

Resources: Ask for a Punjabi interpreter to assist you with these resources

Canadian Network for the Prevention of Elder Abuse:
www.cnpea.ca

The site is intended to help people access and share information on abuse and neglect issues in later life, as well as learn more about what is being done across Canada to address this important health, social and legal issue.

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

This non-profit, charitable organization is dedicated to the prevention of elder abuse and neglect; with a focus on education and training, advocacy for policy development

Senior Safety Line:
1-866-299-1011

This is a hotline to assist abused and at-risk seniors. Information, referrals, and support are provided 24 hours a day, seven days a week, in over 150 languages

Disclaimer: This publication contains general information only. It is not a substitute for getting legal advice about your particular situation.

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Family Service Toronto would like to thank Punjabi Community Health Services in Brampton Ontario for their work as our Community Partner.



“If I had only known before...”

ELDERS! There is help for you to get relief from your distress...



This brochure provides you with information and resources to prevent family violence against women. This brochure was developed by the Punjabi community for the Punjabi community through working groups and focus group discussions and through information from the Justice Canada website.

Are you feeling sad and depressed?

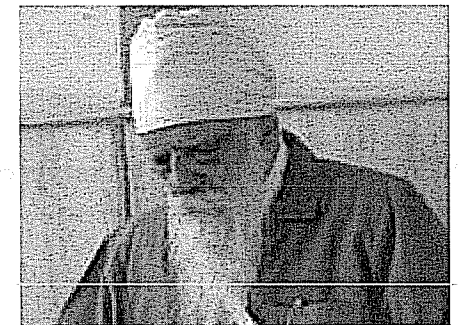
Do you feel scared of telling someone what you are experiencing?

Are your caregivers/children providing you with inadequate food, clothing and other necessities?

Are you refused medical help and/or care?

Do your children and/or caregivers take your money or personal belongings without your permission?

This brochure contains important information on ELDER ABUSE. Learn your rights and how Canadian law can protect you or seek help.



Elder abuse can be defined as "a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person". Elder abuse can take various forms such as physical, psychological, emotional, sexual and financial abuse. There are a number of ways one can hurt the feelings of the elderly knowingly or unknowingly, by abusing them verbally, mentally or physically. Abusive behaviour towards elderly people can be found in their homes or within their circle of friends.

Elder abuse is not acceptable; never tolerate it because it is NOT your fault.

Do not blame yourself.

You should not be the victim of this abusive behaviour.

World Health Organization:

http://www.who.int/ageing/projects/elder_abuse/en/index.html

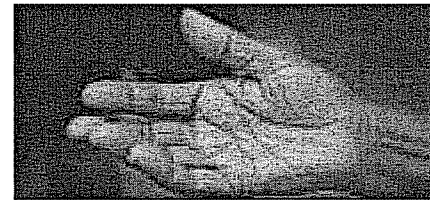
Forms of Abuse

Physical Abuse:

- Physical attacks causing injuries
- Not allowing you to seek medical treatment if you are ill and/or have suffered injuries
- Hitting, slapping, pushing or pinching you
- Forcibly confining you
- Lack of adequate nutrition and/or food

Economic and Financial Abuse:

- Withholding your pension, disability money, or any other financial assistance
- Stealing your valuable belongings such as jewellery and money
- Forcing you to sell your property
- Forcing you to sign cheques
- Forcing you to sign documents



Psychological and Emotional Abuse:

- Blackmailing and threatening to throw you out of the family home
- Forcing you to do all the household chores (i.e. child-minding, cooking, cleaning, etc.)
- Telling you that you are worthless
- Not including you in household decision-making
- Forced isolation and limiting your access to services
- Allowing the children in the family to disrespect you
- Excluding you from family gatherings, travel, weddings, parties, and other social events
- Making fun of a physical disability
- Denying you contact with family members back home

The Meaning of Family...

*In home the daughter-in-law should be treated as a daughter
She should respect the mother-in-law as a mother
Father-in-law should be respected as the head of the household
They shouldn't tire of praising their daughter-in-law
In such a house God is present*

*When there are sisters-in-law and daughters-in-law
They should be all equal in the mother's eyes
They should love each other
They shouldn't backbite one another
In such a house God is present*

*Where there is respect for the elderly members of the family relaxing in the backyard
That is a picture of heaven
That is where the angels reside
Together 'Keher' is singing this song
In such a house God is present*

-Anonymous Working Group Member

Safety Planning:

1. Tell your story to someone you can trust and confide in.
2. If you need help you should seek assistance from a friend, neighbour or extended family member.
3. If you feel that your safety is being compromised then call "911" to ask for help
4. Go to a place where you feel safe, like your neighbour's home, a local community organization or your local place of worship.