

**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.

**Senior's Association of Greater
Edmonton (SAGE)
1-780-454-8888**

This is a 24 hour information and support line for abused older adults and their family and friends.

**Public Guardian and Trustee of
British Columbia
1-604-660-4444**

For protection of the legal rights and financial interests of individuals who need support for financial and personal decision making.

**Ligne Aide Abus Aînés
1-888-489-2287**

This service is based in Montreal, Quebec and provides assistance/protection to vulnerable persons.

Disclaimer: This publication contains general information only. It is not a substitute for getting legal advice about your particular situation. This project was proudly funded by Citizenship and Immigration Canada.



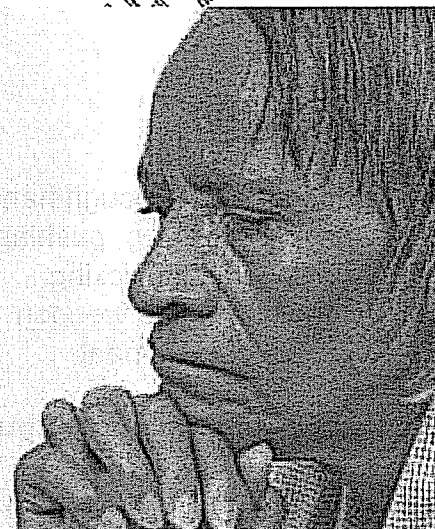
Family Service Toronto would like to thank Rexdale Women's Centre in Toronto, Ontario and North Star Immigration Consulting in Ottawa, Ontario for their work as our Community Partner.



northstar
immigration consulting

"If I had only known..."

**Seniors Speaking to Seniors
about Family Violence**



Read to reap knowledge...

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

Are you feeling lonely? Do you feel neglected and isolated by your family members?

Are you being mistreated by your caregivers and/or children?

Are you told that you are incapable of making your own decisions?

Do your caregivers limit your financial power by controlling your spending?

Do your children threaten to send you to a senior's home or threaten to abandon you?

Do you feel that your children/caregivers take advantage of your language barrier?

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



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 or 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.



Forms of Abuse

Physical Abuse:

- Beating, hitting, rough handling
- Shaking, slapping, pushing
- Choking, biting, kicking
- Assaulting with a weapon
- Forcible confinement

Economic and Financial Abuse:

- Unauthorized transactions
- Opening a joint bank account against your will
- Withholding your pension, disability money, or any other financial assistance
- Stealing your valuable belongings such as your jewelry, your money and any other financial assets
- Forcing you to sell your property
- Forcing you to sign and cash cheques
- Forcing you to sign documents

Psychological and Emotional Abuse

- Blackmailing and threatening to stop your immigration process
- Threatening to deport you and telling you that you are worthless
- Not including you in household decision making
- Forced isolation and limiting your access to services
- Encouraging the children in the family to disrespect you
- Making fun of a physical disability
- Denying you contact with family members back home
- Spiritual abuse (not allowing you to practice your faith or making fun of your faith)

A Note for Caregivers

Elders are the foundation of our society. Your responsibilities to care for the elderly follow you to the grave. Those who abuse seniors inflict agony onto themselves.

(Common folklore saying)

World Health Organization:

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

Look before you leap...

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, such as your neighbour's home, a local community organization or your local place of worship

Resources

Ask for a Somali 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.