**

**What can
you do?**

If you are concerned that someone you know is neglecting themselves don't ignore it, there is help out there, so call now.

Their health and wellbeing may get worse without specialist support and their condition could have a harmful impact on others too.

Everyone has the right to live safely, free from abuse and neglect and we all have an important part to play in protecting vulnerable people within our community.

RBSAB
ROCHDALE BOROUGH
SAFEGUARDING ADULTS BOARD

www.rochdalesafeguarding.com

If you are worried about someone and want to help call:

Rochdale Adult Care
0300 303 8886

Every call is important and your concerns will be taken seriously.

It could be your mother, it could be your brother

It could be your friend, it could be your neighbour...

**self neglect
can affect
anyone**

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What is self neglect? Who is at risk?

Self neglect is when someone fails to take care of themselves properly, for whatever reason. It may be a choice they have made. It may happen because they are unable to look after themselves.

It's a serious problem but there is help and support available locally.

It can affect anyone in our community and the results can have an impact on everyone around them.








Someone you know may be neglecting themselves right now.

Once you recognise the signs, you can help them get the help and support they need.

It can affect anyone regardless of their background, gender, ability or age.

What are the signs to look out for?

Home

-  Rubbish piling up? Unclean?
-  Animal or insect infestations?
-  Items being hoarded?
-  Uncared for and unsafe?
-  No food in the cupboards?
-  Heating not being put on especially during cold spells?
-  People who could help such as health workers not being allowed inside?

Person

-  Poor diet? Looks hungry?
-  Lost weight?
-  Wearing dirty or soiled clothes?
-  Poor personal hygiene?
-  Not taking their medication or attending medical appointments?
-  Not taking an interest in themselves or life in general?