

Transcript of Self Neglect Video

[Music playing]

[Text on screen 'North East SAR Champions. What to do about self neglect']

[Man speaking 'Everyone is different']

[Cartoon of a man and woman sitting on a sofa]

[Man speaking 'and we're free to make our own choices']

[Man speaking 'about how we live and what is healthy for us.']

[Cartoon of a woman chopping vegetables]

[Man speaking 'But sometimes a traumatic event,']

[Cartoon of a man kicking a football]

[Cartoon of a man on a sofa looking sad]

[Man speaking 'lots of stress or an illness or disability']

[Cartoon of a woman sitting on a wall holding an eviction notice looking stressed]

[Man speaking 'that may get worse over time can make living our lives']

[Cartoon of a man lying in a hospital bed]

[Man speaking 'more difficult to manage.']

[Man speaking 'Like mess in a room, self neglect can build up slowly']

[Cartoon of rubbish building up in a room with a gauge above showing the pile becoming more concerning as it grows]

[Man speaking 'so it's hard to pinpoint exactly when it becomes a worry.']

[Man speaking 'Shame also builds up and can make it harder for people to ask for help.']

[Man speaking 'Here are a few things that you can look for in yourself or someone you know, that are signs that things have started to get out of control.']

[Cartoon of the people from previous section on a scale with 'What to look for' above]

[Man speaking 'Have any important appointments or medications been missed?']

[Cartoon of a man sitting at his kitchen table]

[Man speaking 'Has there been a change in their usual appearance?']

[Cartoon shows kitchen is starting to get messy and dirty]

[Man speaking 'Has there been a noticeable change in mood or usual routines, like not wanting to go out or see people?']

[Man speaking 'Is there enough food in the house to make a meal?']

[Cartoon of man looking in his fridge which has very little food in it or old food]

[Man speaking 'Or is the fridge empty or full of food that's gone off?']

[Cartoon shows kitchen is building up with rubbish, items on the table, alcohol, water leaking on floor]

[Man speaking 'Have alcohol and drugs or even the amount of time spent online become more of an issue recently.']

[Cartoon of clothing building up on floor around the kitchen]

[Man speaking 'Some people who self neglect will try to build self esteem by looking after things or even animals.']

[Cartoon shows bags full of rubbish left around kitchen and marks and stains on walls and furniture]

[Man speaking 'Perhaps the home is now so full of things and or animals that they don't want people to see how they live or it's become difficult or even dangerous to live in.']

[Man speaking 'Does the house need major repairs?']

[Cartoon shows man surrounded by rubbish and damaged walls looking unhappy]

[Man speaking 'There may be times when someone loses their ability or mental capacity to make their own decisions or is unable to take steps to protect themselves.']

[Cartoon of bubbles above man showing loss of ability, capacity to make own decisions and unable to protect themselves]

[Man speaking 'But there is a wide range of support available.']

[Man speaking 'If you are worried about yourself or someone else,']

[Cartoon of a woman walking up to the front door of a house with lots of rubbish and knocking]

[Man speaking 'we know it may be difficult to do, but it's important to reach out']

[Cartoon of woman using her mobile phone to look up who to talk to about her concern]

[Man speaking 'and ask for help and advice as early as possible.']

[Man speaking 'Even if you don't think they are currently ready to accept help.']

[Cartoon of woman talking on her phone with speech bubble saying 'I'm worried about someone']

[Man speaking 'when you reach out, you will be listened to']

[Cartoon of man sitting at a table talking to a professional with the woman behind supporting him]

[Man speaking 'and we will work with you at your own pace, based on what you want to happen.']

[Cartoon of a fireman fitting a smoke alarm for the man]

[Man speaking 'So please don't wait.']

[Cartoon of man speaking to a medical professional]

[Man speaking 'Get in contact today.']

[Cartoon showing the different local authority areas in the North East of England and their contact telephone numbers for each one listed on screen]

[Text on screen 'Don't wait. Get in contact today: Call your Adult Social Care teams.]

- Hartlepool 01429 523 390
- Middlesbrough 01642 065 070
- Redcar & Cleveland 01642 771 500
- Stockton-on-Tees 01642 527 764
- Northumberland 01670 536 400
- Gateshead 0191 4337033
- Newcastle 0191 2788377
- Durham 03000 267979
- North Tyneside 0191 643 2777
- South Tyneside 0191 424 6000
- Sunderland 0191 5205552
- Call 999 if someone is in immediate danger]