



Learn to Spot the Signs of Self-Neglect

- **Self-Neglect:** A term covering a wide range of behaviour, but mainly when one neglects to care for their own personal health, hygiene or surroundings. It can also involve a refusal to seek medical assistance.
- **Many things cause self-neglect.** Someone might make a conscious choice to neglect their personal needs. Or they might have a mental or physical illness that causes lapses in concentration, leading to self-neglect.
- **Learn to spot the signs and help where you can.** Talk to your friends or family if you have any concerns. Look for ways to address the underlying causes. And if things seem serious, contact your local adult social care team.

#SafeguardingAdultsWeek