



Hourglass

Safer Ageing • Stopping Abuse

SPOTTING THE SIGNS OF

DOMESTIC ABUSE

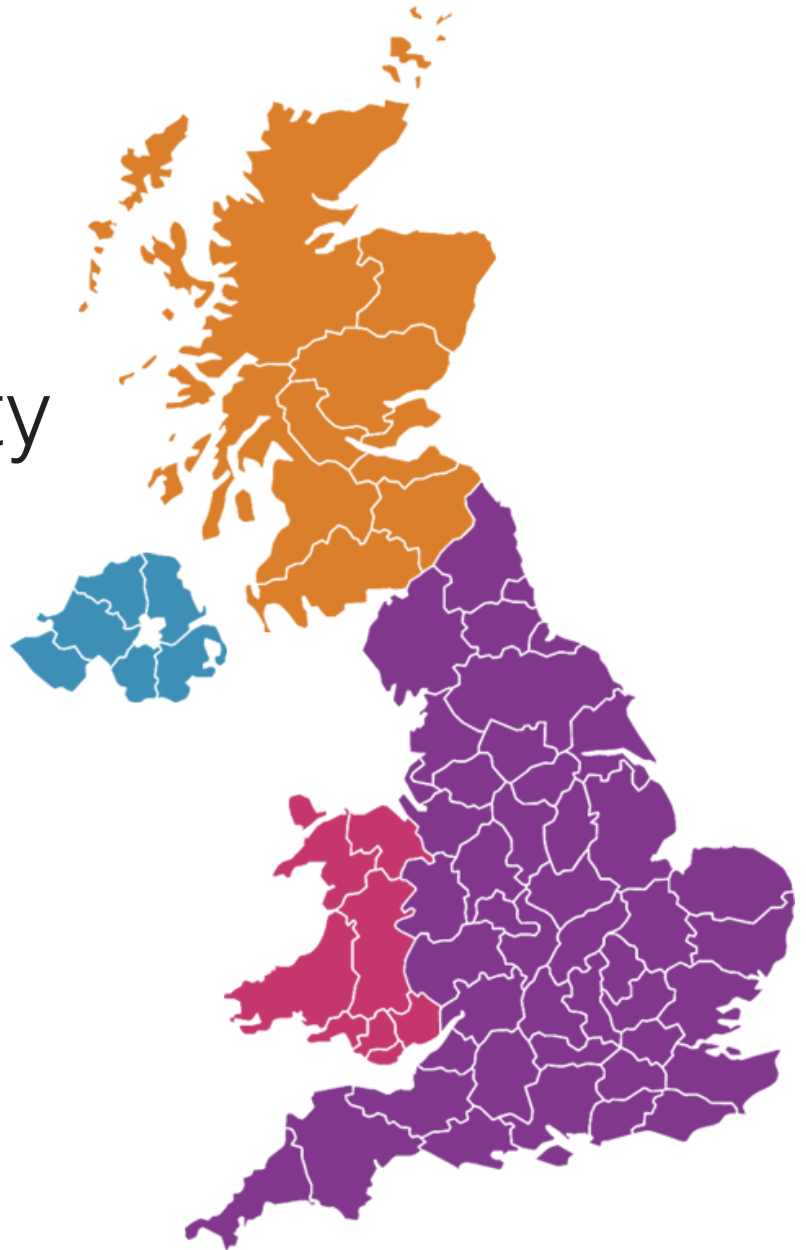
DOMESTIC ABUSE IS A CRIME.
RECOGNISE IT. REPORT IT. STOP IT.

