

# 保護長者

## 免受身體虐待

Protecting Elders Against Physical Abuse

### What is physical abuse?

- **Physical abuse is a physical injury or suffering to an elder inflicted non-accidentally or due to the lack of preventive measures.**
- Examples include acts of slapping, pushing, punching and kicking, and attack with an object or weapon, causing physical injury to an elder.

### What are the indicators of physical abuse of an elder?

- There are injuries to the elder's various parts of the body, which do not appear to be caused by accident:
  - obvious wounds/bruises on several surfaces of the body
  - sprains, dislocation of joints and fractures
  - burns/scalds
  - bruises with marks of fingers, palm and cane
  - laceration
  - internal injuries
- The elder being abused may exhibit unusual behaviour, such as having uncommon wounds but being unwilling to receive medical examination and treatment, saying things that are inconsistent, frequent wandering around until late at night, in a low mood, becoming depressed, passive, or being absent without reason from activities in which he/she used to participate.

The behaviours or signs listed above are not necessarily evidence of elder abuse. However, if these indicators appear, we should be alerted and pay more attention to the elders concerned. Early assistance of professionals (such as social workers and medical personnel) should be sought where necessary.

### What effects does elder abuse bring?

- **On elders:** Apart from physical injuries, they will suffer from considerable emotional disturbance, which, at worst, may develop into depression.
- **On abusers:** The abuser may be prosecuted for criminal offence.
- **On family members:** If the abuser is one of the family members, the abusive acts will affect the emotion and daily life of the whole family. Other family members will be in a dilemma, feeling helpless and guilty for being unable to handle the situation.
- **On young family members:** Acts of the adults abusing the elders will set a bad example to their children and young family members.

### How to seek assistance?

- Persons in need of assistance may approach District Elderly Community Centres, Family Services Centres/Integrated Family Service Centres in respective districts. Telephone numbers for enquiries and addresses of these centres are available on the Social Welfare Department website at <http://www.info.gov.hk/swd>.
- If the abused elder is receiving other social services, he/she may seek assistance from the social workers of the service unit concerned, who may arrange referrals where necessary.
- **Social Welfare Department Hotline: 2343 2255**
- **Caritas Family Crisis Support Centre Hotline: 18288**

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### 何謂身體虐待？

- **身體虐待是指對長者造成身體傷害或痛苦，而這些傷害乃非意外或由於沒有提供任何預防措施所引致的。**
- 例如：掌摑、推撞、拳打腳踢、以物件或武器襲擊，令長者身體受傷害。

### 怎樣可留意到長者被身體虐待？

- 長者身體上有下列損傷，似乎並非意外造成
  - 身體有多處明顯的傷痕/瘀痕
  - 扭傷、脫臼、骨折
  - 燒傷/燙傷
  - 有手指印、掌印及藤條印
  - 肌肉撕裂
  - 內臟受傷

- 長者往往會有異於平常的行為表現，例如身上有不尋常的損傷，但又不願接受檢驗及治療、說話前後矛盾、經常到處遊蕩到深夜、情緒低落、抑鬱或變得被動，又或平日經常參加活動的，突然常常無故缺席。

以上所列的行為或跡象，並非一定是虐待長者的證據，但當這些表徵出現時，大家應提高警覺，多關注長者的情況，如有需要，盡快尋求專業人士（例如社工、醫護人員）協助。

### 虐待長者有甚麼後果？

- **對長者：**不只是身體受到傷害，他們的情緒亦會受到一定的影響，嚴重的可能會引致抑鬱症。
- **對施虐者：**施虐者可能會因觸犯刑事法例而被起訴。
- **對家人：**若施虐者是家人，施虐行為令全家人的情緒及日常生活受到影響，其他家庭成員會感到左右為難，無助之餘亦因無法處理而感到內疚。
- **對年幼的家庭成員：**成年人虐待長者會給年幼家庭成員和子女樹立壞榜樣。

### 如何求助？

- 可聯絡各區長者地區中心及家庭服務中心/綜合家庭服務中心，各中心的查詢電話及地址可參考社會福利署網頁：  
<http://www.info.gov.hk/swd>
- 如被虐長者正接受其他社會服務，可向該服務單位社工求助。如有需要，該服務單位社工可安排轉介。
- **社會福利署熱線：2343 2255**
- **明愛向晴熱線：18288**