

## 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...**

Supported by Grant No. 2009-EW-AX-K003 awarded by the Office of Violence Against Women U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office of Violence Against Women.