CALL OUR FREE 24/7 HELPLINE

0808 808 8141



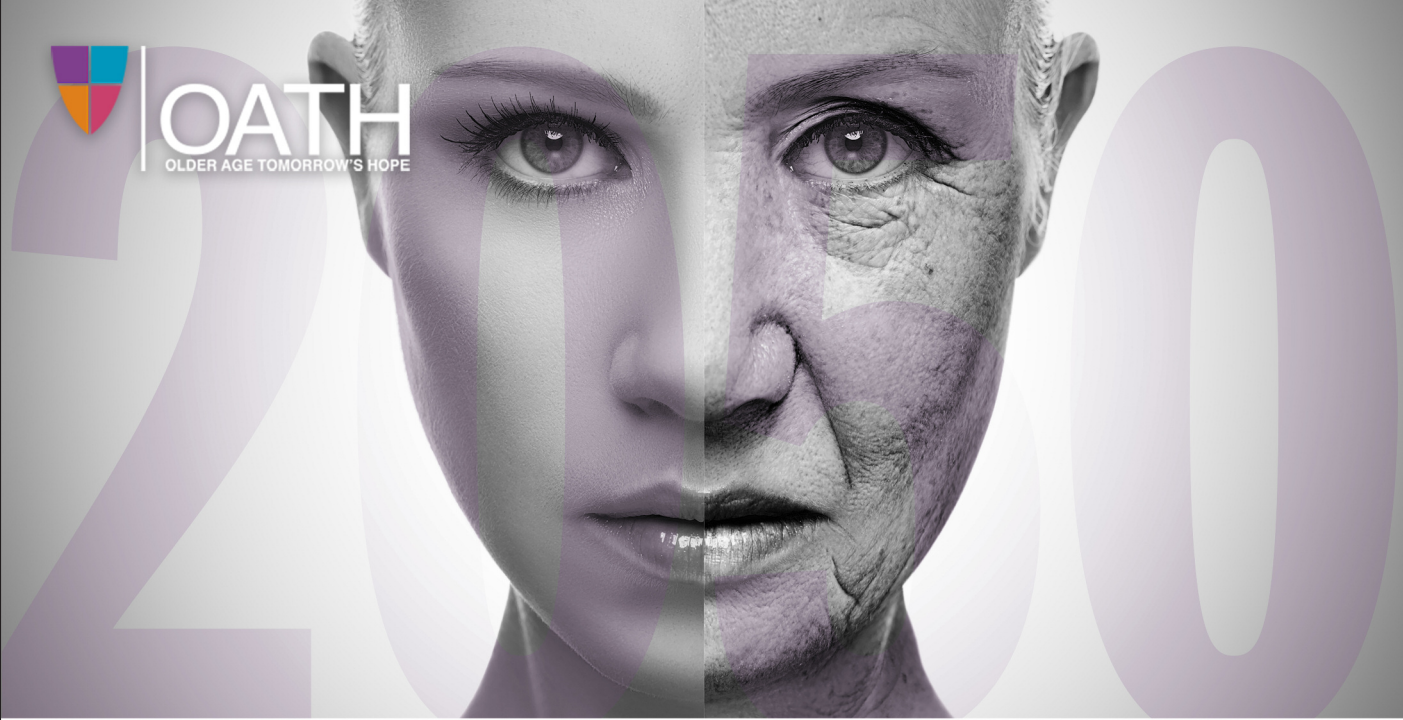
Hourglass
is the only
UK-wide charity
dedicated to
calling time
on the harm
and abuse of
older people.



Keeping You and Your Loved Ones Safe from Domestic Abuse

Domestic abuse can take many forms, it can be subtle and hard to spot. If you or an older person you know are experiencing this you are not alone, sadly, this type of abuse can affect anyone, regardless of gender, race, ethnicity, sexual orientation, disability, or gender identity.

Hourglass is here to help. This guide provides you with information about what domestic abuse is, how to identify it when it is happening, and some tips on how to protect yourself and others.



OATH
OLDER AGE TOMORROW'S HOPE

**TAKE THE OATH:
CREATE A SAFER AGEING SOCIETY BY 2050
FREE FROM ABUSE, HARM, EXPLOITATION AND NEGLECT.**

#TAKETHEOATH

Hourglass is the trading name of Hourglass (Safer Ageing), a charity registered in England and Wales (reg. no. 1140345), and also in Scotland (reg. no. SC046278). Hourglass (Safer Ageing) is registered as a company in England and Wales under number 07260262.



What is Domestic Abuse?



**1 IN 5
OLDER
PEOPLE
ARE ABUSED
IN THE UK
EVERY YEAR.**

Domestic abuse or violence is behaviour from a family member, intimate partner or ex-partner that is controlling, coercive, threatening, violent or abusive. Domestic abuse includes the following types of abuse:

- **PSYCHOLOGICAL**
- **PHYSICAL**
- **SEXUAL**
- **ECONOMIC**

Domestic abuse is against the law and it is important you speak out if you or someone you know is experiencing this.

Warning Signs - Say no!

It is Domestic Abuse when your partner or family member...

- Threatens to harm you.
- Uses emotional guilt and bullying to obtain money to fund addictions or pay off debts.
- Stops family and friends from visiting or contacting you.
- Uses your disability or long-term illness against you.
- Refuses to address your care and support needs.
- Stops you from seeing professionals.
- Takes advantage of memory difficulties.

Possible indicators of Domestic Abuse:

- Physical signs of bruising, injury to body.
- Excuses for injuries and self-blame, avoiding medical professionals.
- Excusing the behaviour of family member/partner, covering for them.
- Change in personality - becoming withdrawn, anxious.
- Changes in appetite, sleep habits, toileting.
- Changes in financial situation, suddenly selling property or changing names on deeds or accounts.
- Reliance on family member/partner for money, no longer accesses own money or benefits.
- Pain, itching or injury in the genital or abdominal area.
- Constantly checking in with family member/partner, over pleasing.
- No longer socialises, more isolated, defensive.
- Family member/partner won't let the person be on their own with you.

