

Elder Abuse includes several types of violence that occur among those ages 60 and older. The violence usually occurs at the hands of a caregiver or a person the elder trusts. There are six types of elder abuse: Physical, Sexual, Emotional, Neglect, Abandonment, Financial.

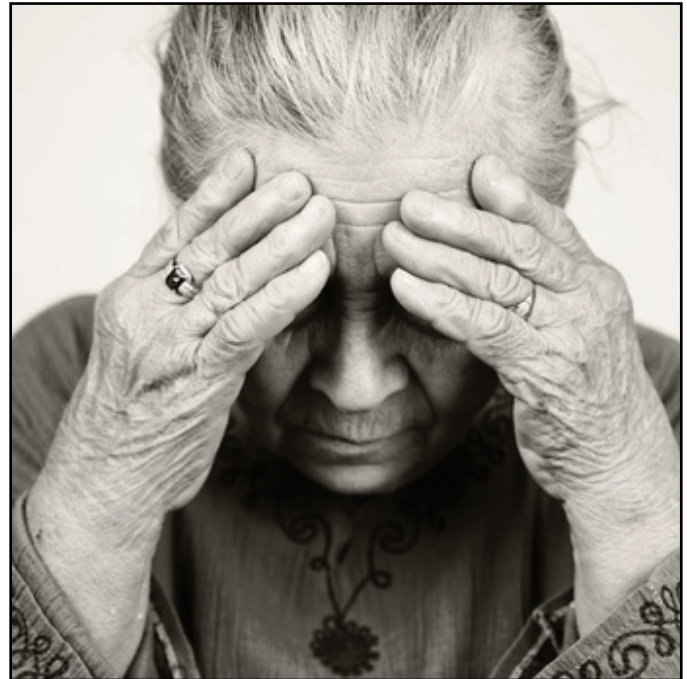
How to Prevent Elder Abuse

The goal is to stop elder abuse before it starts. While not much research has been done, there are several things that can be done to prevent it:

- Listen to elders and their caregivers.
- Report Abuse or suspected abuse to Adult Protective Services.
- Educate oneself and others about how to recognize and report elder abuse.
- Learn how the signs of elder abuse differ from the normal aging process.

If you care for an elder, here are some things you can do to prevent violence:

- Get help from friends, family or local relief care groups.
- Take a break - if only for a couple of hours.
- Involve more people than just family in financial matters.
- Seek counseling or other support if you are feeling depressed.
- If you are having problems with drug or alcohol abuse, get help.



Where to get help or information

Elder Abuse Helplines and Hotlines - 800-677-1116 and 911

National Center on Elder Abuse - www.ncea.aoa.gov

National Institute on Aging - www.nia.nih.gov