

## Feeling confident with safeguarding

1. **Safeguarding** means protecting an adult's right to live in safety, free from abuse and neglect. It's about people and organisations working together to prevent and stop both the risks and experience of abuse or neglect, while at the same time making sure that the adult's wellbeing is promoted
2. **What makes a safe service?** Safe recruitment policies and procedures, staff who are aware of issues surrounding safeguarding and who work within the policies, and regular supervision
3. **Always, always trust your gut.** If you feel that something is wrong that's because it usually is.
4. **What should I look out for and how do I report?** Read more on our safeguarding page here: [www.sibs.org.uk/safeguardingadults](http://www.sibs.org.uk/safeguardingadults) This is updated as practices change. You can also find more resources at [www.anncrafttrust.org.uk/resources](http://www.anncrafttrust.org.uk/resources)
5. **Look after yourself too.** Supporting your disabled brother or sister through a safeguarding incident may affect you too. Read our information on dealing with trauma after abuse here: [www.sibs.org.uk/traumaafterabuse](http://www.sibs.org.uk/traumaafterabuse)