

See it, Name it, Check It Safety Planning



Ear to Hear what the older adult is saying. Listen to what it is that is happening and what they want to do.



Comfort: It's not your fault. You are not alone. Help is available when you are ready for it.



Make a Go Bag in case you need to leave in a hurry: copies of important papers, documents, passport, list of medications or prescriptions.



Also in your bag, keep extra medications, money, phone numbers of friend/family you trust, personal care items like a toothbrush, change of clothes, etc.



Call for Help:

911 in an emergency

211 ask for help

310.1818 Family Violence Info line
in **180+ languages**

Sexual Assault 1.866.403.8000

Service Canada 1.800.622.6232



Online Resources:

Immigration Services:

www.canada.ca/en/services/immigration-citizenship.html

Alberta Elder Abuse Awareness Council:
www.albertaelderabuse.ca/resources/staying-safe-a-resource-for-older-adults-living-in-alberta

What is Elder Abuse?

Different Forms of Abuse



Elder Abuse is any action or inaction by a person(s) in a **trusting** relationship that causes harm and/or distress to an older adult.



Financial Abuse When someone uses your financial resources without your consent.



Emotional Abuse is any attempt to intimidate, demean, or belittle an older adult with words or actions.



Sexual Abuse is forced or unwanted sexual interaction.



Physical Abuse is any act that causes bodily harm.



Medication Abuse is the misuse of medication which can cause harm to the older adult.



Neglect is the intentional or unintentional failure to provide for the needs of the older adult.



Spiritual Abuse is preventing an older adult from practicing their faith or to attend a religious event of their choosing.