



Hourglass

Safer ageing · Stopping abuse
Scotland

RECOGNISING & RESPONDING TO DOMESTIC ABUSE OF OLDER PEOPLE

RECOGNISE IT. REPORT IT. STOP IT.



Scotland

Hourglass

www.wearehourglass.org

**An estimated half million
older people are harmed,
abused and neglected
every day in their own
homes by people they
thought they could trust.**

Who we are

Hourglass Scotland is the only charity in Scotland dedicated to calling time on the harm, abuse and exploitation of older people. We support older people experiencing (or at risk of) harm, abuse or exploitation, and work towards safer ageing and a fairer society for all older people.

We provide a range of services via our Scotland-wide Community Hub, where older people (and those concerned about an older person) can access tailored and comprehensive support and advice around the abuse of older people and safer ageing. Based in Fife, but providing services across the whole of Scotland, we can support with casework, advocacy, information materials and access to our online Knowledge Bank – the UK’s first specialist knowledge bank specifically relating to the abuse of older people and safer ageing.

For those within reach of our Hub in Fife, we also offer a drop-in centre, one-to-one support from volunteers to support with recovery from abuse, and group-based support for older people.

Nationally, we also work to raise awareness of the abuse of older people to encourage those affected to speak up and seek support, and engage in campaigning work to advocate effective prevention and support.

Hourglass Helpline

Hourglass provides the UK’s only dedicated Helpline for those experiencing (or concerned about) the harm, abuse or exploitation of older people. Our Helpline is available Monday to Friday from 9am to 5pm. It’s entirely confidential and free to call from a landline or mobile and will not appear on your phone bill.

OUR HELPLINE NUMBER IS
0808 808 8141

What is domestic abuse?

Domestic abuse can include:

- **Physical abuse**
(e.g. assaults, violent behaviour or physical attacks)
- **Sexual abuse**
(e.g. sexual assault, rape or behaviour which is intended to degrade))
- **Mental or emotional abuse**
(e.g. threats, verbal abuse, racial abuse, withholding money, controlling behaviour, isolation from family and friends)
- **Patterns of any of the above type of abuse**, as well as controlling, coercive, threatening, or degrading behaviour

In Scotland, the law sees domestic abuse as any of the above behaviours which are committed by partners or ex-partners. However, this doesn't mean that other family members, such as children or siblings, don't commit these behaviours. Abuse by other family members does happen, but the way in which victims access help can be different, and there are different legal protections. If you are being abused by a partner or ex-partner, you can get help from the police or a domestic abuse support group. If you are being abused by someone else, you may be able to get help from your local council (through the adult support and protection team), and you can also report to the police if it is a criminal matter.

Coercive control

Coercive control is when someone you know (a member of your family, or a partner) behaves in a way that makes you feel controlled, distressed, afraid, dependant or isolated. This person makes you do things you don't want to do, might control your money, belittle you, prevent you from seeing other family members or friends and threaten to hurt or kill you.

Who Is At Risk Of Domestic Abuse?

Anyone can be affected by domestic violence and abuse. It occurs right across society, regardless of age, gender, race, ethnic or religious group, sexual orientation, wealth, disability or geography.



Possible Signs Of Domestic Abuse

Victims of domestic abuse may:

- Often have injuries or bruises with unexplained causes.
- Have limited access to money or credit and debit cards.
- Wear clothing that attempts to hide or cover up visible injuries.
- Seem afraid of or anxious around a particular family member.
- Restrict their contact with family members or friends or rarely go out alone.
- Mention a family member's temper or possessiveness or controlling manner.
- Have low self-esteem, seem depressed or suddenly become very withdrawn.

Is domestic abuse different for older people?

Research has identified different categories of domestic abuse in the older population:

- 'Domestic abuse' grown old - when domestic abuse started earlier in life and persists into older age.
- Later life relationships which become abusive.
- Late onset domestic abuse.
- Illness-related abuse.

"Domestic violence is seen as a problem for younger women, so older women presenting to services may be more invisible than their younger counterparts.... Like younger women, older women need choices in services and supports, and the current system provides few of these".

'... and for 39 years I got on with it...' (Older women and domestic violence in Scotland, 2004)

'... and for 39 years
I got on with it...'



Many victims will try to cover up the signs of abuse, or minimise what has happened to them.

It is still domestic abuse if:

- There is no physical violence. Emotional, verbal and financial abuse are used to control victims, and are equally distressing and damaging.
- The physical violence seems minor compared to what you've read about or seen on TV.
- Things are 'better' when you give in to unreasonable demands and allow your life to be controlled by the abuser.

“They threatened that if I didn't sign, I'd never see my grandchildren again”



What You Can Do

Domestic abuse can happen to anyone. If you are being abused you need to know that:

- It is not your fault.
- You don't deserve to be harmed or abused in any way.
- You have a right to live without fear or intimidation.
- You have the right to safe, healthy relationships, and to have control over your own life.

If you need help, advice or protection, you can:

- Call the police if you are in immediate danger.
- Contact your local council 'adult support and protection' team if you need support to keep safe.
- Refer to the Hourglass Scotland booklet 'Keeping safe from harm and abuse'.
- For more information contact a local domestic abuse support group.
- Find about your rights from your local citizens advice bureau or Citizens Advice Scotland.
- Speak to your GP or another health professional.

"I was
brainwashed into
thinking no one
would believe me"



Support for black and minority ethnic (BME) groups

BME groups may experience specific issues in relation to harm and abuse, and some people may find it harder to access information and support due to language or cultural difficulties. For some ethnic groups, a traditional reliance on family can leave them particularly vulnerable to various types of harm and abuse.

