



## Elder Abuse

Elder abuse is an action or inaction by someone in a relationship of trust that results in harm or distress to an older person. If you believe elder abuse is occurring, **call our crisis line: 306-830-8585**

### Types of Elder Abuse:

#### Physical

- Hitting, pushing, kicking
- Restraining or forced confinement
- Rough handling or any other aggressive physical contact

#### Emotional/Psychological

- Insults or humiliation
- Intimidation and controlling behaviour
- Isolation

#### Sexual

- Sexual contact without consent
- Inappropriate comments
- Suggestive behaviour

#### Medication

- Over or under medicating, and withholding medication

#### Financial

- Coercion to sign over assets or influencing who money/assets will be left to
- Tricking or persuasion to hand over money and/or possessions
- Withholding money, controlling how it's spent, or misusing power of attorney

#### Neglect

- Failure to ensure any basic needs are being met, including access to food, water, clothing, shelter, personal care, and medical attention



### Shine A Light On Elder Abuse: Prevention Tips for Seniors

#### Stay in Touch

With friends, neighbours, community workers, church officials and medical practitioners. Seek independent advice when making changes to finances or living arrangements. Keep important relationships (ie. friends, family, police) close at hand.

#### Reduce Isolation

By staying active in the community and maintaining social ties, seniors are less likely to experience elder abuse.

#### Spread Awareness

Talking about elder abuse and spreading awareness increases the likelihood of the abuse being identified and reported.

### Risk Factors in Seniors:

- Addiction
- Poor physical and/or mental health
- Financial dependence on the caregiver
- Social isolation
- Dementia

### Risk Factors in Caregivers:

- Addiction
- Poor mental health
- Assuming caregiving at an early age
- Resentment due to past issues within the family
- Financial dependence on the senior
- Difficulties coping with stress
- Lack of external support
- Inadequate training