

## AWARENESS FOR ELDER SENIOR CITIZENS

Sign that show they are facing domestic violence:

- Bruises or broken bones (excuses of frequent falls) could be an indication of physical abuse or mistreatment.
- The senior citizen is suddenly withdrawn, doesn't wish to do regular activities or seems depressed.
- Bedsores, poor hygiene, and sudden weight loss.
- Changes in a senior citizen's personality or behaviour could indicate an unhappy situation.

### How to help:

- **Report it to the jurisdictional police station:** The very first step is to make the jurisdictional police aware of the abuse is by filing a written complaint. Those who cannot write are required to verbally inform it to the station house officers who can pen it down for them and get their thumb impression. Oral complaints are not adequate as they can lead to confusion in future.
- **File a First Investigation Report (FIR) in case of an admissible offence, assault or an injury:** In case a senior is hurt and reports an admissible offence, an assault or an injury to the police station, the cops must register an FIR and investigate whether the report is genuine and gauge the intensity of the complaint.
- **Obtain a wound certificate from a government hospital:** Once the cops investigate and find the complaint to be genuine, they must take the senior to a government hospital for medical examination. Following this, the abused senior citizen will be provided with a wound certificate, based on which the cops will file a charge-sheet against the accused. The case will thereby go on to the magistrate court or others and the legal discourse will be followed.
- **Approach the helplines:** The seniors may also use the Elders Helpline in their respective cities and seek help from the coordinators to file a petition to report abuse. The

counsellors first listen to the case to see if it is genuine. When found true, a written complaint is registered by the Helpline, and a notice is sent to the perpetrator through the police. Following this, the Helpline tries to create a platform of dialogue between the two parties to resolve the dispute amicably. For property-related abuse, the legal experts at the Helpline advise them towards a settlement.

### **HELPLINE NO. FOR ELDER**

HelpAge India runs a Toll-Free Elder Helpline all across India offering assistance to elders in need, the no. is 1800-180-1253.

DELHI DADA DADI HELP FOUNDATION NO. - 9212717171, 9212050505, 26260777

DIGNITY FOUNDATION: 022-61381111

DELHI SENIOR CITIZEN HELPLINE: 1291

