

Resources:

Ask for a Tamil interpreter to assist you with the following 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.

Ontario Network for the Prevention of Elder Abuse

1-416-916-6728 / www.onpea.org/

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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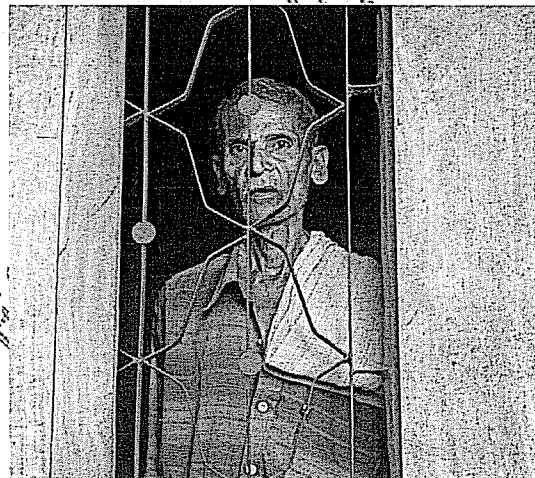


Family Service Toronto would like to thank Rexdale Women's Centre in Toronto, Ontario for their work as our Community Partner.



"If I had only known..."

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



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

Are you feeling sad and depressed?

Are you scared of telling someone what you are experiencing?

Are your caregivers/children not providing you with adequate food, clothing and other necessities?

Are you refused medical help and/or care by your family?

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

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

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

Forms of Abuse

Physical Abuse:

- Forcing you to do all the household chores (i.e. child-minding, cooking, cleaning, etc.)
- Rough handling, pushing and/or shoving
- Hitting you with an object
- Forcibly confining you in a space
- Not having access to medical help and/or care
- Lack of adequate food, clothing and other basic necessities

Economic and Financial Abuse:

- Authorizing transactions against your will
- Withholding your pension, disability money or any other financial assistance
- Taking away your valuable belongings such as money and jewellery
- Forcing you to sell your property
- Forcing you to sign and cash cheques

Psychological and Emotional Abuse:

- Blackmailing and threatening to throw you out of the family home
- Threatening to deport you
- Telling you that you are worthless
- Not including you in household activities
- Forced isolation and limiting your access to services
- Encouraging the children in the family to disrespect you
- Excluding you from family gatherings, travel, weddings, parties, and other important social events
- Making fun of a physical disability
- Denying you contact with family members and loved ones back home
- Using gestures to intimate you
- Spiritual abuse (not allowing you to practice your faith or making fun of your faith)

Safety Planning:

1. Tell your story to someone you can trust and confide in.
2. If you need help you should ask others for assistance.
3. If you feel that your safety is being compromised then call: "911" to ask for help
4. Information is available from your library and community centre if you need further advice.



*Becoming an Elder is not the end of Life,
Instead, it is a beginning of a new life.*

*To live this, we are gifted with a new land,
which has both challenges and resources.*

Let us use the resources and face the challenges!