

“She was very clever to only hurt me in places where the bruises wouldn’t show...”

“I believed him when he said it would be easier for him to take over my financial affairs and I trusted him. I feel so sad that the trust has been broken and I have been left with nothing.”

“I know the staff are busy but I find it really difficult to feed myself anymore and there are days when I eat hardly anything.”

“My husband has always been a bully but now I can’t walk away when he starts shouting and telling me how useless I am...”

If you would like to talk to a counsellor or make a referral, contact us at: **029 2052 1125**

A confidential answer-machine is available for messages when no one is in the office to take your call.

Funded by
**COMIC
RELIEF**

AGE
Concern

91 - 93 Caerphilly Road,
Cardiff CF14 4AE



Age Concern Counselling Service for ill-treated people aged 50 plus

Our mission is to improve the well-being of older people who have experienced or are experiencing ill-treatment

029 2052 1125

Action on Elder Abuse defines abuse as:

A single or repeated act or lack of appropriate action occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.

Types of ill-treatment

- Physical
- Emotional
- Financial
- Sexual
- Neglect



The Age Concern Counselling Service gives people aged 50 plus who are being or have been ill-treated, the opportunity to talk in confidence with a trained counsellor about their experience and their feelings.

In general, counselling is a **confidential** activity and things discussed in a counselling session are kept between the client and the counsellor. There are however exceptions to this. When it is necessary by law or if the client's experience is in the public interest, the counsellor may need to break confidentiality.

After an initial visit, counselling sessions will be arranged at the mutual convenience of the client and the counsellor. These are **usually on a weekly basis for an hour at a time**. The Counselling session can take place in the **person's home or elsewhere** if preferred. The service is offered free of charge however donations are much appreciated.

Referrals to the service can be made by professional staff e.g. social workers, doctors, nurses, police, care staff, voluntary organisations or older people who are being ill-treated.