



# SAFEGUARDING

OUR BI-MONTHLY SAFEGUARDING NEWSLETTER

FEBRUARY MARCH 2024 • SELF NEGLECT



## WHAT'S INSIDE?

In our latest issue we will be discussing self neglect and what this can include. Also we will discuss eye strain and a tip to help it.

If you require further support, please see the links on the last page of the document.

## INTRODUCTION

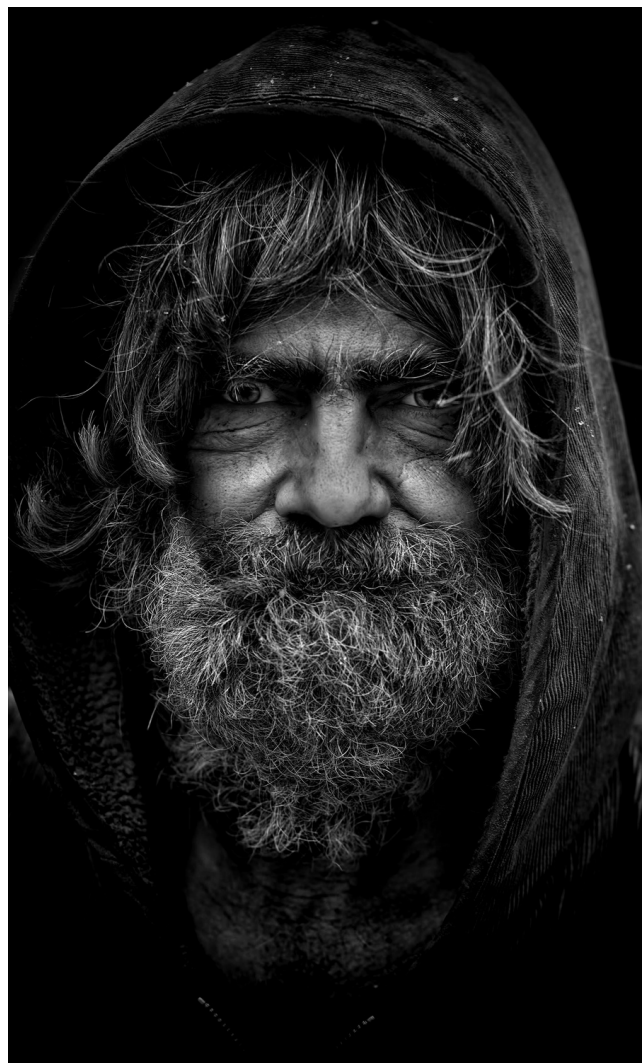
**Self neglect** is an extreme lack of self care to the extent that it threatens personal health and safety. But it is also:

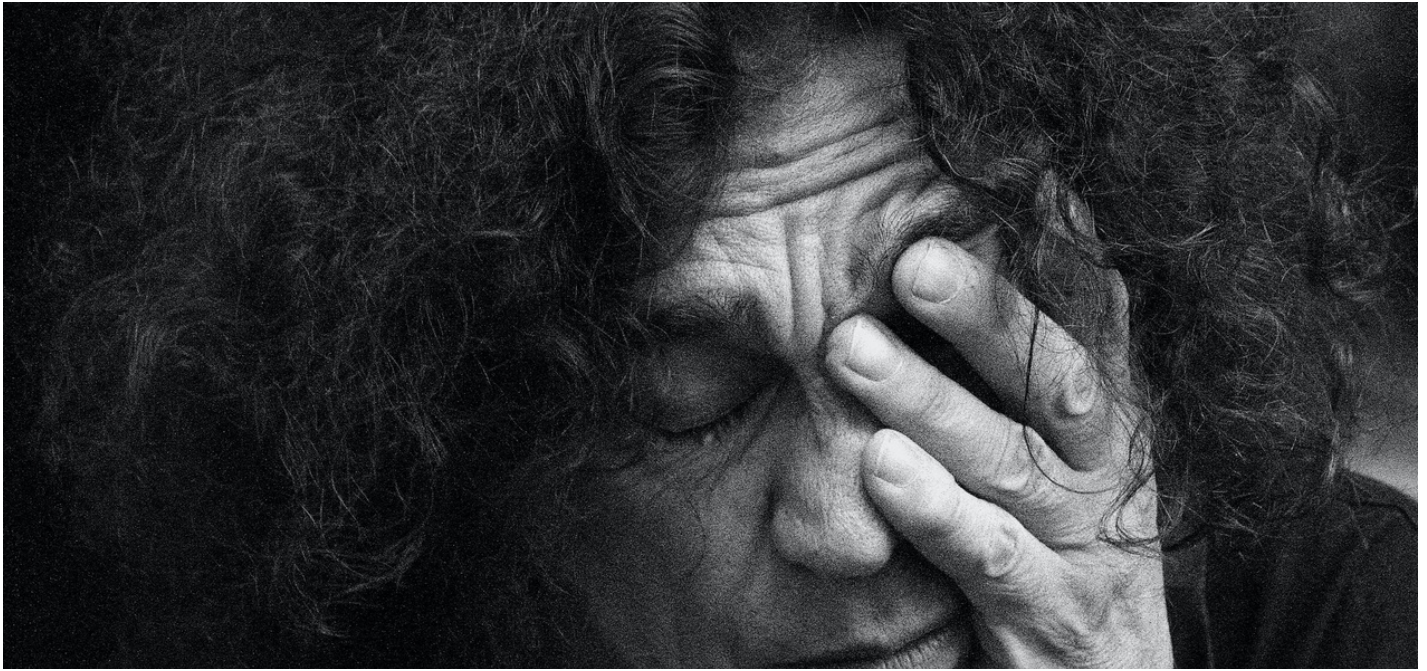
- when a person is unable or unwilling to care for their own essential needs.
- Neglecting to care for ones personal hygiene, health or surroundings.
- Inability to avoid harm as a result of self neglect,
- failure to seek help or access services to meet health and social care needs.
- inability or unwillingness to manage ones personal affairs.

