

## Resources

Indiana Coalition Against Domestic Violence  
toll free hotline 800.332.7385

Indiana Family and Social Services  
Adult Protective Services  
24-hour hotline 800.992.6978

Connect2Help  
(in most areas of Indiana)  
211

National Center on Elder Abuse  
[www.ncea.aoa.gov](http://www.ncea.aoa.gov)

National Domestic Violence Hotline  
800.799.SAFE - [www.ndvh.org](http://www.ndvh.org)

National Clearinghouse on  
Abuse in Later Life  
[www.ncall.us](http://www.ncall.us)

**Elder abuse** is a violation of human rights and a significant cause of illness, injury, loss of productivity, isolation and despair.

*World Health Organization*

# Domestic Violence in Later Life



Some information in this publication is from the National Center on Elder Abuse and the National Domestic Violence Hotline.

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Visit: [crisisconnectioninc.org](http://crisisconnectioninc.org)  
24 hour hotline 800.245.4580

INDIANA SAYS  
**NO MORE**  
TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT



Crisis Connection is a member of the Indiana Coalition Against Domestic Violence.

## What is domestic violence?

Domestic violence is the use of power and control within an intimate relationship that threatens a person's well-being. The abuse can be physical, sexual, emotional and financial. It can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or dating.

Domestic violence affects people of all socioeconomic backgrounds and education levels. It can happen to friends, family or co-workers.

It can happen to you.

**Respectful relationships** allow both partners to feel supported and connected but still feel independent. Ultimately, the two people in the relationship decide what is healthy for them and what is not. If something doesn't feel right, you should have the freedom to voice your concerns to your partner.

Preventing domestic violence begins when we all agree that fair treatment in a relationship is a basic right.



## Is someone hurting or scaring you by:

- controlling what you do?
- telling you who you can see?
- keeping you from going places?
- threatening to leave you?
- controlling your access to medical care or medications?
- telling you they will put you in a nursing home?
- calling you names?
- taking control of your money?
- hurting your pets?

## How do I know if my elderly friend or relative is being abused?

Some signs are:

- the presence of a "new best friend" caring for the senior for little or no cost.
- recent changes in banking or spending patterns.
  - the older person is isolated from friends and family.
  - a caregiver is financially dependent on the older person.
  - a family pet seems neglected or abused.
  - an abundance of mail and/or phone solicitations for money ("You're a winner!").
  - the senior seems afraid of the caregiver.
  - the senior has unexplained bruises, cuts, etc.
  - a senior appears dirty, undernourished, dehydrated, over- or under-medicated, or is not receiving needed care for problems with eyesight, hearing, dental issues, incontinence.



## Make a safety plan

- Plan a safe place to go if you must leave.
- Plan a primary and backup escape route out of your home - practice the route.
- Arrange a signal with a trusted friend so they know when you need help.
- Carry a cell phone at all times.
- Avoid taking shelter in rooms with only one exit, like a bathroom.
- Keep your purse or wallet packed and ready to go at all times. Include important phone numbers like a doctor, attorney, insurance agent, pharmacy and safe friend.
- Have an overnight bag packed with your identification, important documents, medication and clothing. Include eye glasses, money, address book, comfortable shoes, toiletries, pictures, jewelry and other valuable items.
- Make copies of all your important documents, your house and car keys and hide them in a safe place. Tell someone you trust the location of the hiding place. Important documents may include your:
  - birth certificate
  - social security card
  - health insurance card
  - drivers license and/or passport
  - checkbook
  - welfare papers
  - house and car insurance papers
  - divorce documents, any protective orders and immigration papers.

