

## INTIMATE PARTNER VIOLENCE of older women and men (60+)

RECOGNIZE IT – NAME IT – BE A GUIDE  
to the support system!

Manual for a training program for volunteer guides



## What to expect

We are pleased that you have taken an interest in the topic and the training course "Intimate partner violence in relationships of older women and men (60+)!"

This Manual provides you with a practical guidance relating to the implementation of the training course in your organizations' volunteer-guide-program.

The following chapters, you will find information

- regarding the background of the research project on which this training course is based (chapter I)
- on the phenomenon of intimate partner violence (IPV) in relationships of the elderly (60+) and the approach of this training concept (chapter II)
- on the requirements and recommendations as a prerequisite for the implementation of the training course (chapter III)
- required to implement the training course. It includes the schedule of the individual modules (chapter IV)
- on debriefing and follow up after the end of the course (chapter V).

This brochure is an abbreviated version translated from German. We have made cuts in chapters II and IV in particular. The German-language original version also contains additional training material in the appendix.

**German Version: [https://www.hs-rm.de/fileadmin/Home/Fachbereiche/Sozialwesen/Forschungsprofil/Manual\\_Qualifizierung\\_HiGPAe\\_2019\\_web.pdf](https://www.hs-rm.de/fileadmin/Home/Fachbereiche/Sozialwesen/Forschungsprofil/Manual_Qualifizierung_HiGPAe_2019_web.pdf)**

## I Introduction

### *Background*

This Manual is primarily aimed at coordinators of volunteer guide programs in the senior, health and integration area as well as other interested persons. The training course is specifically developed to provide training for the target group of volunteer guides on the topic of intimate partner violence of older women and men (60+).

The training course was developed within the framework of the Project "Low-threshold support services regarding intimate partner violence of older women and men". The German Federal Ministry of Education and Research (BMBF) funded the Project (funding guidelines „Soziale Innovationen für Lebensqualität im Alter“, SILQUA-FH). The Project started January 2017 and concluded December 2018.

As a research project in the field of applied social sciences, we cooperated with local project partners from the healthcare sector, support services for gender-based violence and social work for senior citizens. The curriculum of the training course was developed in an intense process on a participatory-dialogue basis. The training course was then carried out with three local partners who run volunteer-guides-programs (two senior citizen programs, one intercultural health education program).<sup>1</sup> The courses were adapted to the local conditions, specific profiles and target group profiles of the volunteer guides. The evaluation of the training included a written survey of the participants. Points of criticism, suggestions and recommendations were considered and incorporated into the training concept and this manual.

**Further information on the research project is available at:  
[www.hs-rm.de/hilfeansaeetze-bei-gewalt-in-paarbeziehungen-aelterer](http://www.hs-rm.de/hilfeansaeetze-bei-gewalt-in-paarbeziehungen-aelterer)**

## II Intimate partner violence (IPV) of older women and men (60+)

### *Facts and figures*

While violence against older people in a care setting has been less of a taboo and increasingly scandalized since the 2000s in Germany, the phenomenon of intimate partner violence affecting this target group is hardly known to the (professional) public.

However, empirical studies show not only the high level of intimate partner violence against women of reproductive age. According to the findings of the representative study "Life situation, safety and health of women in Germany" (see BMFSFJ 2004a), every fourth woman aged 16 to 85 years has at least once in her life experienced physical and / or sexual violence from her (male) partner. Moreover initial national and various international studies show that intimate partner violence not only continues in old age, but in some cases - due to various

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<sup>1</sup> The Department of health of the city of Frankfurt and, the Senior Service Agencies of the charity organization of the Catholic Church „Caritasverband“ in Offenbach“ and in Darmstadt.

factors, such as retirement, chronic illness, old-age poverty and social isolation – also occurs for the first time in later life. It is often endured by the victims in (life)long relationships for reasons of shame, lack of knowledge and fear (see Nägele et al. 2011). It is true that women aged 60 and over are less likely than younger age groups to suffer severe physical and sexual abuse from their current partner. However, a significantly lower level of violence of this type in the current couple relationship can only be found for the age group of 75 to 85-year-old women (see Schröttle 2008).

To date, there are no reliable statistics in research available in Germany regarding male victims of intimate partner violence in heterosexual relationships and thus knowledge about older men as victims of intimate partner violence is still lacking. A pilot study published in 2004 with 199 respondents on “Violence against men in Germany” (see BMFSFJ 2004b) suggest that men in heterosexual relationships are mainly affected by psychological violence and here mostly by the partner’s behavior, which is perceived as “social control”.

