



Hourglass

Safer ageing · Stopping abuse
Northern Ireland

RECOGNISING & RESPONDING TO DOMESTIC ABUSE OF OLDER PEOPLE

DOMESTIC ABUSE IS A CRIME.
RECOGNISE IT. REPORT IT. STOP IT.



Northern Ireland

Hourglass

www.wearehourglass.org

Who We Are

Hourglass Northern Ireland is dedicated to calling time on the harm and abuse of older people. At Hourglass and through our helpline, we work for safer ageing and a fairer society.

Hourglass Helpline

One key way we address the abuse of older people is through our unique and confidential helpline. The helpline supports those experiencing or concerned about the abuse of older people.

OUR HELPLINE NUMBER IS

0808 808 8141

Domestic abuse is:

Domestic abuse, or domestic violence, is any incident of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members, regardless of their gender or sexuality.

Domestic abuse and the abuse of older people are coinciding concepts. An incident of domestic violence may constitute the abuse of an older person and visa-versa. Therefore the signs of abuse can be seen in acts of financial, psychological, sexual and physical abuse as well as neglect.

Domestic violence and abuse is a pattern of behaviour where the abuser exercises control and misuses power over another person. It is usually frequent and persistent.

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.

Who Abuses?

Domestic abuse is perpetrated by someone close to the victim and can be any family member including sons, daughters, spouses or life partners, grandchildren or any other person who has a close relationship with the victim.



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.


“The physical abuse ended, but the emotional and psychological abuse continued for 14 years after our divorce”



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 are in immediate danger you should call the PSNI on 999.



“I was
brainwashed into
thinking no one
would believe me”

Talk About What Is Happening

If it is safe for you to do so, talk to someone you know you can trust. Sometimes just speaking about domestic abuse can help you to decide what to do about it. If you don't want to speak to someone close to you, or if talking to a relative or friend might increase your risk, you can call the Hourglass Helpline

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Talking to us will cost you nothing. Not talking could cost you a lot.

“It's a family matter, I thought no-one wanted to hear about it and I found it hard to talk about”.





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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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