



## Hitting or kicking someone is physical abuse.

**Physical abuse** also includes using physical force to hurt, intimidate and control another person, and making threats to harm the person.

It can show up as scratches, bruises or wounds, as well as someone appearing withdrawn and scared in front of others.

If you have concerns about yourself, an older person or adult with disability in their family, home or community, **call the NSW Ageing and Disability Abuse Helpline for information, support or to make a report.** Anyone can call, and you can be anonymous.



**1800 628 221**  
(M-F, 9am-5pm)

Visit [adc.nsw.gov.au](http://adc.nsw.gov.au)  
for more info. In an  
emergency call 000.