There are also no representative data for Germany on intimate partner violence in same-sex relationships, and accordingly not regarding intimate partner violence affecting older couples in this constellation. International studies have found that physical, sexual and psychological violence in same-sex relationships is comparable to that of women in heterosexual partnerships. In terms of forms, dynamics and consequences, violence in same-sex relationships does not differ significantly (see Rollè et al. 2018)

### ***The social and human costs of intimate partner violence (IPV)***

Violence in all its forms has a strong impact on the well-being and health of those affected and can have a life-shortening effect. The World Health Organization (WHO) describes violence against women as one of the greatest health risks for women worldwide (see WHO 2017). Older victims are equally affected by the severe impact that intimate partner violence has on an autonomous lifestyle and on their physical and mental health. All of these effects accumulate with advancing age: on the one hand, because in addition to the consequences of injuries, chronic illnesses in particular can be the result of the violence experienced over years. On the other hand, existing illnesses can also be exacerbated by violence and at the same time increase dependency on the violent partner (Nägele et al. 2011, p. 292f).

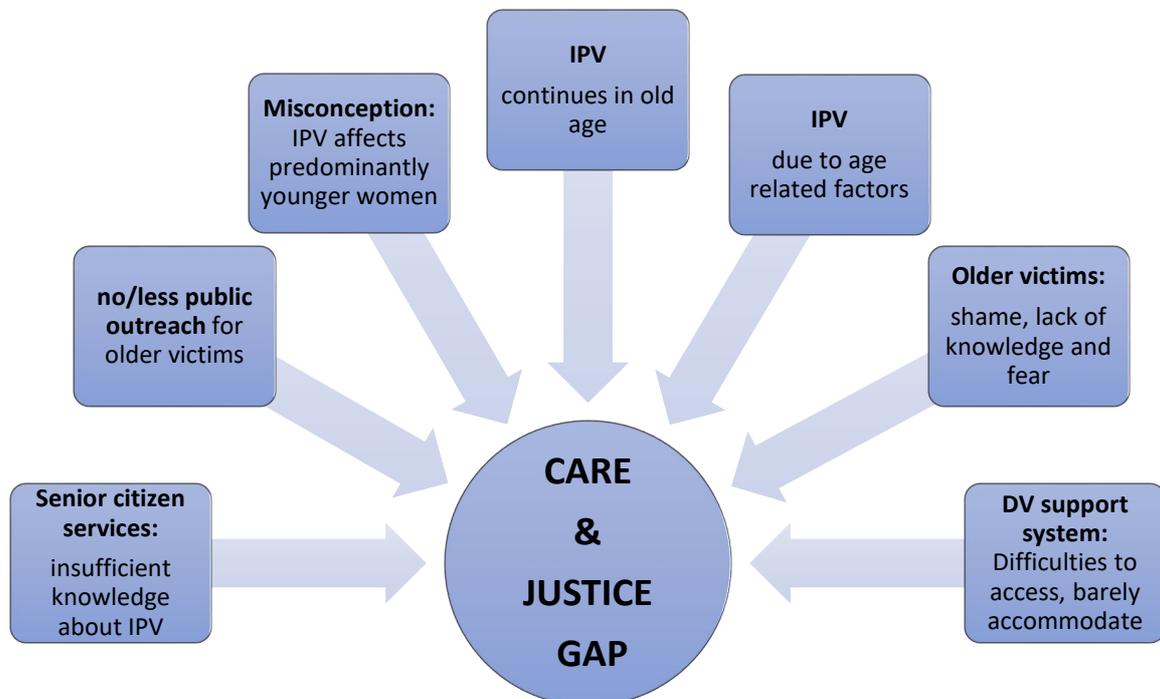
### ***Access to and use of the domestic violence support system***

Intimate partner violence among older people is disregarded in society and highly taboo. It is often assumed that couples who have been together for a long time no longer have violent conflicts. Studies show that older victims of intimate partner violence find it difficult to access or are hardly reached and accommodated by the existing intervention and support systems (see Schröttle 2008). The shame those who are affected feel and societal ignorance are contributing factors. At the same time, there is often a lack of knowledge by older victims of intimate partner violence about existing support services. Furthermore, knowledge about IPV among professionals in the area of senior citizen services is often insufficient. Nevertheless, senior citizens also have a desire for a non-violent life. They often

require a longer counseling period. This can be a challenge to the already overloaded and underfunded domestic violence services (see Nägele et al. 2011).

### **Care gap = Justice gap**

Older people affected by partner violence are a particularly vulnerable group. So far, they are not sufficiently in the focus of society, the domestic violence support system and other important institutions and they require special consideration as well as new approaches and special offers of support (see Kotlenga / Nägele 2013). Among other things, it is recommended to create sufficient low-threshold, longer-term, every day and thematically open, not (domestic) violence specific approaches and services. In addition, there is a need for cooperation between senior citizen services and the domestic violence support system. Furthermore, public relations work should be stepped up to raise awareness on the phenomenon and to publicize the services of the domestic violence support system.



