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