

Keeping adults safe

Your guide about the Rights of an adult



This leaflet was written by **Social Care Wales**. It is an easy read version of 'What good safeguarding looks like: No decision about me without me'.

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Introduction



This leaflet is about the Rights of an adult.



Rights are the things you are allowed to do. Rights tell us how we should be treated. For example, you have the right to be treated with respect.

Other people have rights too. For example, you must treat other people with respect.



We want everyone in Wales to know about the Rights of an adult.



We want organisations to make **safeguarding** plans and policies.



Safeguarding means keeping people safe from:

- **abuse**
- harm.



Abuse is when someone hurts you or treats you badly.

For example:

physically hurting someone

speaking to someone in a cruel way

hurting someone sexually

taking someone's money

there are lots of different types of **abuse**.



We want to make a positive difference to care and support in Wales for adults.



This document is for people who use care and support services.



This leaflet was made into easy read by **Easy Read Wales** using **Photosymbols**. To tell us what you think about this easy read version, [click here](#).

My Rights as an adult

I have the Right to:



- Know what care and support I can get.



- Get good information in a way I can understand.



- Be listened to and help me in a way that is best for me.



- Make my own choices about my life and what happens to me.



- Do things like eat well and exercise to keep myself healthy.



- Do things that are important to me. Or get support to do things that are important to me.



- Learn new things.



- Be safe from **abuse**. I have support to help keep me and the people that matter to me safe from **abuse**.



- Tell someone or get support to talk to someone if I am worried about something.



- Meet people and do things I enjoy.



- See people who are important to me like family and friends.



- Get support to have a job if I want to work.



- Know what money I can get.



- Be part of any decisions about my money.



- Get support to do things on my own.



- Have people who can speak to me in Welsh if I want to.



- Have people who can speak to me in the language of my choice.



- Be part of any decisions about me and my life.



- Live in a home that helps me to be happy, healthy and comfortable.



- Get help to understand what ‘keeping safe’ means.



- Be part of decisions about my care and support.



- Say what I think and feel, if someone is worried that I am at risk.



- Get help and support to report **abuse**, harm or **neglect**.

Neglect is when someone does not look after you properly.



- Be listened to and what I say is taken seriously.



- Know about things that are happening in my life.



- Make decisions. But if I cannot make decisions for myself, I know that decisions are made for my good. And this is explained to me.

My Rights as an unpaid carer and parent

These are the rights of unpaid carers and parents. If you are over 18, all the Rights of an adult written above also apply to you.

I have the Right to:



- Get good information in a way I can understand.



- Know how and where to get help and support if I need it.



- Know what to do if I am worried about my child or the person I care for.



- Know how to report **abuse**, harm or **neglect**.



- Understand that I might not always know everything that may cause harm to my child or the person I care for.



- Know that when people make decisions about my child or the person I care for, they are to keep them safe.



- I have the right to challenge if decisions are made about my child or the person I care for that I do not agree with.