

## Mental Health Treatment for Older Adults

### What is elder abuse & mistreatment?

Intentional or neglectful acts by someone you know or trust.

- **Emotional:** someone making you feel threatened or shameful
- **Financial:** using your money against your wishes or forcing to sign documents
- **Physical:** being touched in ways that are unwanted or cause injury
- **Sexual:** being forced to do sexual acts that are unwanted
- **Neglect:** being prevented from receiving care, medication, or aides

### Common reactions to trauma:

Abuse is not only painful in the moment, but it also can have lasting effects, including:

- **Depression:** feelings of hopelessness, sadness, shame or guilt
- **Anxiety:** a feeling that the worst possible things will happen or excessive worrying
- **Increased stress:** always "on edge," intentionally avoiding other people or certain places
- **Adjustment problems:** distress that leads to a change in your actions and overall well being

### Emotional recovery:

Once abuse has ended, the reactions may differ from person to person. Some people may feel better after a period of time. However, if after a few weeks, a person is still struggling with common reactions to trauma, treatment may be able to help.

### How we can help:

The Elder Abuse Training and Treatment Program offers evidence-based treatment to those struggling with the effects of trauma. All services are free of charge and are available through telehealth.

### Eligibility:

- Have experienced abuse or neglect, or some other traumatic experience, at any point on their lifetime.
- Community-residing adults aged 50 and older
- Resident of South Carolina

If you have questions about treatment options or community-based referrals, please contact us:

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