## WHAT CAUSES SELF NEGLECT

Its not always possible to establish a root cause for self neglecting behaviours. Self neglect can be a result of:

- Deteriorating health and ability, in older age - this can be described by the term 'Diogenes Syndrome'
- A brain injury, dementia or other mental disorder.
- Obsessive compulsive disorder or hoarding disorder.
- Physical illness which has an effect on abilities, energy levels, attention span, organisational skills or motivation.
- Reduced motivation as a side effect of medication,
- Addictions
- Traumatic life change





## TYPES OF SELF NEGLECT

Historically, there are 3 known classes of self neglect that have been described, these are **non intentional**, **intentional** and **Diogenes syndrome**.

Non - intentional self neglect can be caused by poor health, eg: mental conditions as they can make an individual confused. And when they are confused, they make not want to take care of themselves or their house. Over time, they would become dirty, as would their homes, but the individual wouldn't understand what is happening. Non intentional is essentially when it isn't your fault, and you can't help what is happening. The individual doesn't choose to live this way.

Intentional self neglect is when an individual is of sound mind and body and chooses to live in dangerous and dirty conditions. For example the individual may choose not to wash, take necessary medications, or clean/ maintain their home - even though they know they should. Essentially the individual wants to live this lifestyle and doesn't see why they shouldn't

Diogenes Syndrome is the third type of self neglect and it's named after a 4th century Greek philosopher. Diogenes Syndrome represents the worst form of passive self neglect as those who have it, usually also have a mental illness. People with certain personality traits, such as being aloof, may have higher risk for this form of self neglect.

Individuals with Diogenes Syndrome tend to live in extreme poverty like conditions and often have no running water or electricity due to lack of maintenance or paying bills. As well as hoarding animals, rubbish and rotting food, refusing support and medical help which results in poor health. Individuals with Diogenes Syndrome severely underestimate danger and refuse to believe there's a problem with the way that things are.

Whichever form of self neglect you suffer from, there are different severities of each of them. Self neglect could be something as simple as not having a drink when your body tells you that you need one. Or it could be as extreme as isolating yourself from everyone, living in a dark, moist home with mould, sticky floors, no water or heating, rubbish scattered everywhere, no food, visibly neglected personal hygiene, low moods and in dangerous environments such as surrounded by fires.

There are two very different ends of the spectrum when it comes to self neglect.

## RISK FACTORS OF SELF NEGLECT

- Cognitive impairment (depression, dementia, executive dysfunction)
- Living alone
- Hypertension
- Alcohol/ substance abuse
- Nutritional deficiencies
- Traumatic life history (abuse)
- Poor social support
- Poor economic circumstances
- Deprivation
- Poverty/ poor health care/ poor social and family support more than mental incapacity
- Life course chaotic lifestyles due to mental health issues and drug or alcohol abuse
- Poor coping
- Older age and mental status problems were more strongly associated with global neglect behaviours.

Find out more about self neglect and a case of self neglect that has happened by reading this **case study** below.

<https://www.lenus.ie/bitstream/handle/10147/554417/SelfNeglectaCaseStudy.pdf?sequence=1>

### SEXUAL EXPLOITATION

If you suspect sexual exploitation please talk to the **designated safeguarding team**. If it is an emergency always contact **999**.

### MODERN SLAVERY

If you suspect modern slavery or human trafficking please report it to the designated safeguarding. If there is immediate danger always call 999.

### RADICALISATION

If you are worried that someone is being radicalised please contact the police on 999.

If you are concerned that someone is being radicalised in your workplace, and there is no immediate danger, please talk to the prevent lead.

### COUNTY LINES

You can speak to your local police by dialling 101, or in an emergency 999.

If you suspect someone is being exploited please talk to the **designated safeguarding team**

### SCAMMING

If you think that you've been scammed, you should report the crime or incident to **Action Fraud**, not your local police service (unless it is an emergency). Action Fraud will initiate any necessary police investigation into your loss.

### BLACKMAIL

If you suspect blackmail please talk to the **designated safeguarding team**. If it is an emergency always contact **999**.

### FRAUD

If you think that you've already experienced fraud, you should report the crime or incident to **Action Fraud**, not your local police service (unless it is an emergency). Action Fraud will initiate any necessary police investigation into your loss.

### MATE CRIME

If you think that someone is taking advantage of you or someone you know: speak to the designated safeguarding team or someone you trust, **do not** tell the person who is pretending to be your friend.

## OUR SAFEGUARDING TEAM

Contact Steadfast Training's Safeguarding team on 0845 223 2401 or email [safe-guarding@steadfasttraining.co.uk](mailto:safe-guarding@steadfasttraining.co.uk)

#### Our Safeguarding Officers

**Robert Wright** - 07985338185  
**Alison Law** - 07720092609  
**Chloe Robinson** - 07985338116

[Report a Safeguarding Issue](#)



### 9 PROTECTED CHARACTERISTICS

- Age
- Disability
- Gender
- Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

### PREVENT DUTY

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation.

#### [View our Prevent Leaflet](#)

Report possible terrorist activity online If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321.

### BRITISH VALUES

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.