



Hourglass

Safer Ageing • Stopping Abuse

SPOTTING THE SIGNS OF

PHYSICAL ABUSE

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

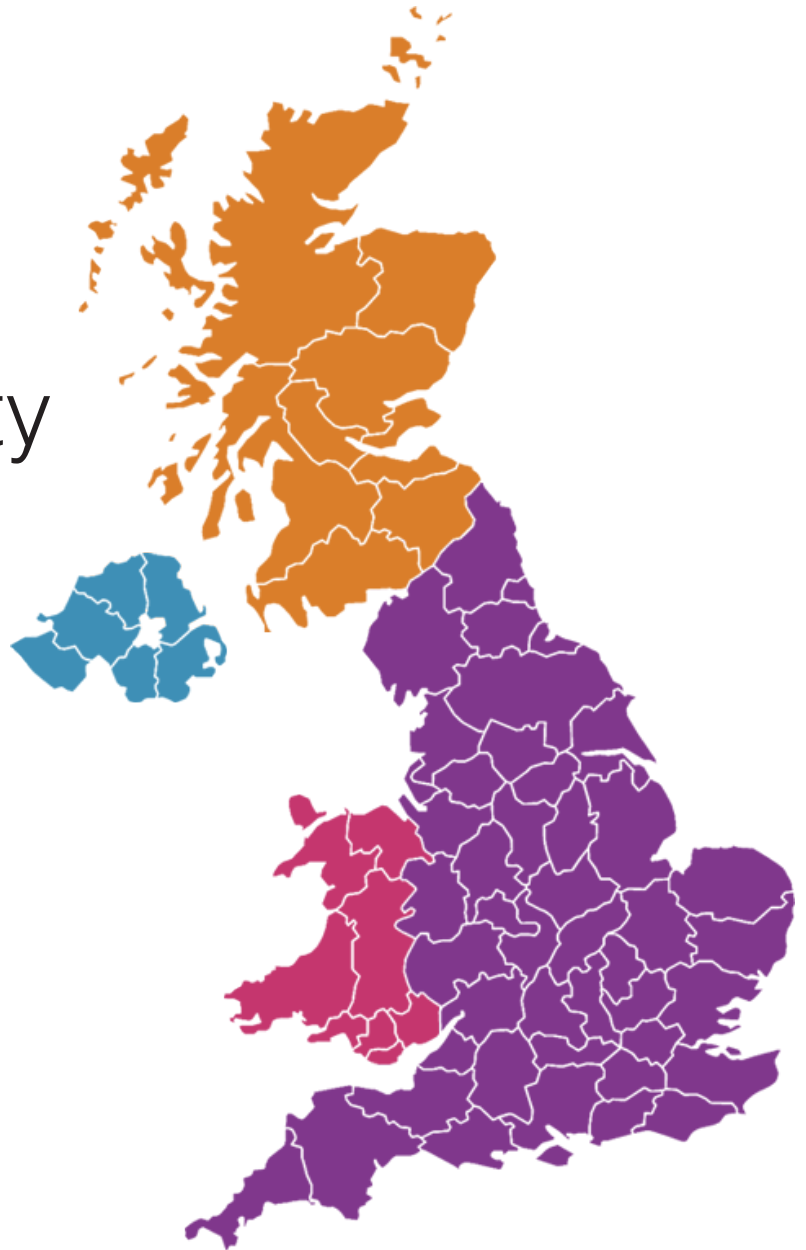
CALL OUR FREE 24/7 HELPLINE

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 Physical Abuse

Physical 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, ethnicity, sexual orientation, disability or gender identity.

