



## **PREVENTING SENIOR ABUSE**

More than two million older Americans are abused each year and this abuse continues to be a growing problem. Senior abuse is defined as any act or lack of action that endangers or causes harm to the health or welfare of an older individual.

### **Common Types of Abuse:**

- Physical- the infliction of bodily harm or injury.
- Neglect- actively or passively failing to meet basic needs. Often, neglect is unintentional due to economic reasons.
- Psychological-the disruption of emotional and mental well-being.
- Financial- unethically exploiting senior's assets for personal financial gain.

### **Recognizing Senior Abuse:**

Watch for the following warning signs of senior abuse:

- Unexplained injuries (burns, bruises, scratches, etc...)
- Poor grooming and hygiene
- A depressed, anxious or fearful senior
- Unpaid bills or unexplained loss of money or property
- A senior who looks sickly and malnourished (thin, listless)
- Someone who resists medical treatment
- Someone who becomes withdrawn from friends and family

### **Stopping Senior Abuse:**

Victims of abuse are often isolated by their abusers. Seniors with a network of regular contacts are less likely to be abused. Keeping seniors as independent as possible also decreases the risk of abuse. It is important that you call the police, social services, or other senior or community resources if you suspect that a senior is being abused or taken advantage of in any way.

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