

# What is Elder Abuse?

Abuse of elders can be physical, sexual, emotional and verbal. Tactics typically used by abusers include:

**Economic abuse:** Taking money, misusing power of attorney (POA).

**Emotional abuse:** Yelling, instilling guilt, humiliating, making threats of harm.

**Neglect:** Denying food, water, personal care or medicines.

**Isolation:** Cutting off contacts, taking mail, not allowing visitors.

**Using privilege:** Treating like a servant, master of the home.

**Intimidation:** Abusing pets, swearing, property damage.

**Increasing dependency:** Exploiting vulnerabilities, withholding care, taking walker, wheelchair, glasses or teeth.

**FREE & CONFIDENTIAL services in these counties:**

Butler  
Cerro Gordo  
Floyd  
Franklin  
Grundy  
Hamilton  
Hancock

Hardin  
Humboldt  
Kossuth  
Mitchell  
Webster  
Winnebago  
Worth  
Wright



Crisis Intervention Service

206 Third NE  
Mason City, IA 50402-0656  
[cis@cishelps.org](mailto:cis@cishelps.org)  
[www.cishelps.org](http://www.cishelps.org)

**Domestic Abuse Hotline:**

641-424-9133  
(toll-free 855-424-9133)

**Sexual Abuse Hotline:**

641-424-9071  
(toll-free 800-479-9071)

**Abuse has no age limit.**

One in nine seniors is abused, neglected or exploited.

**We can help.  
Crisis Intervention Service**

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**Elder abuse is most often inflicted by a family member, in the victim's own home.**

## A fast-growing epidemic

By 2030 there will be more people above the age of 60 than under the age 18. More than 2 million of those elders will be abused in some way.

### Why?

Perpetrators target vulnerable victims - individuals who they believe will not be able to tell or who will not be believed.

Elders often don't see, hear or think as well as they used to, making it easier for people to take advantage of them. Physical frailties can make elders more vulnerable to physical abuse.

**Elderly victims have a three times higher mortality rate than non-victims.**

## How to help others:

### If you suspect a loved one is being abused:

- Call 911 if an assault is occurring.
- Take the time to listen and believe what the survivor says.
- Don't downplay the abuse or blame it on anything.
- Don't judge or criticize the survivor's choices.
- Give emotional support.
- Offer to help with transportation or phone calls.
- Stick by your friend or family member and be patient. Getting out of an abusive relationship can take time.



**There is no excuse for elder abuse.**

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**People of all ages deserve to lead safe, happy lives, free from abuse.**



**You are not alone.  
We can help.**

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- Counseling and education for the victim and loved ones
- Legal and medical advocacy
- Information and referrals
- Prevention and community education

**If you are in immediate danger, call 911**