

WHAT IF YOU SUSPECT ELDER ABUSE?

Call the

ELDER ABUSE PREVENTION Support Line

Toll Free:

1-855-542-1336

(All calls are confidential)

Your call will be answered by a volunteer who will listen in a non-judgemental way and provide information on possible sources of help, if you wish assistance.

**If it is an emergency,
or could be dangerous
call 911**

HOW BEST TO HELP SENIORS

Allow seniors to talk.
Support their caregivers, who may be experiencing stress burnout

Help them to find community resources that may assist them

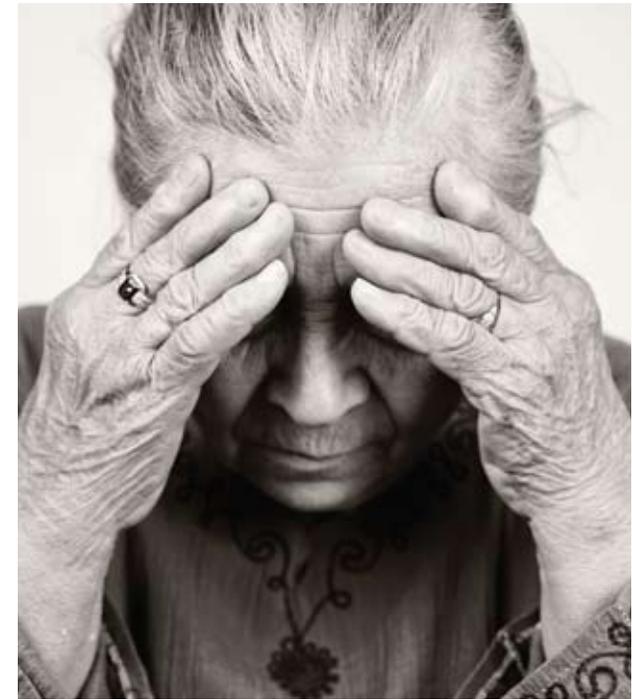
Discourage age discrimination and focus on abilities

STAY IN TOUCH!



230 Brock Street, Kingston, ON
Office: 613-542-1336
www.councilonagingkingston.org

DO YOU KNOW A SENIOR THAT MIGHT BE NEGLECTED OR ABUSED? **THINGS CAN CHANGE...**



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'Elder abuse can happen anywhere.... and to anyone'

HOW DO I KNOW IF THERE MIGHT BE ABUSE?

Signs of elder abuse include:

- A noticeable decrease in the standard of living - Examples: not enough food, clothing or medication - bills being paid too late , after previous good payment history.
- Signs of withdrawal, low self-esteem and/or anxiety
- Bruising, fearfulness
- Nervousness and unwillingness to speak in the presence of a companion or caregiver



ELDER ABUSE IS A CRIME
CALL 1-855-542-1336

WHAT IS ELDER ABUSE?

Elder Abuse is any action or inaction that threatens the health or well-being of a senior.

TYPES OF ELDER ABUSE?

- **PHYSICAL ABUSE**
Slapping or hitting, forced confinement, not being aloud to get help or medical care, and failure to provide adequate necessities for daily living
- **FINANCIAL ABUSE**
Taking the senior's money by applying pressure or threats or by abuse of Power of Attorney; forcing sale of belongings, scams, forging signatures
- **SEXUAL ABUSE**
Sexual assault in institution, private or public contexts
- **EMOTIONAL/PSYCHOLOGICAL ABUSE**
Intimidating or belittling seniors, withholding supports, wrongly persuading seniors that they are incapable of decision-making

Interested in volunteering?
Contact 613-542-1336



SOME WAYS TO PREVENT BEING ABUSED

Wether you are living in a private home, a long term care home or a retirement home,
KNOW YOUR RIGHTS.
ASK FOR ADVICE!

- **Check with a Lawyer** or public Trustee before signing a Power of Attorney
- Have pension cheques deposited into your bank account
- Use community services such as Meals on Wheels, Community Care Access Centre, and transportation services to support your independence
- Be cautious about whom you allow to live in your home – **especially people with knows or suspected alcohol, drugs or financial problems**