

ELDER ABUSE

What is it?

Elder abuse is violence or any other type of harm because of older age. It can be carried out by those who are close to older people, such as family and caregivers, or by social structures and institutions.

“My son persuaded me to sell my house to repay his debt...I agreed and now I’m left homeless.”
Woman, 70, Kyrgyzstan



1 in 6 older women and men worldwide experience abuse.

4%
reported

Despite this, elder abuse remains invisible. Only 4% of elder abuse is reported.

Types of elder abuse



Physical

Hitting, shoving, inappropriate use of drugs, restraints or confinement.



Emotional

Intimidation, humiliation, routine blaming, repeatedly ignoring the wishes of an older person or isolating them from friends or activities.



Sexual

Sexual harassment, sexual activity without informed consent, forcing an older person to watch sexual acts or to undress.



Neglect

Intentional or unintentional denial of food, water, shelter, clothing, assistance with daily living tasks and any other essential needs.



Financial

Using an older person's money or property, or making financial decisions, without their informed consent.

Elder abuse.
See it.
Expose it.

Find out what to do if you suspect elder abuse:
helpage.org/elder_abuse

HelpAge

International

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What to do if you feel unsafe



Recognise the signs

Elder abuse can take many forms, some examples are: you feel intimidated, humiliated or ignored; you feel isolated from friends and family; you are experiencing sexual contact you have not actively agreed to; you are unable to spend your money as you wish; you are being denied food or medicines; or you are being hit by someone.



Tell a person

If you feel unsafe at home or anywhere else, tell someone you trust, for example a health worker, caregiver, social worker, family member or friend. You can also seek remote confidential support. *INSERT contact and opening hours:* _____



It's OK to feel this way

If you are harmed or feel threatened, you should not feel ashamed. You are not to blame. All forms of abuse, whether physical, emotional, financial, sexual or neglect, are not OK, and you have the right to get help.



Stay safe

If you fear for your life, try to think of a safety plan. This plan should include a place where you can find safe shelter and contact details of people or services who can support you. You can also set aside some money, your passport, your medication, and important papers. Call here to learn more: *INSERT contact and opening hours:* _____

“ I live with my son’s family, since my wife died. My daughter-in-law insults me, does not give me sufficient food, does not want to launder my things.” Older man, Kyrgyzstan.

“ If an older woman has red eyes she would be expected to be a witch. I was afraid that it might happen to me.” Older woman, Tanzania

If you experience abuse, don't hide it. Expose it. Find out more:
helpage.org/elder_abuse

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