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



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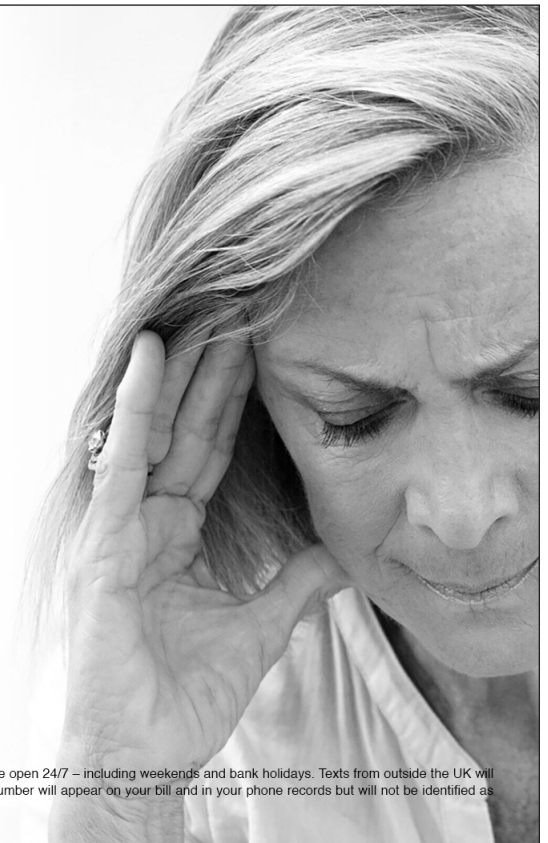
If you're concerned about the abuse of an older person call our

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.

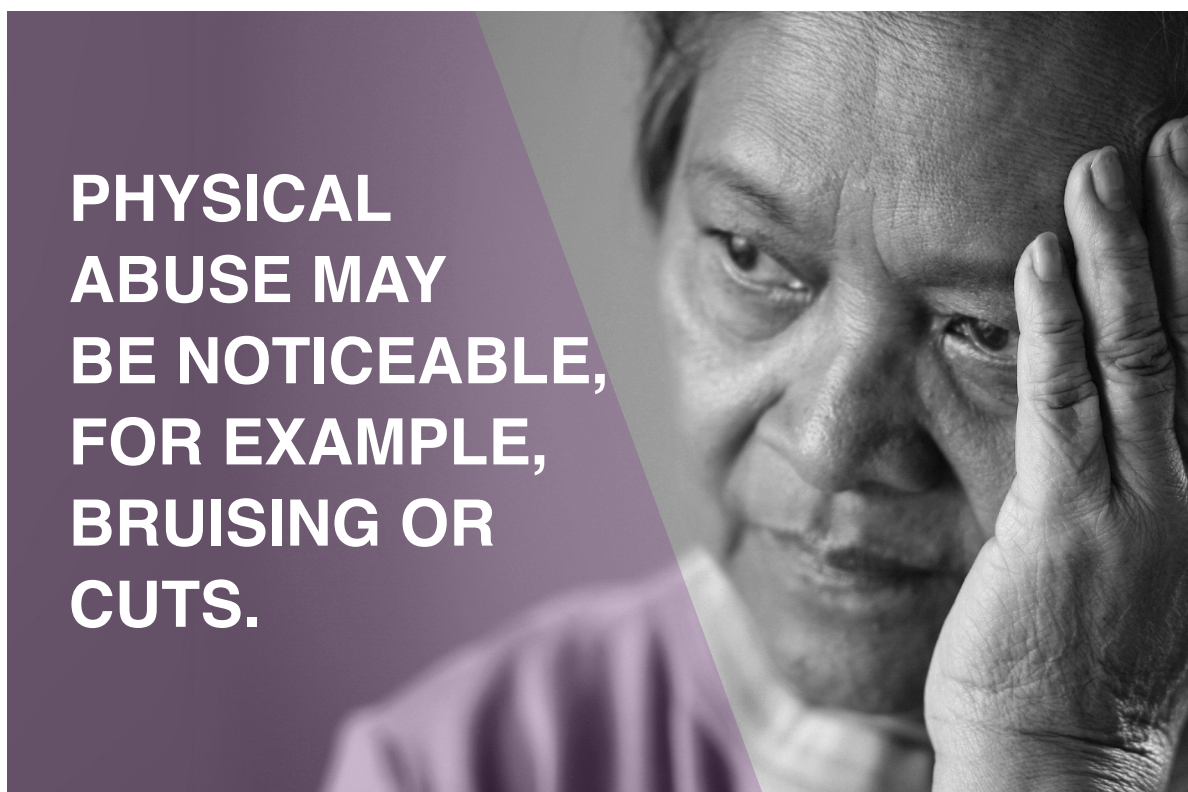


What is Physical Abuse?

Physical abuse is the intent to injure or hurt and involves a person using physical force which causes or could cause harm.

