

RESOURCE MAP

Maybe? Know the signs.

Watch out for signs of different types of abuse, especially the most common ones for older women: economic, psychological, sexual, and physical abuse.

More from the “It’s not right!” [campaign](#).

Need help coping?

Offer or refer them to mental health or addictions services.

Is there immediate danger, including physical abuse?

Call 911 or Crime Stoppers (1-800-222-8477)

OR if police are not a safe option, Victim Support Line or the Assaulted Women’s helpline can help with risk assessment and safety planning.

For more info: [EAPO Supports for Older Adults Facing Abuse](#)

Not ready to leave?

You can still offer support with safety planning or encourage them to reach out to a helpline for more local supports.

What if it’s sexual abuse?

Encourage them to connect with local sexual assault services in case they need medical attention or counselling.

In Toronto, a good place to start is [Women’s College Hospital](#).

Looking to leave?

Older women feel safer in age-friendly shelters or domestic violence shelters.

Age-friendly shelters in Toronto: [Pat’s Place, Islington Senior’s Shelter](#)

Contact: Seniors Safety Line for more local age friendly shelters.

Assaulted Women’s helpline for domestic violence shelters in the area.

Do you know an older woman in an abusive situation?

What if it’s economic abuse?

Offer more information on financial abuse and refer them to legal services for advice.

In Toronto, the [Advocacy Centre for the Elderly](#) provides free legal advice. The [BC Centre for Elderly Advocacy & Support](#) offers practice tips to financial & social service providers.

What if it’s emotional abuse?

Offer or refer them to mental health or counselling services.

The Senior Safety Line & [Wellness Together Canada](#) are good places to start for finding local mental health supports.

KEY CONTACTS

Advocacy & Education

Canadian Network for the Prevention
of Elder Abuse

www.cnpea.ca

Elder Abuse Prevention Ontario

www.eapon.ca

Ontario Association of Interval &
Transition Houses

www.oaith.ca

Woman Abuse Council of Toronto

www.womanact.ca

Helplines

Seniors Safety Line

1-866-299-1011

Assaulted Women's Helpline

1-866-863-0511

(TTY: 1-866-863-7868)

Fem'aide (Francophone-centred)

1-877-336-2433

(TTY: 1-866-860-7082)

Talk4Healing (Indigenous-centred)

1-855-554-HEAL (4325)

(You can also chat [online](#))

Victim Support Line (Multi-lingual)

1-888-579-2888

Interactive Tools

Find gender-based services in
Ontario

mulberryfinder.ca

Find a shelter in Canada.

sheltersafe.ca

Find social or community services in
your area

211.ca