

Are You or Someone You Know...

- Isolated?
- Not eating?
- Unable to pay bills?
- Neglecting personal hygiene or appearance?
- Unable to get medical care?
- Afraid or confused?
- Bruised or physically hurt?

These could be signs of abuse that affect many people age 50 and over. It may be hard to ask for help but...

YOU ARE NOT ALONE!

Abuse can happen to anyone regardless of age, gender, living arrangements, health, sexual orientation, financial status, education or culture.

**Abuse is wrong.
It is never your fault.**

What Are Types of Abuse?

Physical *slapping, hitting, inappropriate medication, physical restraint*

Emotional *insulting, threatening, frightening, ignoring, isolating*

Sexual *touching in an unwanted sexual way, forcing sexual acts*

Financial *stealing or misusing money or personal property; using pressure to get access to another's funds*

Neglect *leaving a person without food, shelter, assistance or personal care*

Who Might Abuse an Older Person?

Most often, it is someone the person knows - a spouse, adult child, relative, friend, care provider - someone the person expects to trust.

What Can You Do About Abuse?

If you **are** age 50 or over...

- ❖ Stay active within your community.
- ❖ Keep in touch with friends and family.
- ❖ Tell someone if you are being harmed.
- ❖ Be proud of your age.

If you **know** someone age 50 or over...

- ❖ Be observant, ask questions and listen carefully.
- ❖ Encourage a person being harmed to seek assistance.
- ❖ Report any suspicions of abuse, neglect or exploitation.
- ❖ Learn about abuse in later life and the help that is available.



What Kinds of Services Can Help?

Many agencies offer a variety of services that can help people age 50 and over.

At Home

- ❖ Home Visits
- ❖ Home Delivered Meals
- ❖ Homemaking Assistance / Personal Care

In the Community

- ❖ Housing
- ❖ Senior Center Programs
- ❖ Clubs and Interest Groups
- ❖ Resource Centers for Information & Connections

In a Crisis

- ❖ Personal Counseling
- ❖ Family Intervention
- ❖ Referral Assistance
- ❖ Legal Help
- ❖ Safety Planning

Who Can You Call?

You may be able to share your concerns about abuse with a family member, friend, your doctor or a member of your faith congregation. There are also specific services in your community ready to help:

- ☎ If you think an adult you know may be experiencing some type of abuse call:

Local Police - 911

- ☎ To report concerns about an adult who may be in need of protection call:

Adult Protective Services (APS)

1-800-949-0470

Your call is confidential and can be anonymous. Adult protective workers help adults and their families with services and supports to stay safe.

- ☎ To talk with a crisis center worker in your area about abuse call:

NH Coalition Against Domestic & Sexual Violence:

1-866-644-3574

(24 hours/day 7 days/week)

Workers will provide information about options, help with referrals and plans to stay safe; and offer personal support.

- ☎ For general information about abuse in later life and links to a variety of adult services in your area, call:

ServiceLink Resource Center

1-866-634-9412

**We can't always
see it...
but we know
it's there.**



**What you need to
know about abuse
in later life...**

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