

# Self neglect



City College Peterborough  
Easy Read Version



# What is self-neglect?

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- Self-neglect is when someone does not look after themselves properly.
- It can affect anyone, regardless of their background, gender, ability or age.



# There are three forms of self-neglect

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## **Lack of self-care**

neglecting personal hygiene, or not eating or drinking enough.

## **Lack of caring for their environment**

unpleasant or dirty conditions in the home or lack of basic essentials like food, heating or water; or the home is unsafe as a result of disrepair or lack of maintenance.

## **Refusing support services**

Refusing services that could help overcome the above issues



# Self neglect also includes hoarding

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- Hoarding is the excessive collection and storing of items.
- This is often chaotic, to the point where their living space is not able to be used properly or safely





# There are three types of hoarding...

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- **Compulsive hoarding**

This is a collection of objects, such as old clothes, newspapers, food, containers or papers.

There is usually an emotional attachment making it hard to throw away.

- **Bibliomania**

A collection of books and written information, such as newspapers, magazines and articles, as well as DVDs and videos



and...

- **Animal hoarding**

Often the right care is not given to the animals.

The person may not realise that the animals are at risk.

The homes of animal hoarders are often destroyed by animal waste and infestation by pests.





# What to look out for...

- Poor personal hygiene
- Not wearing suitable clothing for the weather
- Messy hair, nails, or clothes
- Unexplained weight loss
- Unusual odors
- Poor diet and nutrition
- Dehydration



# Other things to be aware of...



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- Dirty home
  - Dangerous living conditions
  - Home infestations (e.g., mice, insects)
  - No gas or electricity
  - Untreated health condition
  - Rotten food
  - Bad smells
  - Not paying the bills or the threat of losing their home.
  - Refusing to let people that provide services into the house



If you or someone you know is suffering through self neglect, it is important that you tell someone and get help.

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There are people that can help support individuals who self neglect. These include:

- Local medical providers such as a GP
  - Adult social care
- Other community support services



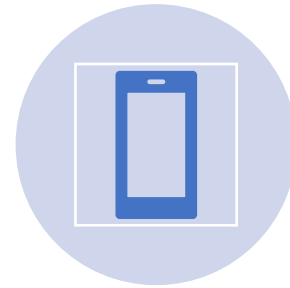
# How to report a concern



SPEAK TO A MEMBER OF STAFF IN COLLEGE OR YOUR DAY OPPORTUNITIES HUB.



LOOK FOR THE 'BEE SAFE' SYMBOL, THESE ARE SAFE PLACES TO TALK ABOUT SAFEGUARDING. DESIGNATED PEOPLE ALSO WEAR A YELLOW LANYARD.



PHONE 01733 747474 AFTER 5PM OR AT WEEKENDS 01733 234724.



# Making Safeguarding Personal.

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- This is a way of making sure you are involved in enquiries about abuse.
- You should be asked about what you want to happen when a report is made about you.
- You should be asked how you want to be helped to stay safe.