Moreover, this care gap must also be described as a justice gap. Because everyone has the right to a life in dignity, freedom and security and to physical and mental integrity. Intimate partner violence is a violation of these rights and thus a key issue of human rights protection worldwide. And because the majority of the victims of intimate partner violence are women, this is also a matter of protecting human rights for women. In recognition of its responsibility, the Federal Republic of Germany has entered into commitments at international and supranational level to combat intimate partner violence, to protect and support those affected by violence and to prosecute perpetrators. Most recently through the ratification of

the Istanbul Convention (Council of Europe 2011), which is binding under international law and came into force in Germany in February 2018. With this step, the Federal Republic committed itself under international law to "do everything at all levels of the state to combat violence against women, to offer protection and support to those affected, and to prevent violence" (BMFSFJ 2018). Existing gaps in the prevention and care of those affected by (intimate partner) violence must be closed. Additionally needs based and accessible counselling and protection services must be further developed. This also applies even more to older people affected by intimate partner violence.

### *A new approach: volunteer guides?*

Our research project addresses this care and justice gap and takes up the demands for low-threshold, longer-term, every day and not (domestic) violence specific approaches. We therefore examined whether it would be easier to reach the elderly by means of already existing specially trained volunteer guides, thus making it easier for those affected by intimate partner violence to access domestic violence support services. Volunteer guide programs in Germany are based in social service agencies and are aimed at addressing everyday problems. The volunteers are coordinated and supported by qualified professionals of staff of their respective institutions. Volunteer guides act as door opener and bridge builder for mostly difficult-to-reach and underserved target groups. The intention is to provide long-term, continuous and reliable contacts. These volunteer guides are mostly to find in the areas of senior citizen services, integration work, as well as in the health and education sector. Especially in the area of senior citizen services, this approach is often used and is characterized by regular and varied contacts with the target group and their function as information, knowledge and support mediators for example in the form of "Consultation hours" and information events.

Precisely because psychological, physical and sexualized intimate partner violence is a mostly taboo topic for older people and very much surrounded by shame, we adapted this not explicitly violence-related and thematically open, low-threshold support approach of volunteer or semi-professional volunteer guides to the problem of violence in intimate relationships. A prerequisite for such a bridging function to the domestic violence support system is to make the volunteer guides more aware of the phenomenon and to impart knowledge about the prevalence, forms and consequences of intimate partner violence. Further to impart knowledge of the local support services and how potential victims can and should be addressed. Therefore, the concept of the training program focuses on the question: what do volunteer guides need to **know**, what should they be **able** to do and how can they be encouraged to **want** to use their knowledge and skills?

## References:

Bundesministerium für Familie, Senioren, Frauen und Jugend BMFSFJ (Hrsg.) (2004a): Lebenssituation, Sicherheit und Gesundheit von Frauen in Deutschland. Eine repräsentative Untersuchung zu Gewalt gegen Frauen in Deutschland. Berlin

Bundesministerium für Familie, Senioren, Frauen und Jugend BMFSFJ (Hrsg.) (2004b): Gewalt gegen Männer in Deutschland. Personale Gewaltwiderfahrnisse von Männern in Deutschland. Pilotstudie. Berlin

Bundesministerium für Familie, Senioren, Frauen und Jugend BMFSFJ (2018): Konvention zum besseren Schutz von Frauen vor Gewalt in Kraft getreten (<https://www.bmfsfj.de/bmfsfj/konvention-zum-besseren-schutz-von-frauen-vor-gewalt-in-kraftgetreten/121718>)

Council of Europe: Convention on preventing and combating violence against women and domestic violence (Istanbul Convention) (<https://rm.coe.int/CoERMPublicCommonSearchServices/DisplayDCTMContent?documentId=090000168008482e>)

Kotlenga, Sandra/Nägele, Barbara (2013): Es ist nie zu spät. Gewalterfahrungen älterer Frauen durch Partner und Ex-Partner. Informationen für die Beratungspraxis, Göttingen

Nägele, Barbara/Böhm, Urte/Görgen, Thomas/Kotlenga, Sandra/Petermann, Fanny (2011): Partnergewalt gegen ältere Frauen. Münster und Göttingen

Rollè, Luca et al., (2018): When Intimate Partner Violence Meets Same Sex Couples: A Review of Same Sex Intimate Partner Violence. *Front. Psychol.* 9:1506. doi: 10.3389/fpsyg.2018.01506

Schrötte, Monika (2008): Gewalt gegen Frauen in Paarbeziehungen. Eine sekundäranalytische Auswertung von Schweregraden, Mustern, Risikofaktoren und Unterstützung nach erlebter Gewalt. Hrsg. vom Bundesministerium für Familie, Senioren, Frauen und Jugend, Berlin.

