

# ELDER ABUSE: COERCIVE CONTROL

## What is coercive control?

Coercive control is a form of emotional abuse where the abuser exerts power to take control of the victim.

It is critical to find appropriate support to ensure the safety of the victim.

Older folks are especially vulnerable to elder abuse, considering that they are likely to depend on someone else for care.

## Signs of coercive control

- Anxiety or fearfulness
- Sudden social withdrawal
- Having to ask someone else's permission for anything
- Worry or anxiety about a specific person or people
- Inadequate access to medical care or health necessities
- Limited access to their own phone, mail, email, or social media
- Over- or under-medicated, or unnecessarily medicated

## Coercive behaviours

- Gaslighting
- Manipulation
- Socially isolating someone
- Controlling someone's finances
- Limiting access to grandchildren
- Threatening their partner or pets
- Controlling or withholding access to necessities
- Coercing them to take on certain responsibilities

## What to do if you or a loved one are experiencing elder coercive control

### 1. Reach out

There is no shame in asking for help. You can ring the **Senior Relationship Services (SRS)** at **1300 062 232**.

### 2. Organise a confidential discussion

Our qualified, experienced staff can help you explore your concerns in a safe environment.

### 3. Make a plan

SRS will support you in moving forward, including safety plans, legal advice, counselling, mediation, case management, and external referrals.

### 4. Check in regularly

Whether it's yourself or a loved one, we all need to continuously make sure someone is okay when they have experienced abuse.



1300 062 232



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