Physical abuse can also be experienced with other forms of abuse such as, psychological abuse where you may have feelings of fear, distress and distrust.

Physical abuse may be noticeable, for example, bruising or cuts. However physical abuse can also be concealed and less easy to see with injuries such as broken bones or marks on the body that are covered by clothing. Injuries may be concealed because the abuser does not want others to know about the abuse.



Physical Abuse may include:

- Pushing, biting, hitting, kicking, slapping, punching.
- Unauthorised restraint.
- Being handled roughly.
- Misuse of medication.
- Being force-fed or having food withheld.
- Physical punishments.
- Making someone uncomfortable on purpose (removing blankets, making someone sit in uncomfortable positions).
- Burning, scalding.

A graphic for the OATH 2050 campaign. It features a close-up of a person's face, split vertically. The left side of the face is smooth and youthful, while the right side is wrinkled and aged. The background is a light purple with large, faint numbers '2' and '0' on either side of the face. In the top left corner, there is a logo with a colorful shield and the text 'OATH OLDER AGE TOMORROW'S HOPE'.

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

#TAKETHEOATH

A square QR code located in the bottom right corner of the campaign graphic.

Hourglass is the trading name of Hourglass (Safer Ageing), a charity registered in England and Wales (reg. no. 1140564), and also in Scotland (reg. no. SC040276). Hourglass (Safer Ageing) is registered as a company in England and Wales under number 07200002.

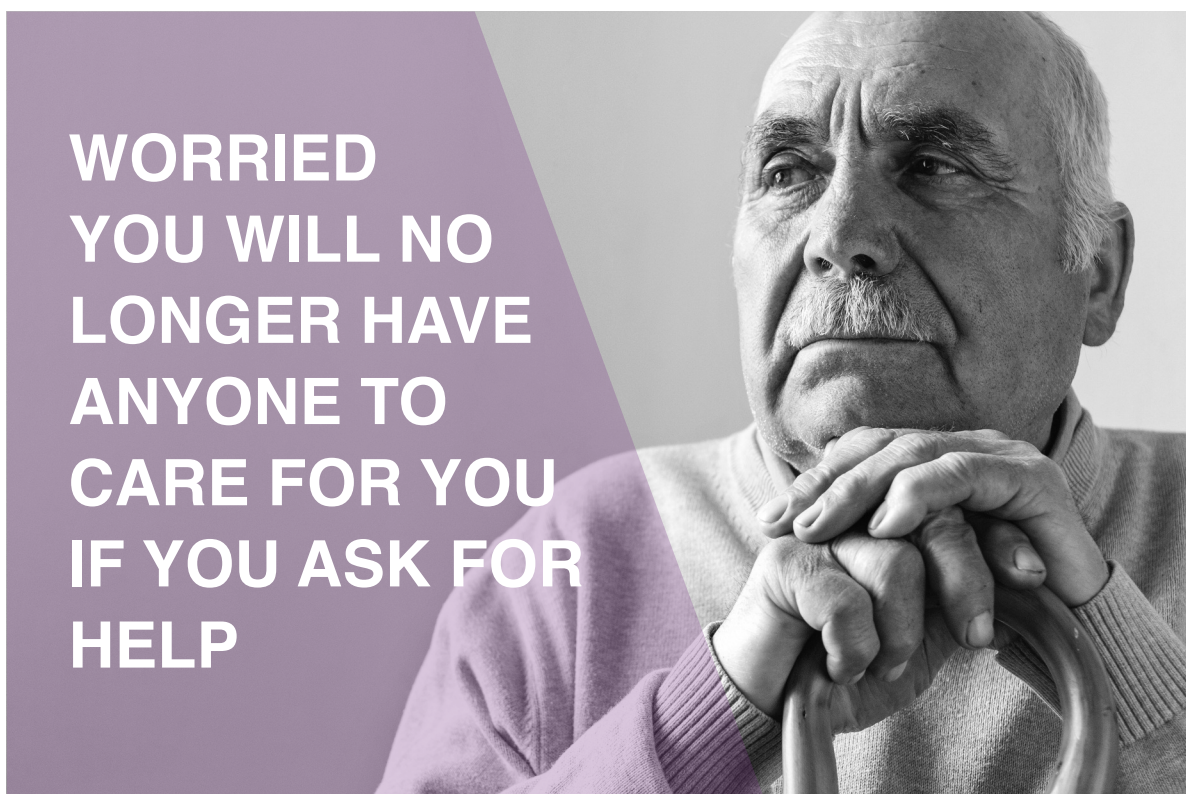
Possible indicators of Physical Abuse:

