

HOW TO PROTECT YOURSELF

- Tell Someone
- Don't be ashamed to ask for help
- Develop a safety plan
- Call the police, this is a crime
- The abuser needs help
- Join a support group to gain strength from others
- Talk to your doctor
- Call a crisis hotline 866-854-3594

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**If you do not call out
who will open the door?**
(An African Proverb)

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REACH HUMAN OPTIONS

24-Hour Toll Free Hotline:
(877) 854-3594
Business Phone: (949) 737-5242

**Safe Options for Seniors:
949-737-5242 x 216**

5540 Trabuco Road
Irvine, CA 92620
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Mission Statement

To help battered women, their families and our community break the cycle of domestic violence.

Human Options, Inc. is an equal opportunity employer

SAFE OPTIONS FOR SENIORS

Preventing Family Violence in Later Life



HUMAN OPTIONS
RESTORING HOPE. REBUILDING LIVES.
Helping battered women and their families.

**24-HOUR TOLL FREE HOTLINE
(877) 854-3594**

ABOUT SAFE OPTIONS FOR SENIORS

Human Options recognizes that abuse can happen to any one at any age. Violence against people over the age of 50 by family members is a serious problem. Safe Options for Seniors provides services appropriate to the needs of this age group. Caring and confidentiality are always maintained in this program.

PROGRAM SERVICES

- Learn communication skills
- Stress reduction
- Help with expressing emotions
- Counseling
- Safety Planning
- Support Groups
- Referrals to other services
- Community Education

SOME OF THE WAYS FAMILY MEMBERS CAN HURT US

- Control what we do
- Tell us who we can see
- Keep us from going places
- Threaten to leave us
- Tell us they will put us in a nursing home
- Call us names
- Steal money from us
- Hurt our pets
- Burn us or choke us

WILL THE ABUSE STOP BY ITSELF?

Most abuse gets worse over time without outside help.

WHO ARE THE ABUSERS?

- Spouses/domestic partners
- Adult children
- Other family members
- Caregivers

Restoring Hope. Rebuilding Lives.

WHAT IS FAMILY VIOLENCE IN LATER LIFE?

Physical Abuse: Hitting, slapping, shoving, kicking, strangling, not allowing you to leave home, using weapons or objects to injure you.

Verbal and Mental Abuse: Yelling at you, threats, telling you what you can and cannot do, name calling, isolating you.

Sexual Abuse: Unwanted touching, forcing sexual acts, refusing to practice safe-sex.

Property or Economic Abuse: Stealing or destroying personal belongings, hurting pets, taking money, withholding basic needs such as food and clothing, prescriptions and medical care.