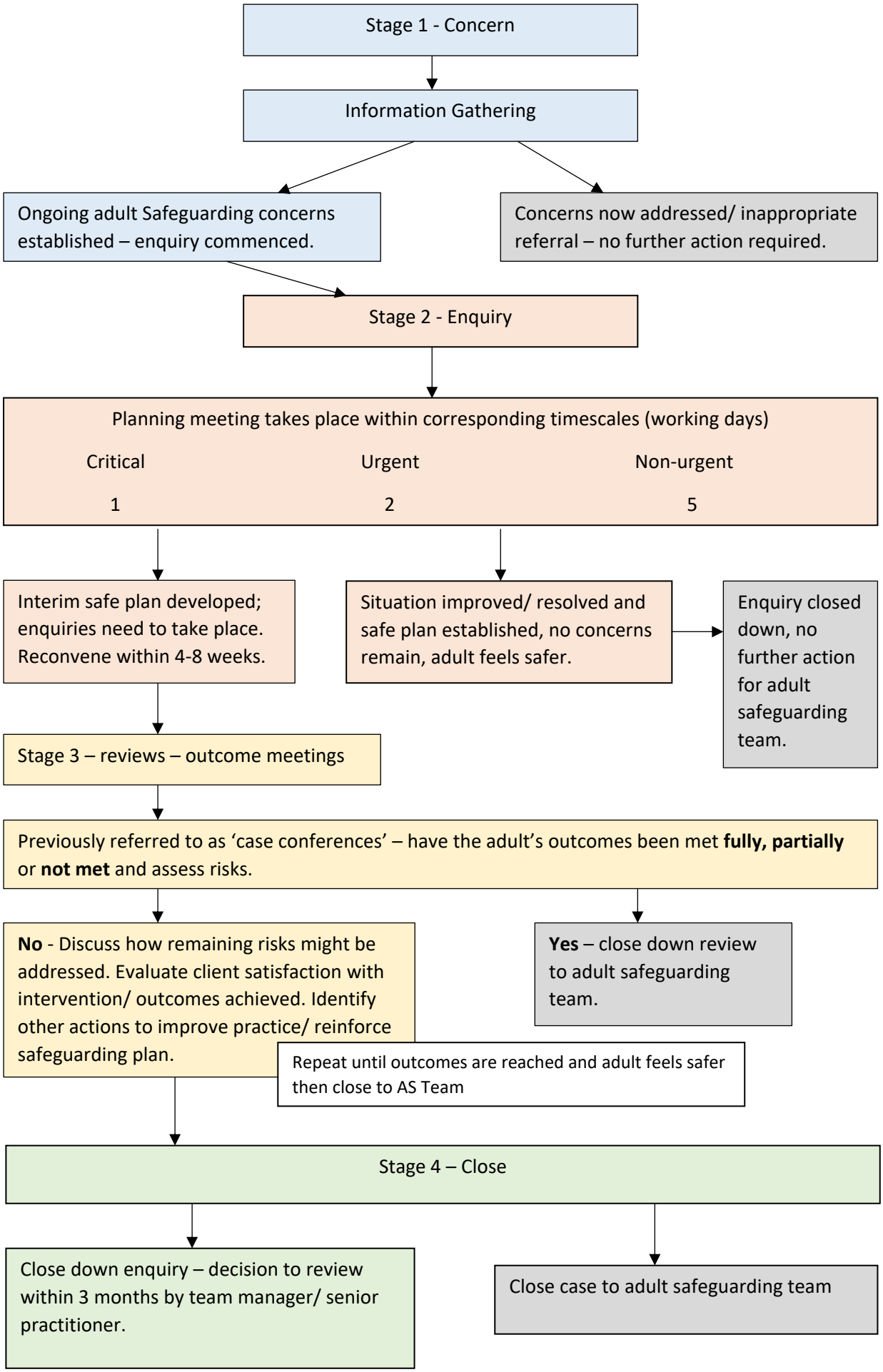Adult Safeguarding – Four stage approach