

ELDER ABUSE: EMOTIONAL ABUSE

What is emotional abuse?

Emotional abuse, also called psychological abuse, is the control of a person using emotions to manipulate, embarrass, shame, or scare them.

Emotional abuse may not be as easy to identify as other forms of abuse. It may be intentional or unintentional.

It is critical to seek appropriate support to ensure the safety and wellbeing of the older person.

Signs of emotional abuse

- Worry or anxiety
- Social withdrawal
- Unusual passivity
- Resignation, shame
- Decline in self-esteem
- Depression, fearfulness
- Unusual anger or irritability
- Disrupted appetite or sleep pattern
- Sadness or grief at the loss of social interaction with others
- Worry or anxiety surrounding visits with a specific person or people

Behaviours of emotional abuse

- Using blackmail or threats
- Treating an older person like a child
- Name-calling, degrading, verbal abuse
- Pressuring, bullying, threats, or intimidating
- Preventing someone from engaging in religious or cultural practices
- Preventing contact with or moving them away from friends and family

What to do if you or a loved one are experiencing elder emotional abuse

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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