

What You Can Do To Keep Yourself Safe From Abuse

- Tell someone you trust about the abuse. Choose individuals who will respect your decision and who can listen without telling you what to do.
- Do not isolate yourself. Maintain a close circle of trusted friends of all ages.
- Avoid depending on one caregiver. Become familiar with support services for seniors.
- Execute a Power of Attorney that will grant decision making power to a trusted friend, relative or attorney.
- Establish a relationship with the personnel at your bank.
- Do not sign any documents including contracts until you fully understand their purpose.
- Use Direct Deposit for all cheques.
- Sign your own cheques, never sign blank cheques, even for family members.
- Keep accurate and complete financial records.
- Do not sign over property or money in return for care.
- Never give out credit card or banking information over the phone or the internet.
- Do not make donations to charities or organizations you don't know.
- Do not pay for work in advance of its completion.
- Beware of door to door canvassing, soliciting or sales people.

Important Contact Numbers

If you are in danger, call 911
or your local police department.

Seniors Safety Line
1-866-299-1011 (available 24/7)

Seniors CRIMESTOPPERS
1-800-222-TIPS (8477)

Chair, Durham Elder Abuse Network
josephson@brockchc.ca
705-432-3322

Durham Regional Police, Seniors Support Coordinator
905-579-1520, ext. 5624

Region of Durham, Elder Abuse Advisor
905-668-4113, ext. 2460



Additional Information

The Ontario Network for the Prevention of Elder Abuse
www.onpea.org

Advocacy Centre for the Elderly
www.advocacycentreelderly.org

**Don't be afraid to
ask for help!**



Elder Abuse

Break the Silence



**A society is judged by the way they
treat their elders.**

How are we doing?

www.durhamelderabusenetwork.ca

What Is Elder Abuse?

Elder Abuse is any action or inaction which causes harm to an older person by a person in a position of trust.

The abuser may be a family member, friend, neighbour or someone providing personal care or professional services to an individual.

Elder Abuse Includes:

Physical Abuse

Any physical harm willfully inflicted upon a person, including pushing, shaking, hitting, restraining, over-medicating.

Financial Abuse

Misuse of money or property, wrongful use of power of attorney, theft/stealing, using ATM/credit card without permission.

Psychological/Emotional Abuse

Willful infliction of mental anguish such as insulting, threatening, intimidating, humiliating, isolating from family and friends, removal of decision making choices.

Neglect

Denial of adequate nutrition, medical attention, shelter, clothing, physical aids such as walkers, glasses or canes.

Sexual Abuse

Inappropriate language or gestures, unwanted sexual touching, forced sexual intercourse.

How Can You Recognize Elder Abuse?

The following are possible signs of abuse or neglect:

Signs of Physical Abuse

Unexplained cuts, bites, bruises, burns, weakness or fractures.

Signs of Financial Abuse

Missing bank statements, credit cards, unusual withdrawals from bank account, person in charge of money is reluctant to disclose financial information.

Signs of Psychological/Emotional Abuse

Withdrawal, depression, anxiety, fear of family members, friends or caregivers, forcing unwanted changes.

Signs of Neglect

Poor hygiene, inappropriate or inadequate clothing, lack of safety precautions, unhealthy appearance.

Why Is It The Hidden Crime?

Some victims of elder abuse or those who suspect elder abuse do not report it because of:

- losing the relationship with the victim or the person suspected of harming them
- punishment and retaliation
- shame and embarrassment
- it being their fault
- the police or other service providers not being able to help



Durham Elder Abuse Network (D.E.A.N.)

Our Vision

For all seniors in Durham Region to live with dignity and respect in a safe environment.

Our Mission

To be leaders in the development of an integrated and collaborative strategy to address the prevention of elder abuse in Durham Region through networking, information sharing, raising awareness and advocacy.

Community Response to Elder Abuse

Durham Region has a network of community agencies to provide information to victims of elder abuse.

Website:

www.durhamelderabusenetwork.ca

**It's Not Right!
It's Not Your Fault!**