

Are you being slapped, pushed or shoved?

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?

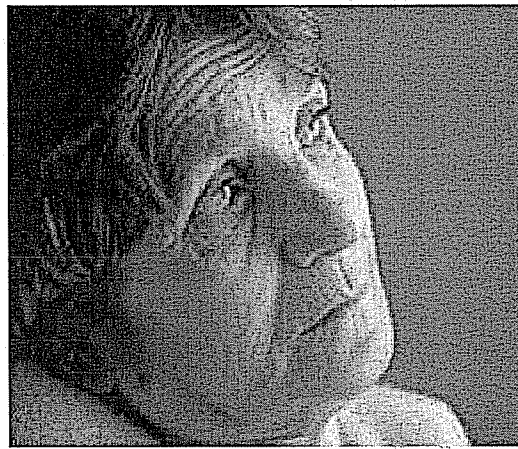
Do your children and/or caregivers take your money or personal belongings without your permission?

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



“If I had only known...”

Seniors Speaking to Seniors about Family Violence



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

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

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FARSI SENIORS

Resources

Ask for a Farsi interpreter to assist you with these resources:

www.seniors.gc.ca

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.

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.

Safety Planning

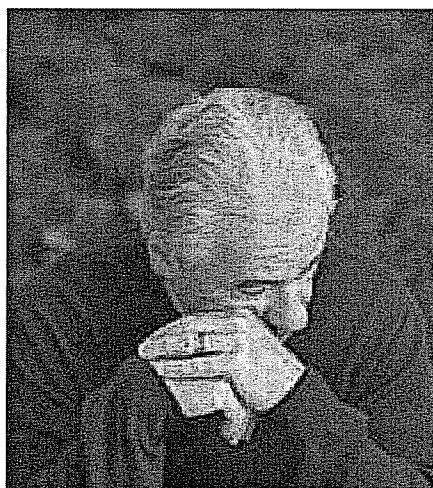
Tell your story to someone you can trust and confide in.

If you need help you should seek assistance from a friend, neighbour or extended family member.

If you are in immediate danger

Dial "911" for police assistance
Say the name of your language and they can connect you with an interpreter.

If you are using a cell phone, you must and say **HELP** and tell the person who answers your call where you are



- Keeping you at home all the time and limiting services to you
- Encouraging the children in the family to disrespect you
- Excluding you from family gatherings, travel, wedding, parties, and other important social events
- Making fun of a physical disability
- Denying you contact with family members back home
- Making intimidating gestures
- Spiritual abuse (not allowing you to practice your faith or making fun of your faith).

Elder abuse is not acceptable; never tolerate it because:

This is NOT your fault. Do not blame yourself.

Elders should be treated with respect.

You are NOT a burden on your family. You are the head of the household

Forms of Abuse

Physical Abuse:

- Not allowing you to seek medical treatment if you are ill and/or have suffered injuries
- Hitting, slapping, pushing or pinching you
- Forcible confinement
- 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 legal documents

Psychological and Emotional Abuse:

- Blackmailing and threatening to throw you out of the family home and/or send you back home
- Threatening to deport you
- Telling you that you are worthless and treating you in a degrading manner
- Not including you in household decision making

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, 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.

World Health Organization:

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