WHO (2017): Violence against Women ([www.who.int/en/news-room/factsheets/detail/violenceagainst-women](http://www.who.int/en/news-room/factsheets/detail/violenceagainst-women))

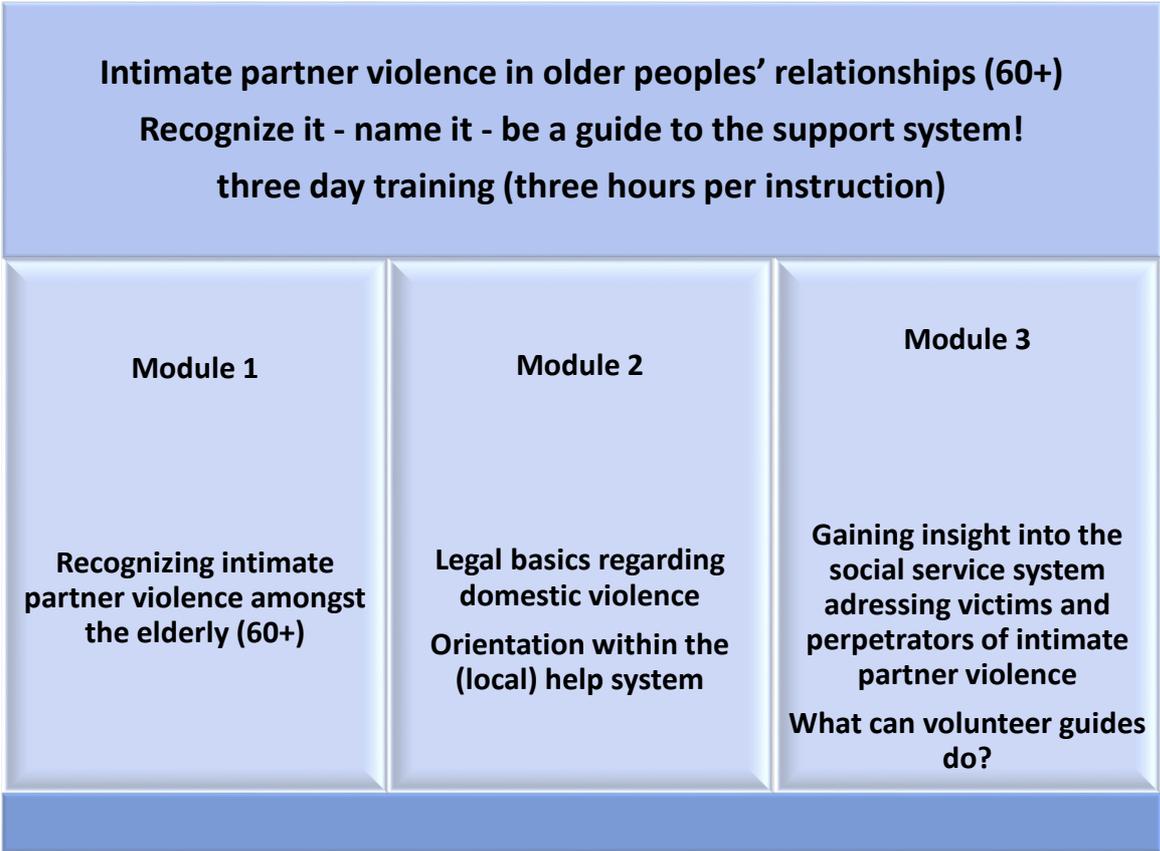
## Further reading (in English):

Nägele, Barbara/Böhm, Urte/Görgen, Thomas/Kotlenga, Sandra/Petermann, Fanny (2010): Intimate Partner Violence against Older Women, Göttingen (<http://www.ipvow.org/en/research-reports/ipvow>)

Messner, Sandra, Amesberger, Helga, Haller Birgit (2013): When partnership becomes unbearable..., Vienna ([http://www.ipvow.org/images/ipvow/brochure/Brochure\\_for\\_older\\_women.pdf](http://www.ipvow.org/images/ipvow/brochure/Brochure_for_older_women.pdf))

Kotlenga, Sandra/Nägele, Barbara (2013): It is never too late. Older women as victims of intimate partner violence. Information for social support practitioners, Göttingen (<http://www.ipvow.org/en/manuals-and-guidance/for-social-services>)

**III Implementation of the training course: requirements and recommendations**



In order to support you in deciding whether you want to carry out the training for voluntary guides, the following chapter will provide you with information on the selection of the target group and on the practical preparation and implementation of the training course. We also touch on the importance of qualified full or part-time coordinators and on the question of whether such training can be implemented in your specific work context. Our experience in planning and implementing the training has shown that the precise analysis of the framework conditions is a crucial prerequisite for a successful training course.