- No explanation given for injuries or the injuries do not match the explanation given for them.
- Changes in eating or sleeping habits.
- Failure to seek medical treatment or repeated changes in GP.
- Frequent injuries or injuries in places that are not common.
- Change in behaviour - becoming subdued, isolating self or not wanting to be left alone with someone.
- Flinching, fearfulness or anxiety.
- Tension with a particular person.



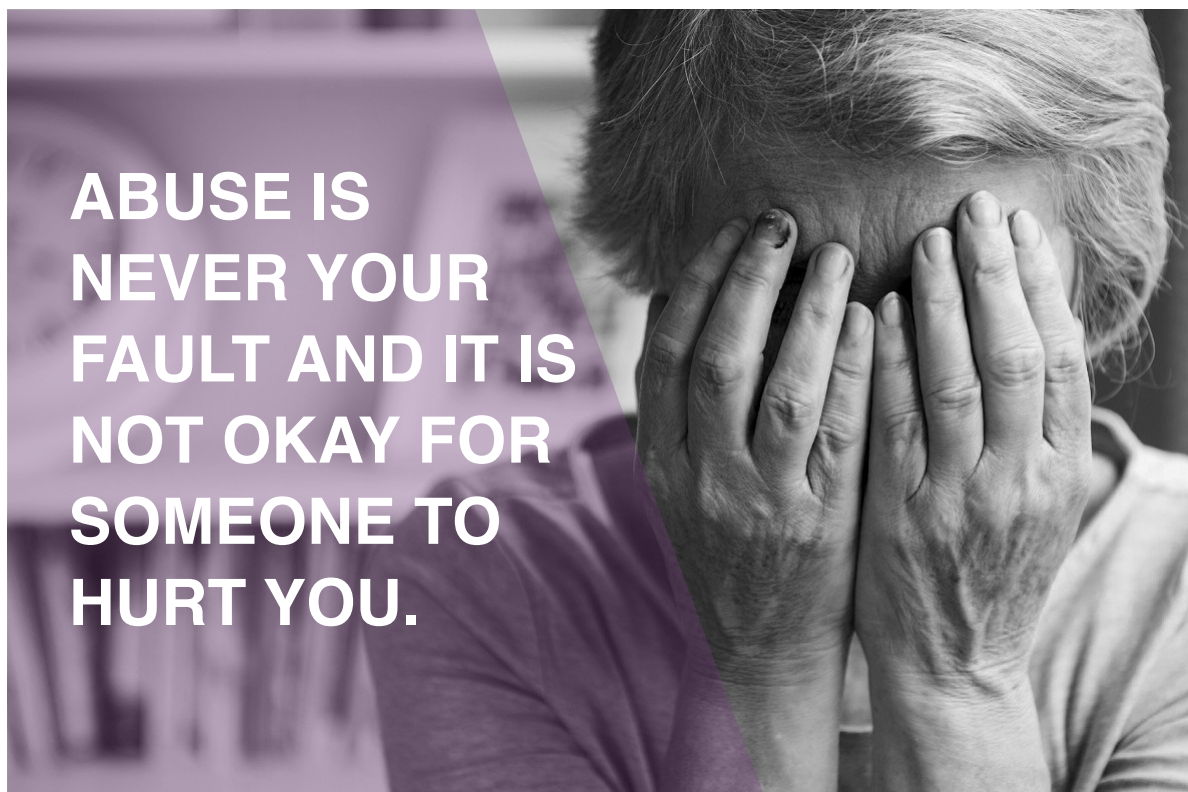
You or the victim may be Feeling:

- Frightened of the person causing the abuse.
- Afraid to talk to someone about it or not know who to turn to.
- Ashamed, embarrassed or worthless.
- Lonely, isolated or depressed.
- Guilty, that it's your fault or that you are a burden.
- Threatened, you may have been told not to tell anyone or that you will be 'put into a care home' or not be allowed to see your grandchildren.
- Worried that you don't want the person hurting you to get into trouble, you just want the abuse to stop.
- Worried you will no longer have anyone to care for you if you ask for help.
- Hopeless, if you have experienced a negative response from agencies before when reporting the abuse.



