

How to Answer Those Tough Questions about Elder Abuse

This Tip Sheet is designed as a reference for your organization when responding to inquiries about elder abuse, neglect, and exploitation. Many times, the inquiries pose some hard-to-answer questions, and this Tip Sheet pulls together what is known about elder abuse to provide suggestions on how you could respond. Remember that in addition to questions about the topic in general, you should be able to answer the question “what is your organization doing about the problem?” Doing a quick inventory of your state, local, and/or organization’s efforts in this area will help you be prepared for such a question.

WHAT IS ELDER ABUSE?

- ❖ According to the National Center on Elder Abuse, elder abuse refers to intentional or negligent acts by a caregiver or “trusted” individual that causes (or potentially causes) harm to a vulnerable elder. Most common categories of abuse are:
 - Neglect
 - Physical abuse
 - Sexual abuse
 - Financial abuse and exploitation
 - Emotional or psychological abuse and neglect (including verbal abuse and threats)
 - Abandonment
 - Self-neglect
- ❖ Each state defines elder abuse differently. *NC’s Adult Protective Services Law covers abuse, neglect or exploitation of disabled adults 18 years of age and older. See NCGS 108-A, Article 6 at http://www.ncleg.net/EnactedLegislation/Statutes/PDF/ByArticle/Chapter_108A/Article_6.pdf.*
- ❖ According to both national and NC data, neglect is the most common type of reported elder abuse.

WHO IS AT RISK FOR ABUSE, NEGLECT, AND EXPLOITATION?

- ❖ Elder abuse can happen to anyone – a loved one, a neighbor, and when we are old enough, it can even happen to us.
- ❖ Elder abuse affects seniors across all socio-economic groups, cultures, and races.
- ❖ Elder abuse can occur anywhere:
 - in domestic settings; or
 - in nursing homes, assisted living facilities, and other institutional settings
- ❖ Based on available information, women and “older” elders (80 years old and older) are more likely to be victimized, and mistreatment is most often perpetrated by the victim’s own family members.
- ❖ Some common risk factors:
 - The victim has *dementia*;
 - The perpetrator and/or the victim has *mental health* or *substance abuse* issues;
 - Social isolation; and
 - *Poor physical health*, which increases vulnerability and thereby may increase risk.

JUST HOW BIG IS THE PROBLEM?

- ❖ Unfortunately, we simply do not know for certain. There has been relatively little research on incidence and prevalence of elder abuse.
- ❖ According to the best available estimates, approximately 700,000 to 3.5 million older Americans are abused, neglected, or exploited each year. (*Elder Mistreatment: Abuse, Neglect and Exploitation in an Aging America. 2003. Washington, DC: National Research Council Panel to Review Risk and Prevalence of Elder Abuse and Neglect.*)
- ❖ Research suggests that elder abuse is significantly under-identified and under-reported, and that as few as 1 in 6 cases of elder abuse are identified. (*National Elder Abuse Incidence Study. 1998. Washington, DC: National Center on Elder Abuse at American Public Human Services Association.*)
- ❖ The most recent national statistics for Adult Protective Services programs indicate that, in 2003, there were approximately 381,430 reports of elder abuse, neglect, or exploitation made to APS across the country.
- ❖ In 2010 there were 18,378 reports of abuse, neglect or exploitation made to Adult Protective Services in North Carolina.
- ❖ Even when suspicions are reported, the outcomes of the cases are difficult to track.

WHY DOES ELDER ABUSE REMAIN SUCH AN “INVISIBLE” PROBLEM?

- ❖ Like other forms of interpersonal violence, elder abuse usually occurs behind closed doors.
- ❖ Many victims are *reluctant to report* abuse because they may:
 - Feel ashamed and embarrassed, particularly if a family member is the abuser;
 - Be afraid that the abuser will get “in trouble;”
 - Worry that they will be forced to live in a nursing home, and this sometimes happens;
 - Feel guilty or somehow to blame;
 - Be in denial that the abuse is occurring, or unaware that what they are experiencing is abuse or neglect;
 - Be afraid that if they report, the abuse will get worse.
- ❖ Some victims are *unable to speak out* due to dementia or other impairments, and may not be believed when they do.
- ❖ Although this theory hasn’t been researched, there are indications that a culture of *ageism* and a *fear of growing old* may keep older people marginalized and undervalued in our society, hence their problems remain invisible or are viewed as unimportant.

AREN'T SOME PEOPLE REQUIRED BY LAW TO REPORT?

