



Let's Talk About Self-Neglect

- Self-Neglect involves neglecting to care for your personal hygiene, health, or surroundings.
- Self-Neglect can result from any mental or physical illness that has an effect on your physical abilities, energy levels, attention, organisational skills, or motivation.
- Sometimes people intentionally neglect their personal needs. But sometimes self-neglect can be unintentional. For example, a person with a learning disability may forget to wash, or tidy.

If you're worried that someone you know might be neglecting their personal needs, please call ACT on **0115 951 5400**.

#SafeguardingAdultsWeek