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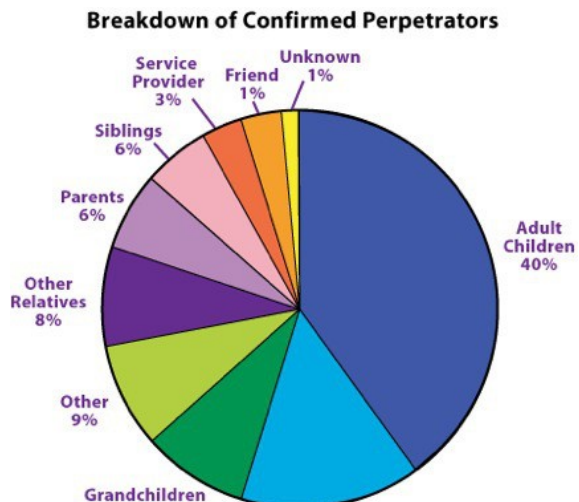


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Elder Abuse an Unfortunate Reality

Whatever happened to “respect and honor your elders?” A lost thought among the younger generations. As older adults become more physically frail, they are less able to take care of themselves, stand up for themselves, or fight back if attacked. We used to be taught to respect and honor our elders; but unfortunately, this way of thinking has fallen by the wayside resulting in a practice termed "Elder Abuse".

Elder abuse is the mistreatment of an elderly person by the people who are responsible for their care. Mental or physical ailments can make them difficult companions for those that live with them, and they may not see, hear, or think as clearly as they used to; leaving room for people to take advantage of them. Elderly women are targeted more often than men, but men can be taken advantage of also. Likely targets are older people who have no family or friends nearby, as well as people with disabilities, memory problems, or dementia. Elder abuse tends to take place where the senior lives; their abusers are often adult children, other family members such as grandchildren, spouse, or partner. It can also occur in institutional settings, such as long term care facilities or assisted living facilities.



Elder abuse comes in different forms; the following are examples:

- ~ Physical abuse
- ~ Emotional abuse
- ~ Sexual abuse
- ~ Neglect
- ~ Financial Exploitation



If you see warning signs of these abuse, please refer to this [article](#) for a detailed outline of warning signs for each type of abuse. To summarize, some of the signs are: unexplained bruises, burns and injuries, bed sores and poor hygiene; appearing withdrawn, agitated, and depressed, or there may be a sudden change in the person's financial situation.

There are many available resources you can use to help others who might be experiencing elder abuses; so take action today! Here a list of several organizations that manage reports of elder abuse:

- Administration for Community Living has a National Center on Elder Abuse where you can learn about how to report abuse, where to get help, and State laws that deal with abuse and neglect
- [National Center on Elder Abuse](#)
- [Eldercare Locator](#), call weekdays at 800-677-1116

Email us topics or specific questions that you would like us to cover.

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The following websites were referenced for this article:

<https://www.helpguide.org/articles/abuse/elder-abuse-and-neglect.htm>

<https://medlineplus.gov/elderabuse.html>

<https://www.nia.nih.gov/health/elder-abuse>



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