Seek Help - You may need to take steps to protect yourself when your partner or family member:

- Takes control of your finances, shopping and medical appointments.
- Pressurises you to change your Will.
- Touches you without your consent.
- Shows any physical violence.
- Withholds medication or overmedicating.
- Misuses Power of Attorney to purchase items for themselves or pay off their own debt.
- Attends personal appointments with you without your consent.



Hourglass is the only UK-wide charity dedicated to calling time on the harm and abuse of older people and we are here to help.

If you're concerned about the abuse of an older person call our
24/7 Helpline: 0808 808 8141

SCAN TO DONATE £20 

Our Helpline is entirely confidential and free to call from a landline or mobile. The number will not appear on your phone bill. Our lines are open 24/7 – including weekends and bank holidays. Texts from outside the UK will be charged at their standard international rate which will differ depending on location and service charges of your phone provider. The number will appear on your bill and in your phone records but will not be identified as Hourglass.



Tips and advice for you:

- Do not blame yourself, abuse is never your fault and it is not okay for someone to treat you in this way.
- Talk to someone you can trust about the abuse, a friend, relative or your GP.
- Unfortunately abuse can escalate and worsen over time so do not delay in getting help.
- Contact Hourglass for further advice and support.
- Domestic abuse is against the law – call 999 if you are in immediate danger or 101 to report abuse you have experienced.

Tips and advice if you are concerned about someone else:

- If you're worried about someone experiencing domestic abuse, it can help to let them know you're there to help, just listening to them can make a huge difference.
- Stay calm if an older person tells you they are being abused and be sensitive to the emotional impact of disclosing abuse.
- If safe and appropriate to do so, have an open conversation about this with them.
- Support them to seek out the support that is needed.
- Know how to spot the signs of domestic abuse, not all are obvious.
- Contact Hourglass for further advice and support.
- Provide Hourglass' contact details (24/7 Helpline 0808 808 8141) to the person you are worried about, if it is safe to do so.

How we can support you:

Next Steps and how Hourglass can support you - Advice and Support - Hourglass:

- Talk directly to a trained individual to provide emotional support, compassion. Our staff have experience with addressing complex, distressing situations.
- Free, confidential, non-judgemental advice and guidance to older victims/survivors of abuse and anyone concerned about an older person's safety and wellbeing.
- Over the phone, text, and Instant Messenger services.
- Signposting to the caller's local safeguarding and/or police, older people's services, pro-bono legal or financial support etc. for expert help as appropriate.

Hourglass Casework Domestic Abuse Support:

- Low to medium risk casework support for older people, or those supporting an older person, utilising our specialist expertise in supporting older victims of abuse.
- Community-based support, including pop-up advice and support clinics, seminars and events, and training.

Hourglass Casework (IDVA/ISVA support):

- Specialist self and group advocacy, taking account of the unique nature and dynamics of domestic abuse and sexual violence in older age.
- One-to-one and group-based peer support, to support victims of domestic/sexual abuse to recover from their experience, regain independence and build resilience.
- Community-based support, including pop-up advice and support clinics, seminars, events and training. ***All our contact details can be found on the back of this brochure.***



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You can contact us in many ways:

24/7 Helpline: 0808 808 8141

Our helpline is entirely confidential and free to call from a landline or mobile, and the number will not appear on your phone bill.

Text message: 07860 052906

Texts from outside the UK will be charged at their standard international rate which will differ depending on location and service charges of your phone provider. The number will appear on your bill and in your phone records but will not be identified as Hourglass.

INSTANT MESSAGING service: www.wearehourglass.org

Get information from our CHATBOT - www.wearehourglass.org

Get information from our KNOWLEDGE BANK - knowledgebank.wearehourglass.org

Email: helpline@wearehourglass.org

Hourglass England

Office 8, Unit 5,
Stour Valley Business Centre,
Brundon Lane, Sudbury,
Suffolk, CO10 7GB.

T: +44 (0) 20 8835 9280
E: enquiries@wearehourglass.org
W: www.wearehourglass.org

 [@wearehourglass_](https://twitter.com/wearehourglass_)
 facebook.com/wearehourglass

Hourglass Cymru

C/o - Office 8, Unit 5,
Stour Valley Business Centre,
Brundon Lane, Sudbury,
Suffolk, CO10 7GB.

T: +44 (0) 20 8835 9280
E: cymru@wearehourglass.org
W: www.wearehourglass.cymru

 facebook.com/hourglasscymru

Hourglass Scotland

PO Box 29244,
Dunfermline, KY12 2EG.

T: +44 (0) 20 8835 9280
E: scotland@wearehourglass.org
W: www.wearehourglass.scot

 facebook.com/HourglassScotland

Hourglass Northern Ireland

PO Box 216,
Newry, BT35 5DH.

T: +44 (0) 20 8835 9280
E: nireland@wearehourglass.org
W: www.wearehourglass.org/ni

 facebook.com/hourglassNI

