Elder Abuse
The Health Sector Role in Prevention and Response

1 in 6 older adults worldwide have been abused in the past year.

Elder abuse is a hidden problem.
What is **elder abuse**?

It's the abuse and neglect of older people. **It takes many forms.**

**Physical abuse**
- Hitting, pushing, kicking
- Inappropriate use of drugs or restraints

**Psychological or emotional abuse**
- Insults, threats, humiliation, controlling behavior, confinement and isolation

**Sexual abuse**
- Sexual contact without consent

**Financial exploitation**
- Misusing or stealing a person’s money or assets

**Neglect or abandonment**
- Not providing food, housing, or medical care

Elder abuse **can happen just once or repeatedly.**

People who commit elder abuse are **often in a position of trust.**

- Family members
- Health care workers
Elder abuse is common.

Elder abuse can happen at home.
- 90% of all abusers are family members.
- Most abusers are adult children, spouses and partners.

Elder abuse can also happen in institutions.
- Nursing homes
- Long-term care facilities

Data about elder abuse in hospitals, nursing homes, and other long-term facilities is scarce. But a survey of nursing home staff in the United States suggests that rates may be high. Many staff members had seen elder abuse or committed it:
- 36% witnessed physical abuse
- 10% committed physical abuse
- 40% committed psychological abuse

But only 4% of elder abuse is reported. Why?

Older people may:
- Fear retaliation
- Worry about getting the abuser in trouble
- Be mentally incapable
- Feel ashamed or embarrassed

In many countries, older people have nowhere to turn for help — because there are limited systems in place to address elder abuse.
Elder abuse has **devastating consequences.**

**It has physical effects.**
- Injuries
- Lasting disabilities
- Worsened health conditions

**It has psychological effects.**
- Anxiety
- Loneliness
- Loss of dignity, trust, and hope

One study from the United States tracked older people over 13 years and found:

**Victims of elder abuse were twice as likely to die** compared to older people who did not report abuse.

**Elder abuse has high costs.**

In the United States:

**US$5.3 billion**
each year in medical costs from violent injuries to older people.
What are the risk factors for committing elder abuse?

- Using or abusing drugs or alcohol
- High stress levels
- Depression
- Lack of social support
- Lack of training in how to care for older people
- Emotional or financial dependence on the older person

What are the risk factors for suffering elder abuse?

Older people with dementia are at special risk.
As many as 2 out of 3 people with dementia have been abused.

But elder abuse doesn’t only happen to the frail and sick. It can happen to any older person.
Elder abuse is *preventable* – and everyone has a role to play.

We can help ensure that older people live in safety — **without fear of being hurt, exploited, or neglected.**

### Older people can:
- Stay connected to family and friends
- Learn more about their rights
- Use professional services for support where available
- Make sure their financial and legal affairs are in order

### Family and informal caregivers can
lower their risk of committing abuse by learning ways to cope:
- Get help from family or friends
- Take breaks
- Get support from local health and social services

### The public can:
- Watch for signs of elder abuse
- Learn how to get help and report abuse
The health sector can help stop elder abuse in communities, hospitals, and institutions.

There are promising strategies, such as developing:

- Professional awareness campaigns to help health care workers recognize elder abuse
- Caregiver support to reduce stress
- Caregiver training on dementia
- Residential care policies to define and improve standards of care

However, most nations report that they still don’t have formal action plans to address elder abuse.

A recent survey of 133 countries found that:

- Only 40% had national plans
- Only 17% had a national survey

We also need more research about elder abuse — its risk factors, consequences, and solutions — especially in low- and middle-income countries.
Around the world, governments can do more to address and prevent elder abuse. The health sector can:

1. Raise awareness within the health sector and other sectors about the health and social burden of elder abuse
2. Recognize elder abuse as a public health problem and establish a focal point to address elder abuse
3. Develop and test evidence-based interventions to prevent elder abuse
4. Provide services to victims of elder abuse
5. Collaborate with other sectors to address elder abuse, such as criminal justice, health, and social services

Support World Elder Abuse Awareness Day on 15 June

**Get involved** — contact your local ageing services organization

**Raise awareness** — talk with friends, family and colleagues

WHO Resources:
- Global status report on violence prevention 2014
- Violence prevention: the evidence