PART I: Accidental Bruising in Older Adults

Key findings from a study of accidental bruising in older adults:

• Color of a bruise did not indicate its age. A bruise could have any color from day one.

• 90% of accidental bruises were on the extremities rather than the trunk, neck or head.

• Less than a quarter of older adults with accidental bruises remembered how they got them.

• Older adults taking medications that interfere with coagulation pathways were more likely to have multiple bruises, but the bruises did not last any longer than the bruises of those who didn’t take these medications.


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PART II: Bruising in Older Adults as Reported by Abused Elders

Key findings from this study:

• **Bruises were large.** More than half of older adults with bruises who had been physically abused had at least one bruise 5 cm (about 2 inches) in diameter or larger.

• Older adults with bruises who had been abused had **more bruises in areas indicated with blue arrows** than older adults whose bruises were accidental.

• **90%** of older adults with bruises who have been physically abused **can tell you how they got their bruises**, and this includes many older adults with memory problems and dementia.

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