



Friends of St. John the Caregiver

P.O. Box 320 • Mountlake Terrace, WA 98043
www.FSJC.org • www.YourAgingParent.com • www.CatholicCaregivers.com

From *A Catholic Guide to Caring for Your Aging Parent*
by Monica Dodds
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Elder Abuse Prevention Information for Family Caregivers

Keep in mind that caregiver stress can lead to abuse. This subject should be looked at very seriously. If there is a danger that your behavior is inappropriate, get help immediately. If you are not the primary caregiver, watch for any evidence that your loved one is in danger. Here are some basic facts:

Types of Abuse

- Physical abuse: inflicting physical pain or injury
- Sexual abuse: touching in a nonconsensual sexual way
- Emotional and psychological abuse: causing mental or emotional anguish
- Financial and material exploitation: using money or belongings without the consent of the owner
- Neglect: failing to provide care
- Abandonment: deserting a person under one's care
- Self-neglect: behaving in a way that threatens one's own health and safety

Possible Causes

- Caregiver stress: providing care for an elderly person is not an easy task
- Impairment of elder: the more impaired a person is, the higher the risk of abuse
- History of family violence
- Personal problems of abuser: problems with drugs or alcohol or financial difficulties

Getting Help

"If someone you care about is in imminent danger, call 911, police, or hospital emergency NOW."

--National Center on Elder Abuse, an agency funded by U.S. Administration on Aging

--Check www.ncea.aoa.gov. The National Center on Elder Abuse has information, a list of abuse hotlines in every state, and frequently asked questions.

--If you have trouble finding the number you need, go to the Eldercare Locator at www.eldercare.gov or call 1-800-677-1116; or look in your local phone directory for any of these programs:

- Adult protective services: a state agency that investigates reports of abuse of vulnerable individuals over the age of eighteen
- State elder abuse hotline: A twenty-four-hour hotline for confidential reports
- Law enforcement: Your local police department or sheriff's office

- Long-term-care ombudsman: A state agency that investigates abuse in a nursing home setting
- Senior Information and Assistance: information on a wide range of services available in your area

If in doubt, report it!

For more free information, visit YourAgingParent.com, a program of the Friends of St. John the Caregiver.

To receive a free copy of “The Little Book of Caregiver Prayers,” send a self-addressed stamped envelope to: Friends of St. John the Caregiver, P.O. Box 320, Mountlake Terrace, WA 98043.