Trust Housing Association run an Equality, Diversity and Inclusion Programme for older people which offers leaflets on elder abuse in various languages, including:

- Chinese
- Punjabi
- Bengali
- Arabi
- Urdu
- Hindi

You can download the booklets at www.equalityscotland.com or call them on **0131 444 4942** to request one.



Organisations who can help

SUPPORT ORGANISATIONS

Abused men in Scotland (AMIS) helpline

A national organisation dedicated to supporting men who are experiencing, or who have experienced, domestic abuse.

Helpline: 0808 800 0024
Email: contact@amis.org.uk
Website: www.abusedmeninscotland.org

Hourglass Scotland

A specialist organisation that focuses exclusively on the abuse of older people. If you phone this number it will not appear on your telephone bill.

Helpline: 080 8808 8141
Email: scotland@wearehourglass.org
Website: www.wearehourglass.scot

Alzheimer Scotland 24 hour Dementia helpline

A service for people with dementia, carers, relatives, professionals, and anyone concerned about dementia.

Helpline: 0808 808 3000
Email: info@alzscot.org
Website: www.alzscot.org

Carers Scotland Advice Line

A helpline to support people who care for an elderly, sick or disabled family member or friend.

Helpline: 0808 808 7777
Email: advice@carersuk.org
Website: www.carersuk.org/scotland

Citizens Advice Bureau

Call Citizens Advice Direct or visit the Citizens Advice Scotland website to find your local bureau.

Helpline: 0808 800 9060
Website: www.cas.org.uk/bureaux

Money Advice Service

A free and impartial service to help people manage their finances directly, and make the most of their money.

Helpline: 0800 138 7777
Website: www.moneyadvice.service.org.uk

Scottish Domestic Abuse Helpline

Telephone information and support to anyone affected by domestic abuse or forced marriage. It is open 24 hours a day 365 days a year.

Helpline: 0800 027 1234

Silver Line Scotland helpline

A confidential, freephone helpline for older people, available every day of the year. It provides information, friendship & advice to older people and those seeking advice on how best to support older friends and family.

Helpline: 0800 4 70 80 90
Website: www.thesilverline.org.uk

Trust Housing Association (THA)

THA's Equality, Diversity and Inclusion Programme offer a range of support and information for older people from black and minority ethnic backgrounds.

Tel: 0131 444 1200
Website: www.equalityscotland.com

Victim Support Scotland

Provides support and information services to victims and witnesses of crime.

Helpline: 0800 160 1985
Website: www.victimsupportsco.org.uk

Women's Aid helpline

A national charity working to end domestic violence against women and children.

Helpline: 0808 2000 247
Email: helpline@womensaid.org.uk
Website: www.womensaid.org.uk

STATUTORY SERVICES

Council Social work departments

Look in the phone book/internet or call Hourglass Scotland or Silver Line Scotland who can find the number for you.

Police Scotland

Emergency calls: 999

Non-emergency calls: 101

Regulatory bodies

The Care Inspectorate

Regulates and inspects care services in Scotland to make sure that they meet the right standards.

Tel: 0345 600 9527

Email: enquiries@careinspectorate.com

Website: www.careinspectorate.com

The Mental Welfare Commission

Protects and promote the human rights of people with mental health problems, learning disabilities, dementia and related conditions.

Advice line: 0800 389 6809

Email: enquiries@mwscot.org.uk

Website: www.mwscot.org.uk

Scottish Social Services Council (SSSC)

Registers and regulates key groups of social service workers, promote and regulate education and training.

Tel: 0345 60 30 891

Website: www.sssc.uk.com

Office of the Public Guardian (Scotland)

Supervises those individuals who have been appointed to manage the financial or property affairs of adults who lack the capacity to do so for themselves.

Tel: 01324 678300

Email: opg@scotcourts.gov.uk

Website: www.publicguardian-scotland.gov.uk

How Hourglass can support you

Hourglass is the only UK-wide charity dedicated to stopping the harm, abuse and exploitation of older people and promote safer ageing.

The Hourglass confidential helpline provides information and support to anyone concerned about harm, abuse or exploitation of an older person. This might include physical, financial, psychological, sexual or neglect.

The helpline is available in England, Wales, Scotland and Northern Ireland to provide a tailored service to callers from across the UK. Our trained Information Officers can provide information, advice and support and put you in touch with appropriate local agencies.

Our Helpline is available from 9am to 5pm every Monday to Friday, offering:

- support for older people who have experienced, or are at risk of, any kind of harm, abuse or exploitation.
- support for anyone concerned about an older person, e.g family, friends, neighbours, carers or health professionals, etc.
- information and advice relating to safer ageing and prevention.

The Hourglass helpline is entirely confidential, free to call from a landline or mobile, and the number won't appear on the phone bill.

0808 808 8141

“I only found out he'd taken my car when the police came around after the accident.”





Hourglass

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You can contact us in many ways:

24/7 Helpline: 0808 808 8141

Our helpline is entirely confidential and free to call from a landline or mobile, and the number will not appear on your phone bill.

Text message: 07860 052906

Texts from outside the UK will be charged at their standard international rate which will differ depending on location and service charges of your phone provider. The number will appear on your bill and in your phone records but will not be identified as Hourglass.

INSTANT MESSAGING service: www.wearehourglass.org

Get information from our CHATBOT - www.wearehourglass.org

Get information from our KNOWLEDGE BANK - knowledgebank.wearehourglass.org

Email: helpline@wearehourglass.org

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