***The awareness of the topic in the organization***

As already mentioned, there is not much awareness of intimate partner violence of older women and men in society, but it is strongly taboo. This means that experiences and handling of this topic vary greatly in the respective organizations, in which there are volunteer-guide-programs with contact to the target group. It could also mean that you may encounter rejection and skepticism towards your intention to carry out the training. This resistance must be taken seriously and dealt with, because on the one hand it depends on whether the topic can be introduced sustainably in the organization. On the other hand, volunteer guides need a professional framework and support in the organization in which they are involved (see below). Depending on the (hierarchy) structures of your

organization, it may prove necessary to discuss the project in larger organizational contexts in advance or on management level. It is therefore important to know the level of awareness and the importance of the issue of intimate partner violence in your organization: if it is still largely unknown, plan a longer run-up in order to clarify the necessity of dealing with the topic in your own organization. It can be helpful to consider in advance how the problem of intimate partner violence can be classified and thematically linked to the general mandate and the self-image of the organization. In our experience, the topic is very broadly connectable: it is a topic of age(ing) and health, security and prevention as well as it highly concerns women's and human rights.

### ***Choosing the „right“ group of volunteer guides***

The most important requirement is that the group of volunteer guides you are considering is also dealing with senior citizens (60+) in their voluntary work. For senior guides this is a given, but also groups such as health and integration guides are eligible, provided insofar that they also come into contact with older people, as well as volunteers for neighborhood help, visiting services or café meetings. It has been shown that older people find it easier to open up when the person they are talking to is in their age range. That is why volunteers who are also 60+ are particularly relevant for this target group. This can also apply to older people with a migrational background or to women and men who live in same-sex relationships. Participation in the training course should be voluntary. This enables the participants to decide for themselves, whether they would like to deal with the topic and any emotional stress that may arise. Considering the time after the training course, it should be discussed openly but definitely encouragingly, whether and how the participating volunteer guides can imagine and are motivated to become active i.e. to address those affected of intimate partner violence and guide them to the support system.

It may be that there are people affected by violence in the group of your volunteers /guides or that they know a person affected in their circle of friends and family or in the neighborhood. By dealing with the topic, current or past experiences can come up and negative feelings can be triggered.

It is an advantage if you expect that this may happen and are prepared for it. If you notice that someone is touched by this topic, please speak to them. Clarify whether you need to take care of the person acutely or whether they prefer a face to face conversation at the end of a module. Before the beginning of the next session, ask how the person is doing and whether you should be considerate of something.

The experience from the implementation of the training on our part showed that only a few participants found the topic stressful. Most were glad that it was addressed and discussed openly. Some participants reported to us that they felt empowered by gaining knowledge on this topic.

### *The volunteer guides' mission*

The primary aim of the training course is to raise the volunteers' awareness of the problem. They should be able to acquire knowledge about the phenomenon of intimate partner violence and possible signs, in order to be able to more easily recognize possibly affected women and men in their work with the target group. In a further step, volunteer guides are being enabled to give potential victims information about existing counseling services and thus refer them to specialists. In any case it is **not** their job to intervene or give professional advice themselves, but only to show the way to the support system and refer them to the specialists.

### *The role of full and part-time coordinators in supporting the volunteer guides*

The topic of intimate partner violence and dealing with those affected by it can put an emotional strain on the volunteer guides. Thus they will need the support of their full or part-time coordinators in the organization. Therefore, we highly recommend entrusting a professionally qualified person in the organization with the planning and conducting of the qualification, who acts as a contact person for the volunteer guides during and after the training course. It is advantageous if the contact person has knowledge of intimate partner violence or ideally has participated in the training course for their part. From our experience, it has proven to be the task of the coordinator to be available to answer questions from the volunteers and support them. For example when they report dealing with victims of intimate partner violence in their work, to discuss possible procedures, to check the list of local counseling services and to pass on suitable information material and, if necessary, to process the experience of showing victims the way to the domestic violence support system. In our view, one-on-one conversations and phone calls at fixed office hours are just as possible, as is guided peer advice in the teams of volunteers and supervision, if provided. Where regular meetings of the volunteer guide teams take place, questions or cases that arise can be included on the agenda. Against the background of our discussion processes with experts from the support system in the field of domestic violence, it seems particularly important to us to repeatedly discuss the question of the importance of knowing one's own limits, necessary distancing and self-care in order to prevent the volunteer guides being overwhelmed from excessive demands.

### *Room, time, equipment*

The training curriculum comprises three consecutive appointments of three hours each, including a break. To do this, you need a sufficiently large room with chairs and tables, around which the participants can also walk (see photo cards exercise) or in which you can carry out the exercise "Barometer of violence" (approx. 35 sq. m.). For the planned information and exercise units you also need a projector, laptop, which can also play DVDs, canvas, flipchart stands and paper. It is advisable to prepare handouts containing main information of the lectures. Allow enough time for the preparation to do research on the regional and national domestic violence support system for your handout. In addition, speakers from the local or regional women's shelter or the counseling and intervention center for domestic violence and a facility for men's counseling or perpetrator work should be requested for an information unit (see below).