- ❖ Each state has its own reporting requirements, and many professionals who work closely with elders are “mandatory reporters” by state statute. *NC’s APS law requires everyone to report abuse, neglect or exploitation of a disabled adult.*
- ❖ *Remember, you do not need to prove that abuse is occurring; it is up to the professionals to evaluate the report.*

WHAT IS NEEDED TO ADDRESS THE PROBLEM?

- ❖ *Public awareness and grassroots involvement* is needed to create change that:
 - Increases the identification and reporting of abuse by the public, professionals, and victims themselves.
 - Provides older victims a safe environment to speak out and tell their stories.
 - Begins long-term prevention by raising awareness among students and young people.
- ❖ *Enhanced Services for Victims:*
 - To help prevent abuse, more services to reduce isolation should be available to those at risk for abuse.
 - To intervene more effectively, elder shelters and other support services, such as in-home help and in-home medical attention, should be established and targeted to at-risk seniors to mitigate the risk of abuse or to remove the senior from dangerous situations.
 - Adequate services should be targeted to victims in order to protect their well-being and assets, and to prevent further harm.
- ❖ *Enhanced System Responses:*
 - Improve the training of state adult protective services workers so they are prepared to respond to increasing numbers of APS reports.
 - Provide funding to states so they are prepared to respond to increasing numbers of APS reports.
 - Establish caseload standards and continuing education requirements for state APS workers.
- ❖ *Research on:*
 - The scope of the problem (i.e., incidence/prevalence).
 - The causes of the problem.
 - The effectiveness of interventions and prevention strategies.
 - The impact and monetary costs of elder abuse on the lives of seniors, families, communities, and society in general.

WHY SHOULD I CARE ABOUT ELDER ABUSE?

- ❖ The older population in America is continuing to grow and will burgeon between the years 2010 and 2030 when the "baby boom" generation reaches age 65:
 - By 2030, there will be about 72.1 million older persons, comprising almost 20% of the total population, almost twice their number in 2007.
 - The 85+ population is projected to increase to 6.6 million in 2020, a 15% increase from 2010.
 - (Source: *A Profile of Older Americans: 2008. U.S. Administration on Aging. Department of Health and Human Services. Washington, DC.*)
 - North Carolina’s population of seniors age 60 and older in 2010 was roughly 18% of the state’s total population; by 2020 this number is expected to reach 21%.
- ❖ Seniors are living longer, but not necessarily better. Potential declines in cognitive and physical functions could make them more vulnerable to victimization.
- ❖ Elder abuse can happen to anyone – a loved one, a neighbor, and when we are old enough, it can even happen to us.

WHAT CAN PEOPLE DO TO PREVENT ELDER ABUSE?

- ❖ Report suspected mistreatment to your local adult protective services agency or law enforcement. Although a situation may have already been investigated, if you believe circumstances are getting worse, continue to speak out. ***If you believe that an elder is in a life threatening situation, contact 911 or the local police or sheriff’s department.***
- ❖ *Learn more* about the issue - Visit the National Center on Elder Abuse website at www.ncea.aoa.gov or the NC Division of Aging and Adult Services website at www.ncdhhs.gov/aging.
- ❖ Help *raise awareness* by:
 - Talking about the issue;
 - Challenging injustice and ageist stereotypes;
 - Writing letters to the editor, etc.
- ❖ Be a “*sentinel*”:
 - Keep in contact and talk with your older friends, neighbors, and relatives frequently.
 - Be aware and alert for the possibility of abuse.
 - Look around and take note of what may be happening with your older neighbors and acquaintances.
 - Ask questions and listen.
- ❖ The Baby Boomers have been a generation of activists, with a demonstrated ability to create social change. The time is right to get involved by promoting community involvement and social engagement.

WHAT IS THE NCEA ELDER ABUSE INFORMATION PIECE, AND WHAT IS ITS SIGNIFICANCE?

- ❖ The NCEA elder abuse information piece is a 15-second video that features actor William Mapother of the television show “Lost” speaking about elder abuse.
- ❖ The elder abuse information piece can be found on the National Center on Elder Abuse/NCEA: www.ncea.aoa.gov
- ❖ This is the first-ever national effort to raise awareness of elder abuse, neglect, and exploitation.
 - For the first time, a single, consistent message about the problem of elder abuse can be seen and heard throughout the country.

WHERE CAN I FIND MORE INFORMATION?

- ❖ Visit the website of the National Center on Elder Abuse/NCEA: www.ncea.aoa.gov, or contact us by email: ncea-info@aoa.hhs.gov, by phone: 302-831-3525, or by mail:

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Together, we have the power to prevent elder abuse.