

## Where can I get more information?

If you have any questions about the program, please contact:

Older Battered Women's Program  
Greater Lynn Senior Services

781-599-0110  
Toll free 1-800-594-5164  
TDD 781-477-9632

E-mail: [info@glss.net](mailto:info@glss.net)  
Web site: [www.glss.net](http://www.glss.net)

If you'd like to make a referral to the program, call Information and Referral:  
781-599-0110

24-hour help is also available toll-free, from the Massachusetts Office of Elder Affairs:  
1-800-922-2275  
Domestic Violence Hotline:  
1-877-785-2020

Also available for consultation:  
The HAWC Hotline  
978-744-6841



Special thanks to the Massachusetts Older Women & Domestic Violence Prevention Project.

GLSS values diversity and provides services and employment to all members of the community without regard for race, color, national origin, age, sexual orientation, disability, religion or gender.

Although many of our programs are funded in whole or in part by the Massachusetts Executive Office of Elder Affairs and the United States Administration on Aging, we depend on and welcome community support to help us meet the needs of local elders.

## Services available through GLSS:

- **Information and referral.** With one phone call, you can find the answers to many questions.
- **Help in your home.** Help with personal care, chores and more...to help you maintain your independence.
- **Meals.** Tasty, nutritious, affordable. Served at a number of Community Cafés or delivered to your home by Meals on Wheels.
- **Transportation.** Rides door-to-door, to medical appointments for people 60 and older; or to anywhere for anyone with a disability.
- **Housing.** Each year, GLSS finds safe and affordable housing for elders, including many who have lost their homes.
- **Protection for elders.** We investigate and intervene in instances of elder abuse and neglect. GLSS also regularly visits every area nursing and rest home.

**One number for everything:  
Call GLSS at 781-599-0110**

*We'll listen. We'll help.*

### Credits

This program was partially supported by MOVA through the 1984 VOCA grant from the Office for Victims of Crime, Office of Justice Programs, and U. S. Department of Justice.

All services are free and confidential.

The Older Battered Women's Program is a joint effort between GLSS, Help for Abused Women and Their Children (HAWC) of Salem, and Neighborhood Legal Services of Lynn.

*Confidential counseling, legal assistance,  
a friend.*



# Real help for abused women 50 and older

**Older Battered Women's  
Program**

**Helping women throughout the North Shore**

# Are you a woman 50 or older who has experienced abuse? You're not alone. We can help.



## What we can do for you

We can provide you with...

- Support, education, and advocacy
- One-on-one confidential counseling
- Group counseling: You're not alone, and you can learn a lot from other women who are traveling the same road
- Legal assistance, both to protect you and to make sure your interest and assets are protected
- Links to many other services from GLSS and its partner agencies, to help you live safely and independently in the community
- Safe, short-term emergency shelter.

## Other things we do

- Provide in-home support services
- Arrange translation services if an abused older woman is not comfortable speaking English
- Provide outreach into the community, to help prevent or end domestic violence among older women
- Provide education for health professionals, the police, and counselors, to help them spot older abused women and provide referrals.

**Older abused women are different. Is this you or someone you know?**

An older abused woman may...

- Be harder to spot than a younger abused woman, since the abuse may not be physical
- Be more isolated than a younger woman due to lack of transportation and/or health problems
- Be in a very long-term, abusive relationship and think she will risk serious financial hardship if she leaves her abuser
- Feel uncomfortable going to anyone for help
- Fear that a nursing home is her only option if she leaves her abuser.

**The Older Battered Women's Program:  
Why we exist and who we are**

Domestic violence against older women is devastating to the victim, robbing her of health, dignity, and sometimes her life.

Older women suffer physical, sexual, emotional and financial abuse at the hands of spouses or partners just as younger women do.

Yet, many times, older women are not aware that they can or should seek help.

And sometimes the professionals and agencies to whom they turn may not be aware of the many resources available to meet the sensitive needs of older abused women.

The Older Battered Women's Program is an effort by several agencies to provide specialized services for older women who are victims of partner abuse.

Through outreach and education, the program also tries to increase public and professional awareness about the problem of domestic violence against older women.

## *How we help*

"I left my husband 10 years ago when I was 70. When my counselor suggested I attend this group I didn't think I needed it, but boy was I wrong. It's made a big difference in my life. I was never able to talk about it (the abuse) before. Maybe that's why I felt depressed and cried all the time. I'm so much better now."

"When my husband was in the hospital, the nurse saw how he treated me because I was there all the time. One day, she took me aside and told me that I did not have to put up with that abuse. I never thought of it as abuse before that. She told me about this program, and it has helped me so much."

"I learn a lot in this group. I learn about the law, my rights. What my options are."

