



What you need to know about **ELDER ABUSE**

As an older person you will trust others to help you at various times and as your needs change. Where there is a breach of that trust that causes you harm or distresses you, this is called **Elder Abuse**.

If you feel you may be experiencing Elder abuse, ask yourself - is this 'trusted' person -

- always asking for money so you are left short or have no money?
- stealing or borrowing money from you and not paying it back?
- hurting you?
- making you feel unsafe showing affection if you're LGBTIQASB+?
- withholding your medications or not taking you to the doctor when they should?
- applying for the Carers allowance but not caring for you as they are supposed to?
- forcing you to sign a legal document like a will or Power of Attorney?

Elder Abuse

You might not be sure if what you're experiencing is abuse or you may be too scared to tell others about this worrying behaviour.

The main types of Elder Abuse include

Physical Abuse

- Hitting, kicking, pushing, choking, pinching, stabbing and pulling hair
- Restraining you in any way, locking you in your room / house/ car
- Damaging property (house / car/ clothes)

Verbal Abuse

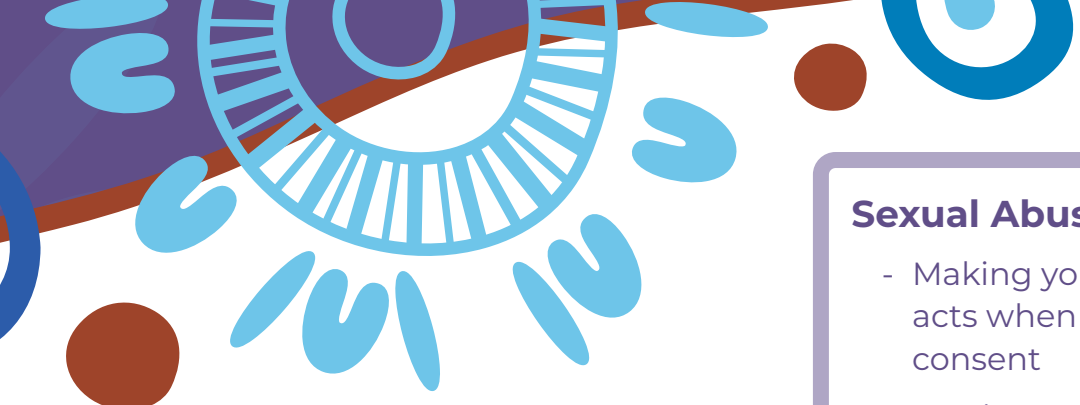
- Calling you names
- Harassing and threatening you
- Undermining you in public
- Yelling and swearing at you
- Belittling you

Emotional Abuse

- Bullying you
- Using weapons to frighten you
- Not allowing you to sleep, eat or take your medication
- Harming your pets
- Driving recklessly
- Blaming you for problems

Financial Abuse

- Incurring fines in your name (parking, speeding, tolls)
- Forcing you to sign for loans (money 3, payday loans)
- Taking your bank card and withdrawing your money
- Standing over you for money
- Withholding payments for children you care for
- Taking advantage of your Powers of Attorney
- Forcing you to transfer property into their name



Sexual Abuse

- Making you engage in sexual acts when you have not given consent
- Forcing you to have sex
- Making you watch or join in unwanted sexual behaviours
- Making you wear clothes that you're not comfortable wearing

Social Abuse

- Insulting you in public and in front of community members
- Not allowing you to attend community events/ services
- Isolating you from family, friends and your community
- Lying to others about you

Spiritual Abuse

- Not letting you practice your religion
- Forcing you to follow or practice a religion that's not your choice
- Ridiculing or insulting your values and beliefs

Cultural Abuse

- Not letting you return home to country
- Not letting you practice your culture
- Not letting you visit your community
- Not letting you access culturally safe services
- Ridiculing or insulting your culture

Did you know?

- Elder abuse can happen to anyone, but women are more likely to experience it.
- Although often caused by a family member, it may also be caused by someone else you trust.
- Some forms of elder abuse might be more serious or affect you more than others.
- Often an older person will feel guilt and shame or fear of retaliation.
- There may be a fear of damaging family connections, or believing aggression is normal, or a fear of being put in a home.
- An older person may feel they lack the physical or mental ability or knowledge about where to get help.

Everyone has the right to make choices
to be safe and respected

You have rights and people who can help you

Call us for a yarn

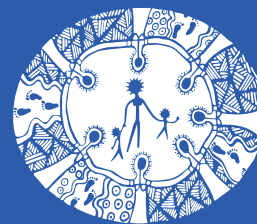
Elizabeth Morgan House

Phone: (03) 9403 9400

Mon - Thu: 9am – 5pm **Fri:** 9am - 4pm

Email: info@emhaws.org.au

Website: emhaws.org.au



EMH
ABORIGINAL
WOMEN'S
SERVICE INC

Other support services to contact

Senior Rights Victoria's free helpline call

1300 368 821

ACES – Aboriginal Community Elders Service call

(03) 9383 4244

Call Triple **000**

You have a right to positive, respectful and fulfilling connections

Speak up about Elder Abuse