

#IDidntKnow

I CAN'T ACCESS WHAT I NEED!

IS SOMEONE RESTRICTING YOUR ABILITY TO BE INDEPENDENT OR ACCESS THE THINGS YOU NEED?



What is Economic Abuse?

Economic abuse is a form of domestic abuse where someone **restricts, controls, exploits** or **sabotages** another person's access to money, possessions, opportunities or essential resources.



Economic abuse isn't just about money. It's about using money, possessions and everyday resources to limit someone's choices, independence and safety. It can affect their ability to access essentials, transport, technology, work, education or housing, creating dependency and making it harder to seek help, leave an abusive relationship or rebuild their life.

Economic abuse can be difficult to recognise, particularly when it develops gradually or is disguised as care, support or concern.

Not all financial arrangements are abusive. Sharing responsibilities or helping someone manage their finances does not automatically constitute abuse. What matters is whether arrangements are freely agreed, individuals retain choice and independence, and resources are not being used to control, exploit or harm someone.

"I have to show them receipts for everything I buy."

"I can't afford to get to work because I can't access our account."

"They say they are helping with my bills, but I can't see my own money."

DID YOU KNOW?

Around 1 in 9 adults in England and Wales had experienced economic abuse since the age of 16. (Crime Survey for England and Wales, YE March 2025)

The Domestic Abuse Act 2021 recognises economic abuse as a form of domestic abuse, through a broader pattern of control and coercion. Its impact can continue long after the abuse has ended, affecting someone's finances, housing, employment and independence.



WHAT MIGHT YOU SEE, HEAR OR NOTICE?

RESTRICT | Limiting access

Preventing access to wages, benefits, bank accounts, food, heating, a phone, transport or other essentials; withholding information about household finances.

CONTROL | Take away choice

Monitoring spending, demanding receipts or passwords, requiring permission for purchases or controlling financial decisions. Restricting access to bank accounts, apps, payment methods or technology. Withholding money for everyday essentials, including children's needs, or using financial responsibilities involving children to maintain control.

EXPLOIT | Misusing resources

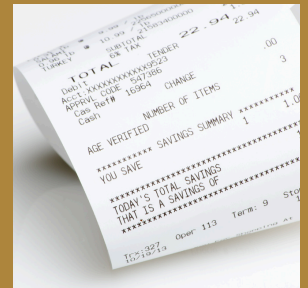
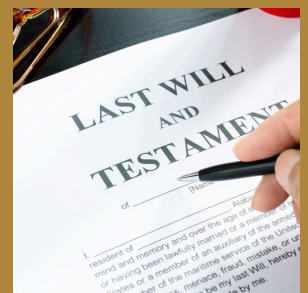
Taking someone's wages, benefits, pensions or savings; pressuring them into loans, credit cards, overdrafts or buy-now-pay-later arrangements; creating debts in their name; or manipulating them into signing financial documents. This may include exploiting someone who relies on another person for care or financial support, including misuse of Power of Attorney.

SABOTAGE | Undermining independence

Interfering with someone's ability to work, attend interviews, study or access transport; damaging possessions; or deliberately creating financial difficulties. Abuse may continue after separation through joint mortgages, property, bills, child maintenance or legal processes.

Seek advice about how to access support safely and remember to be aware of monitored devices, accounts and communications:

- Explore our Alpha Vesta Support Services Directory.
- Many employers provide Employee Assistance Schemes which may offer legal and financial support.
- Contact your bank or a qualified debt adviser for guidance, where it is safe to do so.
- **In immediate danger? Call 999.**



I DIDN'T KNOW I COULD MAKE A DIFFERENCE

Visit us at www.alphavesta.com or scan the QR code to access more information and support.



Break the Cycle of Domestic Abuse through awareness, prevention & early intervention.