

## Abusive Behaviours

- Removing decision-making power while person is able to make decisions for themselves
- Over or under-administering medication
- Refusing access to grandchildren
- Withholding affection for manipulative purposes
- Failing to prevent physical harm or seek medical assistance
- Denying or ridiculing religious/spiritual beliefs
- Treating the older adult like a child
- Disrespect or lack of privacy
- Denying social contacts
- Unnecessary physical restraint
- Failing to provide hygiene
- Convincing an older adult to buy something or give away money
- Misuse of money or property
- Misusing power of attorney
- Abuse of guardianship responsibilities
- Withholding food, water, or medication
- Failing to provide safe, warm, comfortable place to live
- Abandonment or desertion
- Deliberate exposure to severe weather

## Signs of Abuse

- Inappropriate or dirty clothing; poor hygiene
- Lack of, or poor condition of, dentures, glasses or hearing aids
- Standard of living is not in keeping with income or assets; overdue bills
- Unusual activity in bank account
- Dehydration
- Lack of social contact
- Change in behaviour/mood in the presence of the person abusing/neglecting him/her
- Depression/anxiety or Agitation
- Missing hair
- Bruising, burns or bite marks
- Untreated medical problems, irregular medical appointments, unexplained broken bones/fractures or a history of injuries
- Changes in mental or physical ability
- Pain
- Harmed pets
- Sexually transmitted diseases
- Recent incontinence
- Decline in general health, including confusion



## Barriers to Disclosing Abuse

- Love for abuser
- Hope for change
- Fear of institutionalization, rejection, or abandonment
- Fear of retaliation/escalation or loss of relationship
- Fear of losing caregiver
- Unable to report due to isolation, Dementia, lack of understanding or impairment
- Hopelessness
- Shame or guilt
- Unaware of resources
- Medication or alcohol misuse



## What is Elder Abuse?

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 several forms including physical, sexual, psychological, emotional, spiritual, financial and material abuse, abandonment, neglect and serious loss of dignity and respect,

Elder abuse can happen to any older adult, regardless of:

- Cultural or ethnic group
- Physical or mental health
- Socio-economic group

## Who is responsible for preventing Elder Abuse?

Everyone. It is important to talk about elder abuse, how unacceptable it is and to let people know help is available. If someone discloses abuse to you, you see signs or if you suspect abuse, it is your responsibility to do something about it.

## Take Action

- Learn about and recognize abuse
- Watch for warning signs...report suspected elder abuse
- Stay connected with older adults, their relatives, friends and neighbours
- Know where to get help



The Foothills Elder Abuse CCR includes a network of local organizations working together to prevent and address elder abuse in our community. If you, or someone you know, is experiencing elder abuse and would like information and help, contact the resources below:

### For Emergency Assistance, Call 911

#### For all other inquiries contact any of the following:

Distress Centre\* 403-266-4357

Rowan House Emergency Shelter:  
403-652-3311

Okotoks Family Resource Centre:  
403-995-2626

High River FCSS: 403-652-8620

\*The Distress Centre is a 24-hour crisis/support line that can connect you to: Calgary Seniors Resource Society - SeniorsConnect Outreach Program, Alberta Health Services - Mobile Response Team for Mental Health, and the RCMP



# Foothills Elder Abuse Coordinated Community Response (CCR)

## Our Vision:

*Older adults in Okotoks, High River, Turner Valley, Black Diamond, and the surrounding rural areas within the MD of Foothills No. 31 live in a safe, caring and responsive community where their rights, dignity and well-being are valued and they are free from abuse and neglect.*