



# ELDER ABUSE

**WHAT IS IT?**

**WHAT CAN BE DONE  
ABOUT IT?**

If you are being abused  
talk to someone.

Keep talking until someone listens.

# ELDER ABUSE

## What is Elder Abuse?

Any action or inaction by self or others that jeopardizes the health or well-being of an older adult occurring within any relationship where there is an expectation of trust. This includes physical, emotional, psychological, financial, sexual or medication abuse as well as passive or active neglect.

## Abuse is wrong because:

- It violates your basic right to feel safe where you live
- It is controlling behaviour which makes you feel intimidated or afraid
- It can be illegal

## What you should know about Abuse:

- often the abuser may be moody or angry
- it often increases in frequency and severity over time
- some people deny they are being abused because they think they are to blame for another person's angry behaviour
- if a close relative or friend abuses you, you do not need to feel ashamed.

**IT IS NOT YOUR FAULT.**

**IT IS CONTROLLING BEHAVIOUR.**

*Controlling behaviour can be financial, emotional, physical, sexual and medication abuse as well as neglect.*

# FINANCIAL ABUSE

## Financial Abuse can be:

- the misuse or the taking of money by a person you have assigned as a trustee or who you have assigned your Power of Attorney.
- not being allowed to make your own financial decisions
- being pressured to loan money to a relative or friend without a written agreement for repayment
- frequent requests for small amounts of money
- family members moving into your home without any prior agreement on shared costs
- taking money or cashing your cheque without your permission
- pressuring you to sign over your house or property

## TO HELP PREVENT FINANCIAL ABUSE:

- **Avoid joint bank accounts and have cheques and other money deposited directly into YOUR OWN bank account.**
- **an Enduring Power of Attorney gives financial decisions to a person you trust. If you have concerns, it can be revoked.**
- **in extreme cases, you can get a court order to protect yourself. You can get the Public Trustee to handle your finances, or consult your bank manager or lawyer.**



# EMOTIONAL ABUSE

## Emotional Abuse can be:

- words or actions which put you down, are hurtful, make you feel unworthy, unimportant, unwanted, unloved or ignored
- not respecting your privacy, your belongings or pets
- not considering your wishes
- denying access to your grandchildren or friends or community help
- ignoring your health needs
- threatening to move you out of your home

## IF YOU ARE BEING EMOTIONALLY ABUSED:

- do not be threatened into silence
- talk with someone you trust, a friend or family member, a public health nurse, social worker, home care worker, doctor, someone at your place of worship
- write down what is happening to you. Keep a daily record
- move to a different location if necessary



# PHYSICAL ABUSE

**Physical abuse can be any action which causes physical discomfort, pain or injury, such as:**

- pushing, shoving
- hitting, slapping, poking
- pulling hair, biting, pinching
- confining you to one place or room

## IF YOU ARE BEING PHYSICALLY ABUSED:

- tell someone you trust
- see a social worker or counsellor
- go to a safe place such as a neighbour, friend, relative, a business or shelter
- see your doctor or medical clinic or hospital as soon as possible
- you can report it to the Police by calling 9-1-1
- you can get court orders to keep the abuser away from you. Police can assist in helping you obtain a “peace bond” or “emergency protection order” through the Provincial Court. You can also apply for a “restraining order” at the Court of Queen’s Bench. For more information, visit: [www.alberta.ca/restraining-protection-orders.aspx](http://www.alberta.ca/restraining-protection-orders.aspx)
- call the Distress Line at 780-482-HELP (4357)



# NEGLECT

**Neglect can be on purpose or a matter of not knowing or caring. It is a lack of action to meet your needs. Neglect can be:**

- not giving you proper food or clean clothing
- failure to provide a safe, warm, comfortable place to live
- not providing good health care and personal hygiene
- denial of social contacts inside or outside your home
- not providing aids for daily living, such as hearing aids, walkers, canes, wheelchairs, grab bars
- failure to prevent physical harm
- lack of needed supervision
- ignoring your health needs
- threatening to move you out of your home

**IF YOU ARE BEING NEGLECTED, OR SUSPECT SOMEONE IS BEING NEGLECTED:**

- talk with someone you trust, a friend or family member, a public health nurse, social worker, home care worker, someone at your place of worship, a doctor
- call the Dispatch Line at 780-423-4567 or in an emergency, call 9-1-1



# SEXUAL ABUSE

**Sexual abuse is any unwanted sexual behaviour. It can include:**

- sexual comments
- any unwanted sexual contact
- being forced to commit degrading acts

**IF YOU ARE BEING SEXUALLY ABUSED:**

- talk to someone you can trust, a nurse, social worker, doctor
- call the Sexual Assault Centre at 423-4121
- call the Police at 423-4567 or in an emergency call 9-1-1



# MEDICATION ABUSE

**Medication abuse is the misuse of medications or prescriptions on purpose or by accident, such as:**

- not providing your medications when needed or prescribed
- providing dosages that cause you bodily harm or sedate you

**IF YOU SUSPECT MEDICATION ABUSE:**

- talk with your doctor, pharmacist, nurse, home care worker or someone you trust
- call Police at 780-423-4567 or 9-1-1



# VISION STATEMENT

The Vision of the Seniors Protection Partnership is a community where older adults live free of abuse.

# MISSION STATEMENT

The Mission of the Seniors Protection Partnership is to increase the safety and well-being of older adults by providing streamlined and integrated support services that raise awareness of elder abuse, build a coordinated community response, and respond to high risk situations.

## WHAT IS THE SENIORS PROTECTION PARTNERSHIP?

A collaborative effort between the City of Edmonton, Edmonton Police Service, Catholic Social Services, Sage Seniors Association, and Covenant Health. The Seniors Protection Partnership addresses high-risk cases of elder abuse through prevention, response, follow-up, and collaboration.

## CONTACT:

### **Elder Abuse Intake Line 780-477-2929**

Social Workers are available to consult with on issues around elder abuse, Monday-Friday, 9am-4pm.

### **Seniors Abuse Help Line 780-454-8888**

Information and referral 24 hours a day.

### **Sage Seniors Safe House 780-702-1520**

Offers temporary accommodation to seniors leaving abusive situations, Monday-Friday, 9am-4:30pm.

### **Edmonton Police Service Emergencies 9-1-1**

**Complaints 780-423-4567 or #377**

from a mobile device.



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SERVICE

