

Abuse is never your fault.

What is domestic abuse?

Domestic abuse is any form of **physical, emotional, financial, or psychological harm** inflicted by someone close to you — often a partner, family member, or caregiver.



Types of abuse towards older people

Physical: Intimidating and threatening you, biting, hitting, slapping, or rough handling.

Emotional: Ignoring you, name-calling and putting you down, making decisions for you, or not allowing you to see people.

Financial: Stealing money, coercing you into changing wills or bank accounts.

Neglect: Failing to provide basic needs like food, hygiene, or medical care.

Sexual: Forcing you to engage in sexual acts that you are not comfortable with.



Why are older people at risk?

Isolation: You may live alone or be socially isolated.

Dependence: You may rely on others to care for you, making you more vulnerable to abuse.

Health Issues: You may have physical or cognitive impairments that can limit your ability to seek help.

Shame or Fear: You may feel embarrassed or afraid to report abuse, especially if the abuser is a loved one.

What can you do?

- **Don't blame yourself** - it is not ok for someone to treat you this way.
- **Talk to someone you can trust:** a friend, relative or your GP.
- **Abuse can escalate and worsen over time - do not delay in getting support.**
- Call 999 if you are in immediate danger. **Domestic abuse is against the law.**

For support, call: Gateshead Domestic Abuse Team 0191 433 3333