

**Introduction:** Pet companionship plays a pivotal role in the lives of older couples, significantly influencing their intimate relationships, by fostering deeper connections and enhancing mental well-being.

**Objectives:** This study has two aims: (1) to explore the impact of pet companionship on the intimacy of older couples; and (2) to examine its influence on their mental health.

**Methods:** This study included 223 older couples aged between 65 and 94 years. To explore the multifaceted role of pets in their relationship, content analysis was conducted on all interviews.

**Results:** Their experiences shed light on the significance of this bond for promoting healthy and fulfilling intimate relationships, with the following themes: (1) contributing to emotional well-being (87.3%), (2) improving mental health in later life (83.1%), (3) fostering a deep relationship between couples (78.7%), (4) facilitating the formation of new emotional connections with others (72.1%), and (5) boosting physical and sensory functions (67.2%).

**Conclusions:** The findings emphasize the diverse advantages of pet companionship among older adults. These include enhancing emotional well-being, bolstering mental health, fostering interpersonal bonds, and improving physical capacities. These insights underscore the potential for integrating pet interventions into comprehensive strategies aimed at promoting the overall quality of life for older individuals.

**Keywords:** Pet companionship; intimate relationships; mental health; older couples; well-being.

**Disclosure of Interest:** None Declared

## EPV1178

### When care turns to harm: Unveiling abusive behaviors of older towards their caregivers

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**Introduction:** Violent, abusive, and harmful behavior enacted by older adults upon their caregivers represents a distressing and frequently disregarded facet within the domain of caregiving.

**Objectives:** This qualitative study aims to 1) explore family caregivers' experiences of violent, abusive, and harmful behavior by the older person and 2) explore how violent, abusive, and harmful behavior by the older person affects family caregivers' mental health.

**Methods:** This qualitative study encompassed 307 participants, with a diverse age range spanning from 65 to 87 years. All the interviews went through the process of content analysis.

**Results:** For the first objective, findings indicated six emerging themes: Persistent and intense verbal abuse (79.1%); Subjugation and manipulation by older adults (72.5%); Unexpected illicit activities initiated by older adults (62.1%); Financial exploitation by older adults (39.8%); Physical abuse (31.5%); and Sexual abuse (30.7%). The second objective highlighted four themes: High levels of anxiety and depression (87.9%), Intense rage (79.4%), Feelings of moral isolation (77.4%), and Intense explosions (63.6%). Brazilian participants mainly experienced persistent and intense verbal abuse (64.1%). Moreover, higher levels of depression and anxiety were mainly verbalized by English participants (81.8%).

**Conclusions:** These findings underscore the significant toll that older individuals' violent, abusive, and harmful behavior can have on the mental well-being of family caregivers. This study sheds light on the complex experiences faced by family caregivers and emphasizes the urgent need for targeted interventions to foster healthier caregiving environments.

**Keywords:** Carers; family caregivers; mental health; older adults; violent, abusive and harmful behavior.

**Disclosure of Interest:** None Declared

## EPV1179

### Discrimination and Elder Abuse Toward Elderly LGBT Individuals: A Systematic Review

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**Introduction:** Despite increasing social acceptance over the past two decades, lesbian, gay, bisexual, and transgender (LGBT) individuals continue to face unequal treatment in society (Institute of Medicine, 2011; Caceres et al., 2020). Elderly LGBT adults include the population of sexual and gender minorities over the age of 50 (Choi et al., 2016). They continue their lives under the shadow of negative societal stereotypes and assumptions about their physical and mental health, sexuality, sexual lives, and ability to contribute to society, as well as their family and societal values. When individuals find themselves at the intersection of being elderly and LGBT, they encounter a combined situation that leads to an increased risk of discrimination, social exclusion, and violence. Over time, this can lead to high levels of depression, anxiety, loneliness, and other mental health issues. When they are not accepted by social circles, it often results in social isolation and loneliness. (Geneva, 2023)

**Objectives:** The aim of this study is to examine the challenges faced by elderly LGBT individuals by addressing issues of discrimination and elder abuse. By evaluating the extent to which current services meet the needs of these individuals, it aims to propose solutions from the perspective of social equality and human rights.

**Methods:** The study was conducted between December 2024 and February 2025 using the keywords "elderly," "elderly LGBT individuals," and "LGBT discrimination" "elder abuse" in databases (PubMed, Scopus, Springer, etc.). These databases have been preferred because they contain a significant amount of evidence-based literature in the field of psychology. Studies conducted between 2000 and 2024, with full texts accessible and written in Turkish and English, have been included in the study

**Results:** As of November 2024, 28 national and international research articles related to the subject have been reached. The literature review is ongoing. When the literature review is completed, all the study results will be presented together.

**Conclusions:** The human rights violations, discrimination, social exclusion, and risk of violence faced by elderly LGBT individuals are not only individual but also societal issues. Developing policies that are sensitive to the needs of elderly LGBT individuals in social services, healthcare services, and the legal system is an important step toward improving their physical, mental, and social health.