

Aging with Respect



How's it going?

People are happiest, healthiest, safest and supported when they are listened to and treated with respect by the people in their lives.

These people may include a spouse, partner, family member, friends and caretakers.

In healthy relationships people:

- ✔ Are kind to you.
- ✔ Check in with you about how you are.
- ✔ Respect your choices.
- ✔ Encourage you to be independent.

Are there times when people you trust or love hurt or harm you, or make you feel afraid?

Ask yourself, do they ever:

- Put you down or make you do things you don't want to do?
- Use your things or money without your permission?
- Keep you from seeing your doctor or friends?
- Keep you from practicing your spiritual beliefs?
- Threaten to share private things (like your immigration status, sexual orientation, or gender identity)?
- Make you do sexual things you don't want to do?

If something like this is happening to you, it can affect your health and happiness.

Unhealthy Relationships Affect Your Health

When someone in your life threatens, hurts, or harms you, it can lead to:

- Feeling sad or anxious.
- Not talking to or seeing friends and family.
- Medical problems, like asthma, chronic pain, heart problems.
- Sexually transmitted diseases.
- Injuries or disabilities leading to hospitalization or long-term care.

*You're not alone.
Talk to someone you trust.*

Coping with Stress, Fear, and Pain

Things that have happened in your life can cause stress and affect your ability to cope with pain.

Ask yourself:

- Do I feel lonely or isolated?
 - Do I find it hard to do everyday things or take care of myself?
 - Do I often find myself thinking about hard times from my past?
 - Am I smoking or drinking more, or using prescription medicines or drugs to help me feel better?
 - Am I having thoughts of hurting or killing myself?
- Call The Lifeline:
1-800-273-8255.

Safety Planning

If you are being hurt or feel stressed or frightened in any of your relationships, consider talking to:

- ✓ A trusted family member, friend, or neighbor; or
- ✓ An advocate at the National Domestic Violence Hotline or other hotline (*see Resources panel*).
They can keep the information private, if you don't tell them your name.

You might discuss with them:

- ✓ What's going on and how you're feeling.
- ✓ How to stay safer in your relationships.

- ✓ Planning a safety kit and a safe place to go in an emergency.
- ✓ How to get legal assistance or protection orders.

A professional like a doctor, nurse, social worker, counselor, aging services program staff, or victim advocate:

- ✓ Can provide information, support and referrals.
- ✓ May be required by state law to report your situation to Adult Protective Services (APS). Laws differ from state-to-state.

Adult Protective Services (APS) can help address your safety and independence by developing a plan. They may contact your family, caregiver and/or law enforcement.

Call 911 if you are in immediate danger and want law enforcement to respond.

Legal and Financial Concerns

You have a right to make decisions for yourself. No one should handle your money or accounts without your permission.

A person you trust or an advocate can help you:

- ✓ Find an attorney experienced in elder issues that can help you prepare a Health Care Proxy, Advanced Directives, Living Will and/or Power of Attorney.
- ✓ Consult your bank and/or a financial advisor to help keep your finances safe.
- ✓ Speak with an immigration expert, if you are concerned about your immigration status.

Ideas for Healing and Connection

- ★ Being hurt by someone is not your fault — don't blame yourself.
- 💬 Talk to your doctor, spiritual leader, other helping professionals or people you trust.
- ♥ Spend time with supportive friends and family members.
- 🍏 Keep as physically active as possible and eat well.
- 🎵 Enjoy music and movies, see people you love, and participate in activities that make you feel happy and strong.
- 👥 Attend a support group with others who have had similar experiences.

Share this card with a friend.

Resources

- ✓ National Domestic Violence Hotline offers confidential information and referrals to local programs: **1-800-799-SAFE (1-800-799-7233) | TTY: 1-800-787-3224**
- ✓ Eldercare Locator for services for older adults and their families: www.eldercare.acl.gov | **1-800-677-1116**
- ✓ For a list of local and national resources, go to:



www.futureswithoutviolence.org/elders
www.ncall.us/for-victims-allies



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