

Emotional Abuse

Emotional abuse involves inflicting emotional pain, anguish, or distress on an older person through verbal or nonverbal acts.

Emotional abuse may include:

- Shouting and bullying;
- insults or name calling;
- threats of violence or abandonment;
- intimidation or belittling;
- humiliation;
- harassment;
- treating an older person like a child; or
- isolating an older person from their family, friends, and/or community.

We all have a responsibility for preventing and addressing abuse. If you are experiencing emotional abuse, the resources below can help you. If you are not experiencing emotional abuse, learning more about it can help you identify family, friends or others who may be experiencing it, you can share these resources to help them.

Signs of emotional abuse may include an older person:

- being more upset than usual;
- sharing unexplained feelings of hopelessness, guilt, shame, or inadequacy;
- withdrawing from family, friends, and their community;
- seeming uncomfortable or anxious in the presence of certain people;
- being reluctant to speak about the situation;
- an older person's report that neglect has occurred.

(continues on back)



PREVENT EMOTIONAL ABUSE FROM HAPPENING.

Do not stay silent!

Emotional abuse is not fate, and it is okay to ask for help. Everyone has a right to be safe! Learn the signs of abuse. Prevent social isolation by supporting community centers, public transit and empowering older people.

In case of emergency, call 911

Programs, such as Adult Protective Services (APS) and The Long-Term Care Ombudsman Program are here to help. Don't be afraid! Talk with a professional you trust from to help you make a report or access more information.

Learn more!

To learn more, visit the National Center on Elder Abuse website at:

<https://ncea.acl.gov/FAQ.aspx>

WHO TO CONTACT FOR HELP?

Community Based Organization:

Adult Protective Services:

Long-Term Care Ombudsman Program:

This project was supported in part by grants from the Robert Chinn Foundation and the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

