

## Recognizing Abusive Behaviors

Sometimes a provider, family member (including a child), or friend steps over the line and becomes abusive.

In California, abusing a child, a person over 65, or anyone between the ages of 18 and 64 who has physical or mental limitations, is a crime punishable by law.

Abuse can occur in many ways, including physical or sexual abuse, financial abuse, neglect, and psychological abuse or intimidation. Here are some examples of abuse:

- Being slapped, hit, choked, pinched, kicked, shoved, raped, or molested.
- Being constantly yelled at, threatened with bodily harm, or threatened to be left alone.
- Being left alone by a care provider when you cannot get necessary food, water, clothing, shelter, or health care.
- Being kept from getting mail, telephone calls, or visitors; or prevented from leaving your home without good reason.
- Having money, property, or items of value being taken by force or without your approval.
- Being neglected by someone who should be providing care, food, or water.

## Report Abuse!

If you are being abused, even by a family member, you should get help right away by contacting:

- 911
- Adult Protective Services (APS) at the California APS Hotline: (833) 401-0832

**For more information, contact your local county IHSS office.**