



Elder Abuse Prevention Ontario

Starting the Conversation

How to Tell Someone You Are Being Abused

Remember, no one deserves to be abused or mistreated. Consider telling someone you trust, who will listen and support you.

Who Can You Tell?

- Family Member or Relative
- Friend, neighbour
- Lawyer/Accountant
- Community Centre Staff
- Faith Leader
- Physician
- Police
- Staff at the Seniors' Centre or Seniors' Group

How to Start the Conversation.

- **Describe what has been happening.**
- Pick a time when you will have privacy and do not feel rushed.
- Say "I have a serious problem that has been happening for..." {mention for how long}.
"My son, daughter, friend, caregiver... has not been treating me well. He/she has...
 - Used my money for themselves
 - Taken money from my bank account without my permission
 - Denied me access to my money/possessions
 - Forced me to appoint him/her the Power of Attorney
 - Prohibited me from visiting my friends/family or having them visit me
 - Forced me to sign over my house
 - Forced me to give him/her my PIN and bank account information
 - Forbidden me from using the telephone to speak with friends or family and blocks all callers from speaking to me.

Describe the type of behaviours you have been experiencing, such as,

" My son, daughter, friend, caregiver... has been abusive by:

- Pushing me
- Slapping me
- Threatening me
- Saying hurtful things to me
- Not providing adequate food, shelter, clothing
- Yelling at me
- Saying untrue/unkind comments to me
- Ignoring me

Explain how it makes you feel when this happens:

- Sad/Lonely
- Helpless
- Frightened
- Embarrassed
- Depressed
- Angry
- Disrespected
- Humiliated

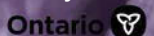
Tell the person how they can assist you, "I want you to help me by...."

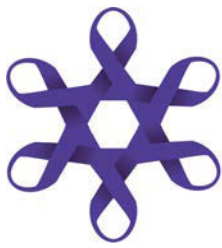
- Listening and supporting me.
- Helping me to safeguard my finances and money.
- Taking me to a lawyer to make a new Power of Attorney or Will.
- Helping me to move somewhere safe.
- Talking to the abuser with me.
- Working with me to solve this problem.
- Calling an agency for help.
- Checking with me before you take any action.

"Please don't share this with anyone else unless you have my permission. This was very hard for me to talk about. Thank you for listening."

Elder Abuse Prevention Ontario
416-916-6728 | www.eapon.ca
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What You Need to Know

PROTECT YOURSELF FROM ABUSE

Stay Connected

Protect Yourself from Abuse by:

- Staying in touch with friends and family.
- Setting times for regular phone calls or visits with loved ones and friends.
- Joining a group and meeting new friends.
- Staying physically and mentally active.
- Volunteering and sharing your skills.
- Becoming involved in community programs and finding out what resources are available.

If you are being abused, you are not alone, help is available.

For Safety Planning and learning about Local Resources, dial toll free:



1-866-299-1011

The **Seniors Safety Line** is the only 24 hour crisis and support line for seniors in Ontario who have experienced any type of abuse or neglect. Callers receive emotional support, safety planning, information and referrals in over 200 languages. The Seniors Safety Line is a "senior friendly" service with a live counsellor available to help navigate difficult systems, 7 days a week, 365 days a year.

If you would like to talk, they are there to listen - day or night.

For Emergencies, dial 911

OPP: 1-888-310-1122

Senior Crime Stoppers: 1-800-222-TIPS (8477)

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