



### Signs of Possible Abuse

Elderly people age 80 and older suffer abuse at a rate two to three times greater than the population as a whole. The abused senior may show some of the following signs—

- passivity, withdrawal, or increasing depression
- evasiveness or reluctance to talk openly
- avoidance of eye or verbal contact with the caregiver or family member
- cowering in the presence of the abuser; hopelessness, anxiety, or feelings of powerlessness, anxiety
- confusion that is unrelated to any medical condition
- change in sleeping or eating habits
- contradictory statements
- missing appointments
- isolation from friends or other family

When assessing whether abuse has occurred, it is also helpful to observe the interaction with caregivers or significant others involved in the elder's immediate situation. Some characteristics of those who *commit* the abuse:

- history of substance abuse or abuse of others
- exaggerated concern or lack of concern
- blaming the elder for common acts, such as incontinence
- aggressive behaviors
- treating the elder like a child or in a dehumanizing way
- not allowing the elder to be interviewed alone
- responding defensively when questioned or becoming hostile or evasive

Source: National Center on Elder Abuse; Today's Geriatric Medicine; Psychology Today

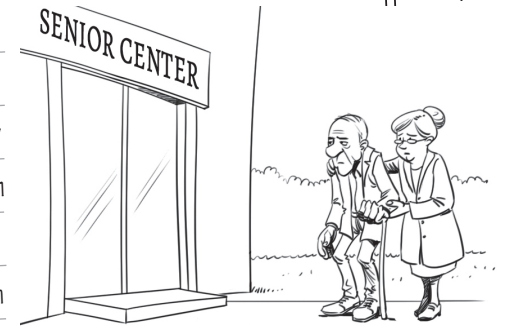
### Resources to Call for Help

- ✓ The local **Adult Protective Services** agency may be able to provide some community referrals. If the person lives in a nursing home or assisted living facility, contact the Long-Term Care Ombudsman.
- ✓ Check the **Eldercare Locator** website for community services or call 1-800-677-1116.
- ✓ The **National Domestic Violence Hotline** operated 24 hours a day, 7 days a week: 1-800-799-SAFE (7233), or 1-800-727-3224 (TTY).

### Taking Care of Yourself—Do You Need A Break?

Caregiver stress can trigger elder abuse. Some sources of caregiver stress include depression, lack of support from other caregivers, and a feeling that caregiving is burdensome or without emotional rewards. Adult children who have no financial resources to provide care are especially vulnerable to stress. Caregivers who are solely responsible for a senior's care may become isolated from relatives and friends. This can be dangerous because it cuts them off from the support they need to cope with caregiving. Isolation also makes it harder for other people to intervene when a senior is being abused or neglected. If you are a caregiver and feel overwhelmed, seek therapy, help from other family members, or consider other care options for the elderly person. Many state and nonprofit agencies also offer respite services to provide family members with temporary relief from the stress of caring for a senior. Find a support group for caregivers of the elderly.

Source: <https://www.nia.nih.gov/health/elder-abuse>



### Inspiration

*I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.*

~ Angela Mayou

### Live Life Laughing!

Life is hard.

Compared to what?



### Memory Care

People with dementia often have depression and anxiety. Your reaction depends on how you interpret the behavior. If you can be aware of what she needs and feels or what is upsetting her, you may have an easier time responding calmly.