



Elder Abuse

The chances of becoming a victim of abuse increase as you get older. There are many reasons for this. One reason is because older people often have to rely on others for help. This puts those caregivers in a position to take advantage of you. Sadly, many older people are taken advantage of and mistreated by family members or caregivers.

Elder abuse can look very different depending on the situation. This chapter will help you understand what abuse can look like in real life.

This chapter will:

1. Give you examples of elder abuse;
2. Talk about the feelings that can lead to living with abuse, rather than acting to stop it;
3. Tell you steps you can take to make your situation better; and,
4. Tell you how to get help from others.

Remember: You have a right to live a life free of abuse.

If you are concerned that someone you know is being abused, [click here for more information on how to help](#).

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