## ***The domestic violence support system in Germany***

Based on Module 1, which conveys information on the prevalence, characteristics and effects of intimate partner violence, the second module aims to provide volunteer guides with knowledge of action and reference concerning the domestic violence support system. The aim is to sensitize for intimate partner violence and to provide them with knowledge of the domestic violence support system available for people affected by intimate partner violence in the close vicinity and nationwide. Ideally, they should be equipped with a small collection of phone numbers and information flyers of the counseling services and helplines that they can use if needed. The second module therefore introduces the participants to the local, regional and nationwide domestic violence support system. It proves to be particularly important here that the available range of counseling options is presented, because the paths of those affected into the support system are varied. Contact points for senior counseling can also be considered, as local family counseling, an employee in the parish or the district women's representative. In the next section, you will find an overview of regional and local facilities you can include. However, the compilation always depends on the circumstances of your region and the resources available there. It is helpful if you research and create a list of the social facilities of the support system that the participants can take home. This list is an essential working tool for the volunteer guides, since their central task is to show the target group the way to the support system.

### ***Regional and local support***

For the list of local and regional services it is recommended to research the following competent contact points:

- Women's counseling and intervention center
- Women's shelter
- Men's counseling
- Work with perpetrators
- Senior counseling
- Family and life counseling
- Migration counseling
- Gay and lesbian counseling
- Sex and partnership counseling
- Counseling centers of the health department
- Other.

It is helpful if you put together official flyers or information cards from the social services. Ordering the flyers requires time resources. If these are not available to you, you can also just compile a list of counseling options. An important goal of the unit is that the participants expand their knowledge of the national, regional and local support system. In our experience participants tended to take information flyers of counseling services with them, they already knew. It is therefore helpful to invite the participants to take flyers of lesser known social services for marginalized groups with them, or pack small packages for all participants to take with them. In the module itself, the participants can then supplement the list with their own knowledge of counseling services and other relevant contact persons.

In Germany work with perpetrators or counseling for men is not offered everywhere. Therefore, it may be necessary to determine a larger radius or to investigate whether, for example, a family/life counseling service in the region (in Germany for example from AWO, Caritas, Diakonie, Pro familia) offers work with perpetrators or counseling for men. The same applies to counseling services that are specifically aimed at LGBTI \*, i.e. lesbian, gay, bisexual, transgender, intersex people.

### ***National support***

The helpline "Violence against Women" in Germany operates nationwide and is one of the best ways to get counseling by phone, instant chat or email. It is staffed around the clock, 365 days a year and can be contacted by women concerned, those supporting them, volunteers and specialists for an initial consultation. Professionally trained advisors are also available in sign and easy language. If required, interpreters for 17 languages can be added within a minute. The offer is anonymous and free of charge. Callers are informed about counseling services close to where they live. The helpline has a large selection of publicity materials such as pens, shopping bags, posters, flyers and postcards with the number of the helpline, which you can request and make available for the participants to take with them. These gimmicks are a good option to advertise the helpline.

Phone number: 08000- 116 016 <https://www.hilfetelefon.de/>

The national crisis line in Germany, which is also staffed around the clock, needs also to be mentioned: 0800 111 0111 or 0800 111 0 222

### ***Cooperation with lawyers***

For the lecture in module 2 on the legal framework regarding domestic violence, we recommend to hire a lawyer from the region who specializes in the protection against domestic violence. Our experience shows that it is important for the participants to get to know all legal possibilities of both criminal and civil law protection against domestic violence and police law. Case examples also help to make the possibilities offered by the application of law more vivid and understandable. If you cannot find a lawyer, you could also ask the local or regional women's shelter whether an employee can do this or have a recommendation.

### ***Cooperation with the local domestic violence support system***

A central component of the third module are the lectures given by the experts of the local women's shelter/counseling and intervention center, as well as the services for work with the perpetrators and counseling for men. It is important to involve the respective specialists from the region, on the one hand to establish personal contact with the volunteer guides and on the other hand to enable an experience-filled report on the work of the specialists from the shelter, support and counseling facilities. Precisely because the facilities in this field are so taboo

and therefore little known, it is of great benefit if you get to know each other personally.

Experience has shown that in order to successfully request the employees for the lectures, a longer lead time is required due to their high workload. Clarification of expectations regarding the content of their lectures is recommended. In order to motivate the volunteer guides to act partial for the victims of violence, it seems to us of great importance that the experts from the counseling services also embody and impart partiality.

The lecture content should include the following points:

Women's counseling and women's shelter:

- Insight into everyday life in the women's shelter (admission criteria, admission procedure, daily routine, support offers)
- Insight into the counseling work (target group, type of counseling)
- Older women in the women's shelter: specifics, frequency, barriers to entry, special needs.

Men's counseling and work with perpetrators:

- Insight into the counseling work (target group, topics, type of counseling)
- Older men in counseling: specifics, frequency, obstacles to access, special needs
- Insight into the work with perpetrators (concept and standards of working with perpetrators, content of the courses, motivation).

It has proven to be very helpful in our training courses if multiple case examples are told so that the violence experienced by (older) women and men becomes more comprehensible. It is also helpful if you ask the experts to provide a small handout for the course participants' documents.

