

What is PSAN?

The Prevention of Senior Abuse Network – Simcoe County is a voluntary network with member from community agencies and organizations as well as seniors themselves.

Our Vision:

All seniors in Simcoe County live with dignity and respect in a safe environment.

Our Mission:

The Prevention of Senior Abuse Network Simcoe County promotes community participation in a network that is dedicated to promoting awareness, prevention and response to senior abuse in Simcoe County through advocacy, education and collaboration.

What We Provide:

Network membership, speakers, training/education and connection to resources.

Contact us by email available on our website: www.psan-sc.ca

What is Senior Abuse?

Senior abuse is any action or inaction which causes **harm** or **distress** to an older person to an older person.



Senior abuse can happen to **anyone**, regardless of culture, gender, race or financial status.

The person causing the abuse could be a family member, friend, neighbour, paid caregiver, professional financial or legal adviser, or healthcare provider.

Who Can I Call?

In an emergency
911

**Local Police Service
Or the OPP**
1-888-310-1122

Seniors Safety Line
1-866-299-1011
24 HR information/referral

Senior Crime Stoppers
1 800-222-8477
For anonymous reporting of crimes

Victim Services
(705) 725-7025 Ext. 2120
(705) 325-5578

Long Term Care Action Line
1-866-434-0144
To report concerns of abuse in LTC homes

Retirement Homes Regulatory Authority
1-855-275-7472
To report concerns of abuse in Retirement Homes

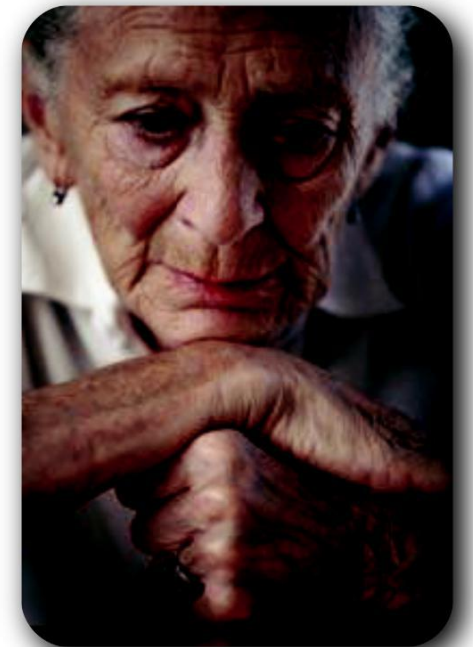
Advocacy Centre for the Elderly
1-416-598-2656
Legal Advice/support

Ontario 211 is a free helpline
Community and social services in your area 24hrs



PREVENTION OF SENIOR ABUSE
NETWORK
SIMCOE COUNTY

Senior Abuse What You Need to Know to stay safe



Types of Abuse

Physical Abuse is any action which causes physical discomfort, pain or injury.

Emotional Abuse is any action or words causing feelings of distress, fear, a sense of worthlessness, or a loss of dignity.

Financial Abuse is the theft or misuse of money, power of attorney, property, or possessions and can also include being victim of frauds and scams.

Neglect occurs when a person who has responsibility to provide care or assistance, does not do so. Neglect can be intentional or unintentional.

Sexual Abuse is any sexual behavior directed towards an older adult, without that person's full knowledge or consent.

Spiritual Abuse is preventing a person from practicing his or her faith, or forcing someone to participate in a spiritual ritual, practice, or religion.

Older adults deserve honour and respect NOT abuse!

Abusive Behaviours

Abuse is often not clearly defined. Here are some examples of abusive behaviours:

- Insults, threats, humiliation, bullying
- Isolating an older person from family and friends
- Controlling the decision making process
- Threatening to place the senior into an institution
- Denial of medical treatment, or medical aids (e.g. walker)
- Pressuring someone into giving money or property

Learn the Warning Signs

A change in the seniors' normal behavior

Signs of fear, anxiety, confusion or depression

Withdrawal from social activities or social contacts

Unkempt appearance

Suspicious or unexplained injuries

Untreated medical conditions

Unpaid bills or missing property

Preventing Senior Abuse

Tips for Seniors:

Plan ahead and make your wishes known.

Stay active within your community.

Do not sign over property or money in return for care.

Keep track of your financial statements and legal documents.

Talk to someone you trust about the abuse who will respect your decisions.

Know your rights! Become your own advocate.

Tips for Caregivers:

Communicate regularly with your loved one about their needs, and your needs as a caregiver.

Educate yourself on the issues surrounding caregiving and learn about the resources available in your community.

Take steps to reduce your stress as a caregiver. Share the caregiving responsibilities with other family members and service providers.

Supporting the Senior "At Risk" of Abuse

Talk to the older adult. Tell them that you are concerned.

Should a senior make a disclosure of abuse, **believe them and listen** to what they are saying.

Respect confidentiality and be non-judgmental. Older adults have the right to choose to live at risk.

Educate yourself about elder abuse. Provide the senior with information, options, and strategies which will prevent further harm.

Discourage feelings of guilt and self-blame for the abuse.

Encourage them to seek help. Locate resources and organizations that can help.

Do not act too quickly. Only take immediate action when a crime is being committed, or the older adult needs immediate protection.

Everyone has a role in preventing the abuse of an older adult