



Signs of self-neglect



Self-neglect is when an adult is neglecting to care for their own personal hygiene. This may include:

- Lack of self-care in relation to daily needs to an extent it adversely affects wellbeing, personal health and safety
- A lack of care of the living environment to the extent this neglect of personal hygiene, health or surroundings may create a public health hazard and/or increased fire risk from hoarding
- An inability or unwillingness to accept essential care and support, and services, or necessary medical treatment to avoid harm to self

There are many reasons for self-neglect – an individual may face difficulties with their mental health, struggle with addiction or lack the mental capacity to care for themselves.

Signs of self-neglect may include:

- Poor personal hygiene and an unkempt appearance.
- Lack of essential food
- Inappropriate and/or inadequate clothing or shelter
- Poor living conditions, including living in unsanitary conditions, hazardous or unsafe living conditions
- Hoarding of possessions and other items
- Malnutrition and/or dehydration
- Inadequate medical care, not taking prescribed medications properly or treat illnesses or injuries
- Lack of the necessary medical aids
- Homelessness

If you recognise any of these signs and are concerned an adult is the victim of abuse, then it's essential you act on your concerns. 'Speaking out' about abuse could save somebody's life. If you are worried that an adult may be at risk of abuse or harm, please contact:



023 8083 3003
southampton.gov.uk/speakout

If there is an immediate threat to their safety, contact the police by calling 999.