## IV The Curriculum

This part contains all the information and suggestions required to implement the training course. It includes the schedule of the individual modules.

### Module 1

#### Introduction to the phenomenon of intimate partner violence (IPV) amongst the elderly (60+)

##### Thematic focal points and learning objectives

- Conveying knowledge of intimate partner violence / domestic violence (of older women and men)
- Examination of (own) concepts of violence
- Examination of and reflecting on images of masculinity and femininity / gender roles
- Reflection on images and stereotypes of/attitudes toward old age and their impact on the assessment of intimate partner violence

##### Schedule

Time units (in min)	Thematic focal points	Methods	Material
20	Getting to know each other: "My name is ... and I volunteer in the area of ..."  "Why I am here?"  Introduction to training course and schedule  Distribution of the folders (which will be successively filled with handouts over the course of the training)	Chair circle	Folders Flipchart with Schedule
35	Examination of (my) concept of violence  Evaluation in plenary  Course instructor gives the WHO definition of violence	Exercise:  Barometer of violence  Course instructor reads 10 theses, participants	Signs with „yes“ and „no“  enough space to line up between the signs (as if on a scale)

		position themselves between yes and no	
45	<p>Introduction to the phenomenon:</p> <ul style="list-style-type: none"> <li>• What is intimate partner violence (IPV)?</li> <li>• prevalence and frequency of IPV</li> <li>• What is gender based violence?</li> <li>• Forms and dynamics (circle of violence) of IPV</li> <li>• What are the signs?</li> <li>• What are the consequences?</li> <li>• Specific characteristics of IPV against older women (and men)</li> </ul> <p>Discussion in plenary</p>	PowerPoint Presentation by course instructor	<p>PowerPoint Presentation: „IPV against older women and men“</p> <p>Handouts:</p> <ul style="list-style-type: none"> <li>- Forms and dynamics of IPV</li> <li>- Signs of IPV</li> <li>- List for further reading</li> </ul>
<b>15</b>	<b>Break</b>		
55	<p>What role do images of older people/couples play in (my) assessment of IPV affecting older people?</p> <p>Exchange in plenary:</p> <ul style="list-style-type: none"> <li>• Why did I choose this picture?</li> <li>• What are the images of older couples in society?</li> <li>• Do these images influence us?</li> <li>• Do they influence the perception of IPV regarding older people?</li> </ul>	<p>Exercise: Course instructor lays out pictures</p> <p>Participants choose one or more pictures</p> <p>Moderated group discussion</p>	<p>Pictures showing a diverse and wide range of older people, couples and age related themes</p>
10	<p>Concluding plenary session</p> <p>Handing out and explaining the reflection sheet</p> <p>Outlook to the next module</p>	Flash Feedback	Handout: Reflection sheet
	<b>End of module 1</b>		

## Module 2

### Legal basics regarding intimate partner violence / domestic violence Orientation within the local domestic violence support system

#### Thematic focal points and learning objectives

- Conveying knowledge about the states duty of protection regarding intimate partner violence/domestic violence (reference to human rights), options of protection and intervention by the police, criminal law, and civil law
- Getting to know the domestic violence support system at national level
- Getting to know the domestic violence help at a regional and local level (taking existing knowledge into account)
- Expansion of knowledge the volunteer guides have regarding the domestic violence support system in their respective social space

#### Schedule

Time units (in min)	Thematic focal points	Methods	Material
15	How am I? Are there any questions regarding the first module?  Introduction to the schedule	Chair circle	Flipchart with schedule
75	Introduction to legal basics regarding IPV/domestic violence  Discussion in plenary	Presentation by lawyer  Moderation by course instructor	Handout: Legal basics regarding IPV/domestic violence
<b>15</b>	<b>Break</b>		
35	Short introduction to national and local domestic violence support system  Discussion in plenary  The volunteer guides expertise in their respective social area:	PowerPoint Presentation by course instructor  Moderated group discussion  Map with markings to visualize the	Power Point Presentation: „Overview of the domestic violence support system“  Handouts:  List of national and local support services

	<p>What else is there in our city / district?  With which support service / contact person?  experts have I had good experience?</p>	<p>support services in the region (optional)</p> <p>Map and list can be supplemented with further recommendations by the participants</p> <p>Small parcel with flyers and information material for every participant</p>	<p>Flyers of local support services</p> <p>Publicity material of national helpline "Violence against Women"</p>
30	<p>Discussion in plenary</p> <p>How do I integrate the new knowledge in my work as a volunteer guide?  Where do I see opportunities for using flyers and information materials?  Are there any events where the topic could be addressed?</p>	<p>Moderated group discussion</p> <p>The course instructor notes the points on the flipchart</p>	<p>Flipchart</p>
10	<p>Concluding plenary session</p> <p>Handing out the reflection sheet</p> <p>Outlook to the next module</p>	<p>Flash Feedback</p>	<p>Handout:  Reflection sheet</p>
	<p><b>End of module 2</b></p>		

