



**Hourglass**

Safer ageing · Stopping abuse  
Heneiddio'n ddiogel · Rhoi'r gorau i gam-drin

Cymru

Keeping you and your loved ones safe from  
**DOMESTIC ABUSE**

**Helpline: 0808 808 8141**

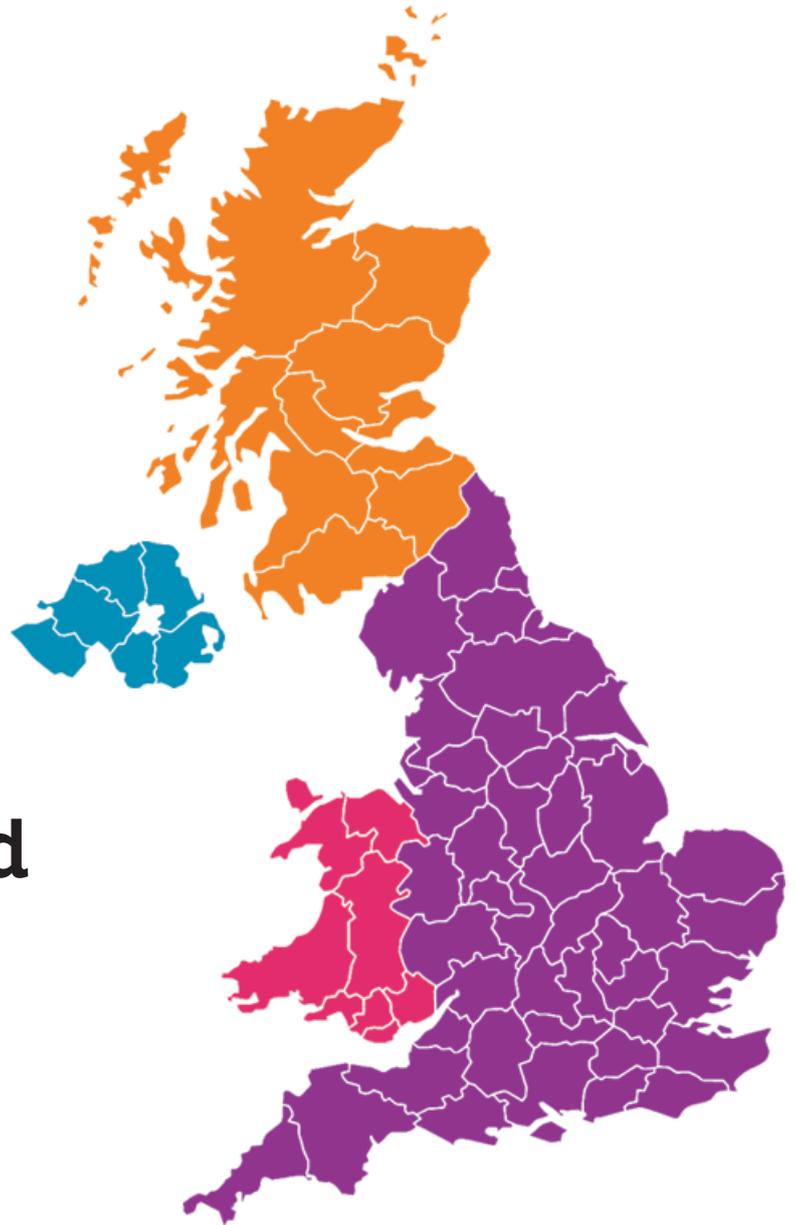


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**We are  
Hourglass  
the only UK-  
wide charity  
that's calling  
time on the  
harm, abuse and  
exploitation of  
older people**



# 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, 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.

# What is Domestic Abuse?



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

- Psychological
- Physical
- Sexual
- Financial
- Emotional

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

## Domestic Abuse may include:

- Denying access to external support such as care agencies or social services.
- Controlling access to communication with those outside the home, threatening to or denying access to grandchildren.
- Bullying, controlling, intimidating, threatening behaviours.
- Gas lighting - manipulating you by making you question your thoughts, memories, and events happening around you.
- Hitting, slapping, pushing, biting, or punching you.
- Controlling when you eat, sleep, or get medical attention.
- Isolating you from family and friends.
- Being intrusive and wanting to know where you are at all times.
- Making you have sex or take part in sex acts when you do not want to.
- Controlling your finances.
- Harassing or stalking you.
- Forcing you into marriage or so called honour based violence.

## 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.

## You may be feeling:

- Confused, humiliated or ashamed.
- Isolated or trapped.
- As though you need to stay for the sake of others.
- Fearful for yourself and/or other family members.
- Depressed, have low self-esteem, exhausted, unable to concentrate, suicidal.
- Physically unwell – headaches, hair loss, stomach ache, skin disorders, chronic pain.
- The need to misuse substances such as alcohol or drugs in order to cope.
- Concerned about unwanted intervention.
- Worried about being believed.
- Worried that you don't want the person hurting you to get into trouble, you just want the abuse to stop.
- Hopeless, if you have experienced a negative response from agencies before when reporting the abuse.



## 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:

**Know how to spot the signs of domestic abuse, not all are obvious.**

- If you're worried about someone experiencing domestic 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:

**At Hourglass we are dedicated to stopping the harm, abuse and exploitation of older people. Our helpline and online services are available across the UK and our expert team provide information, advice and support and can put you in touch with appropriate local agencies that may provide additional services.**

We are here for you Monday to Friday 9am to 5pm, offering:

- Support for any older person experiencing or at risk of abuse or exploitation.
- Support if you are unsure if abuse or exploitation is happening to you or someone else.
- Support for anyone with concerns about an older person, e.g. family, friends, neighbours, paid carers or professionals, etc.
- Information and advice relating to safer ageing and prevention of abuse.



**All our contact details can be found on the back of this brochure.**



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You can contact us in many ways:

**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](http://www.wearehourglass.org)**

**Email: [helpline@wearehourglass.org](mailto:helpline@wearehourglass.org)**

**Hourglass Cymru**

E: [cymru@wearehourglass.org](mailto:cymru@wearehourglass.org)

W: [www.wearehourglass.cymru/wales](http://www.wearehourglass.cymru/wales)



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