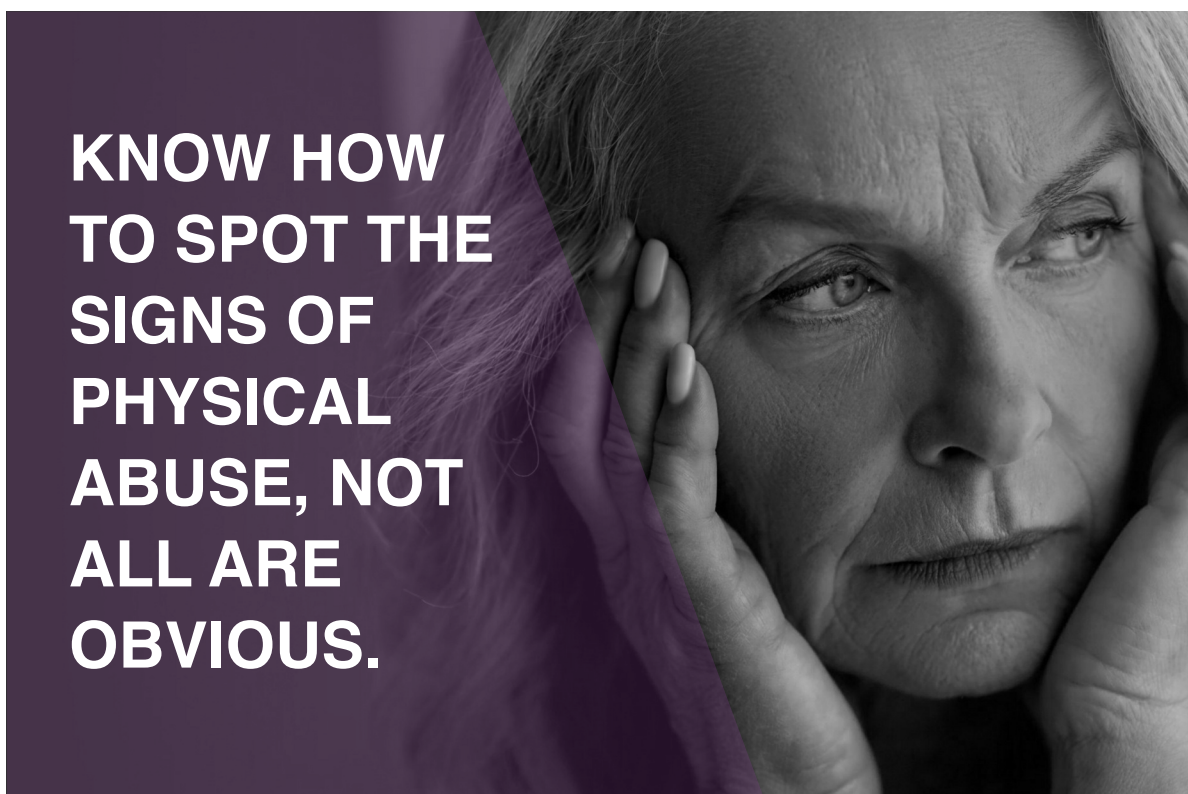
Tips and advice for you:

- Abuse is never your fault and it is not okay for someone to hurt you.
- 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.
- Physical abuse is against the law – call 999 if you are in immediate danger or 101 if you would like to report an assault.
- Contact Hourglass for further advice and support. Howsupport. we can support you:



Tips and advice if you are concerned about someone else:

- Know how to spot the signs of physical abuse, not all are obvious.
- If you're worried about someone experiencing physical abuse, and if it is safe and appropriate to do so, have an open conversation about this with them.
- 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.
- Support them to seek out the support that is needed.
- Provide Hourglass' contact details to the person you are worried about, if it is safe to do so.



How we can support you:

Hourglass Advice and Support:

- 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.

ARE YOU CONCERNED THAT
SOMEONE IS SUFFERING FROM

DOMESTIC ABUSE

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You can contact us in many ways:

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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

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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

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