## Modul 3

### Gaining insight into the work with victims and perpetrators of intimate partner violence

#### What could and should volunteer guides do?

#### Thematic focal points and learning objectives

- Gaining insight into the work with victims and perpetrators of intimate partner violence
- Getting to know local contact persons from the domestic violence support system
- Gaining insight into the situation of women and men affected by intimate partner violence
- Strengthening referral skills through knowledge of the structures, working methods of local support services
- Clarification of mandates regarding volunteer guides and professional coordinators
- Clarification of the interface between full and part-time coordinators and volunteer guides
- Transfer of knowledge about intimate partner violence into (own) volunteer guide profile
- Building on existing and conveying new strategies for addressing victims of intimate partner violence
- What could and should volunteer guides do? Knowing one's own limits and self-care

#### Schedule

Time units (in min)	Thematic focal points	Methods	Material
10	How am I? Are there any questions regarding the second module?  Introduction to the schedule	Chair circle	Flipchart with schedule
40	Insight into the work with (older) female victims of IPV  Q&A/discussion in plenary	Presentation by employee of local/regional women counseling center/women shelter  Moderation by course instructor	Handout: Working with(older) female victims of IPV Information about Local/regional women counseling center/women shelter

40	<p>Insight into the work with (older) perpetrators of IPV and (older) male victims of IPV</p> <p>Q&amp;A/discussion in plenary</p>	<p>Presentation by employee of local/regional services for work with the perpetrators and counseling for men</p> <p>Moderation by course instructor</p>	<p>Handout: Working with (older) perpetrators of IPV and (older) male victims of IPV</p> <p>Information about local/regional services for work with the perpetrators and counseling for men</p>
<b>15</b>	<b>Break</b>		
5	<p>Short Introduction:</p> <ul style="list-style-type: none"> <li>• Why victims of IPV don't "just leave" their abusive partner</li> <li>• Getting out of an abusive relationship isn't easy</li> </ul>	<p>Input by course instructor, going through the handout together with participants</p>	<p>Handout: Why victims of IPV don't "just leave"</p>
40	<p>Short introduction: How to (not) address those affected by IPV (with examples)</p> <p>In addition or instead:</p> <p>Exercise: How to respond to victims of IPV?</p> <p>What could and should volunteer guides do (and what not)?</p>	<p>Input by course instructor, going through the handout together with participants</p> <p>Role-play exercise in Groups of three (victim, volunteer guide, observer) using role-play cards</p> <p>Going through the handout together with participants</p>	<p>Handout: List with do's and don'ts</p> <p>Role-play cards (red and blue)</p> <p>Handout: What could and should volunteer guides do (and what not)?</p>
	<p>Significance of the support by the full-time coordinators of (depending on their</p>	<p>Moderated group discussion</p>	<p>Flipchart</p>

	<p>participation in this training course)</p> <p>Clarification on what this support could/should look like</p>	The course instructor notes the points on the flipchart	
10	<p>Introduction: Purpose of the transfer sheet</p>	Course instructor	Handout: Transfersheets (volunteer guides/full-time coordinators)
10	<p>Concluding plenary session:</p> <ul style="list-style-type: none"> <li>• How did I like the qualification?</li> <li>• Can I use the knowledge I have acquired?</li> <li>• Do I have any ideas on where I can use it?</li> </ul> <p>Distribution of attendance certificate (optional)</p>	course instructor	<p>Handout: Reflection sheet</p> <p>Attendance certificate</p>
	<b>End of training module 3</b>		

## V Debriefing and follow up

It is important that the course instructor/full or part-time coordinator or another employee in your organization remain a permanent and dedicated contact for the volunteer guides after the training course. If not already established, you could introduce regular meetings and discuss this topic with the volunteer guides. Our experience has shown that sensitizing volunteer guides to the topic can lead to them being more aware of intimate partner violence in their social environment. Consequently, the volunteer guides will want to know how to respond appropriately to the situation and will need professional support. If possible, you could also offer supervision on a regular basis and/or unscheduled.

Optionally, you can also plan more immersing activities:

- Excursions to facilities of the local domestic violence support system (maintaining contact to the employees is very useful, since the volunteer guides could refer clients to the services).
- Planning or participation in public awareness campaigns
  - City festivals (posters, flyers, gimmicks from the national help line)
  - Weekly and annual Markets
  - (Inter) national days regarding intimate partner violence/ violence against women/ human rights:

February 14 One Billion Rising (<https://www.onebillionrising.org/>)

March 8 International Women's Day  
([https://en.wikipedia.org/wiki/International\\_Women%27s\\_Day](https://en.wikipedia.org/wiki/International_Women%27s_Day))

November 25 International Day for the Elimination of Violence against Women (<https://www.un.org/en/events/endviolenceday/>)

December 10 Human Rights Day  
(<https://www.un.org/en/observances/human-rights-day>)

## **IMPRINT**

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