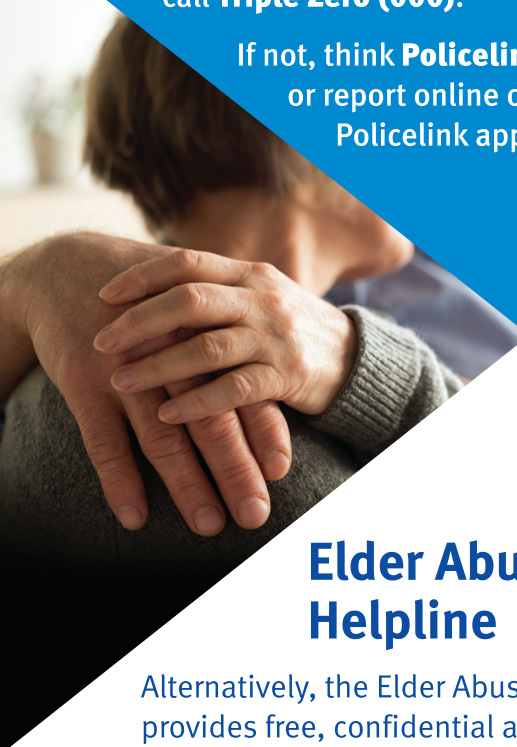


Who can help?

If you or someone you know is experiencing elder abuse, there are options available for help and support.

If a crime is happening now, call **Triple Zero (000)**.

If not, think **Policelink 131 444** or report online or via the Policelink app.



Elder Abuse Helpline

Alternatively, the Elder Abuse Helpline provides free, confidential advice, support and referral to anyone experiencing abuse, suspecting or witnessing abuse of an older person.

To contact the Elder Abuse Helpline call **1300 651 192**

You don't need proof to call the helpline. Trust your instincts and make the call. You can also call anonymously.

My contacts

Keep a record of who you contacted for help.

Help is a phone call away.



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Keeping Older People Safe

Understanding, recognising and preventing elder abuse



Queensland Police Service working toward an end to elder abuse

The Queensland Police Service is committed to working with older people, the community and support agencies to stop harm to our older people.

It can be challenging to identify elder abuse as there is no single type of person who is at risk or who may cause harm.

Elder abuse is everyone's responsibility. Only by working together can elder abuse be prevented.

If you have concerns that you or someone you know may be experiencing elder abuse, take the next step and get help and support now.

It is unlikely that elder abuse will stop unless something is done.

Elder abuse happens

Elder abuse can take many forms. If an older person is being harmed in some way by a person they trust, that's elder abuse.

Sadly, the majority of elder abuse is committed by family members.

It's not uncommon for elder abuse to remain hidden and continue unsuspected.

Elder abuse can include:

- Unwanted sexual behaviour
- Assaulting or restraining someone
- Causing fear by threatening to hurt a pet or break belongings
- Intimidation, humiliation or harassment
- Threatening eviction or moving to nursing home
- Blocking contact with family or friends
- Disallowing autonomous decisions
- Selling belongings without permission
- Misusing an Enduring Power of Attorney by taking money or property improperly
- Forcing will changes
- Denying access or control of funds
- Disallowing help services
- Neglecting physical, medical or emotional needs.

"I worked hard all my life and deserve to be safe and happy. I will not accept anyone trying to take advantage of me."

Margaret, 93 years

Know the signs

There may be signs that indicate elder abuse is taking place. Some signs those at risk may exhibit include:

- Fear of others
- Irritability, emotional fragility or unexplained anxiousness
- Depressed, apathetic or withdrawn behaviour
- A change in sleeping or eating habits
- Rigid posture and avoidance of physical contact
- Avoidance in eye contact and eyes darting
- Verbalisation of contradictory statements unrelated to mental confusion
- Reluctance to talk openly
- Financial stress with bills piling up
- Poor personal hygiene
- Weight loss
- Poor or inadequate presentation
- Unexplained injuries
- A sudden decrease in socialising.

If you know someone experiencing or displaying any of these signs, start a conversation with the person and ask if they are okay.

If you have any concerns, contact the police or the Elder Abuse Helpline.