



Malton Women Council



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Advance Brampton Fund

SENIORS SAFETY

Tip Sheet



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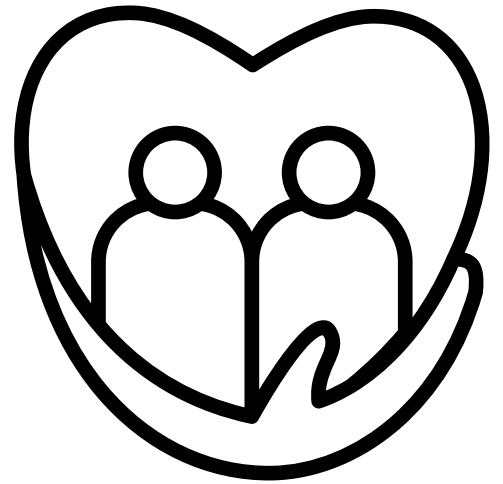


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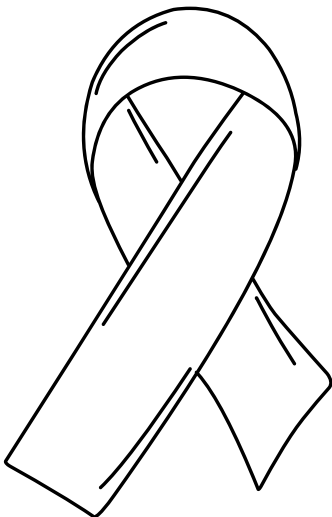
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Seniors Safety

Aging brings unique challenges. Keep reading to learn about common issues faced by seniors and strategies to address these issues.



Elder Abuse



According to the World Health Organization, Elder Abuse is “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.”



Types of Elder Abuse

- Elder abuse is multidimensional. The abuse can take any one or more of the following forms:
- Financial Abuse
- Psychological Abuse
- Physical Abuse
- Sexual Abuse
- Neglect



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Financial Abuse

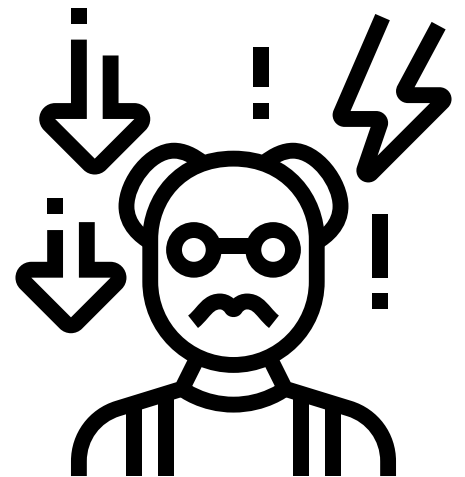
- Financial Abuse is the most common form of elder abuse, often perpetrated by family members. Financial Abuse involves improper conduct performed with or without the informed consent of a senior that results in monetary or personal gain to the abuser and/or monetary or personal loss for the senior.
- Examples include theft, misuse of property or funds, and pressuring a senior to sign legal documents, sell property, or give money to relatives or caregivers.





Psychological Abuse

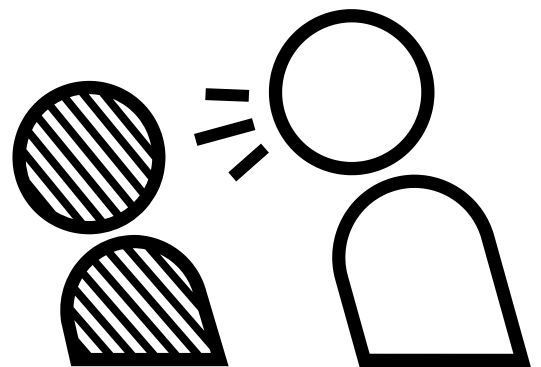
- Psychological abuse involves any verbal or non-verbal action that lessens a senior's identity, dignity, or self-worth. Examples of psychological abuse include using hurtful language, threatening, ignoring, removing decision-making powers, not allowing a senior to socialize with others, or withholding affection (ex., restricting access to grandchildren).





Physical Abuse

- Physical Abuse involves any act of violence or rough handling that may or may not result in physical injury but causes discomfort or pain. Examples of physical abuse include pushing, kicking, slapping, pulling hair, arm twisting, spitting, or confining a senior to a place.



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Sexual Abuse

- Sexual Abuse involves sexual behavior towards a senior without their knowledge and consent, including through force, trickery, or threats. Sexual abuse also includes sexual contact with seniors who are unable to provide consent and contact between seniors and service providers. Examples include inappropriate touching, kissing, making sexual remarks, and forced intercourse.





Neglect

- Neglect involves failing to meet the basic needs of a senior, whether intentionally or unintentionally. Examples include withholding or denying access to services such as medical attention, over-/under-medicating, failure to provide food, clothing, hygiene, abandonment, and leaving a senior in an unsafe place.



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Strategies to Prevent Abuse

- Tackling elder abuse is a shared responsibility among friends, family, community members, seniors, and the abusers themselves.
- Maintain regular contact with family and friends.
- Stay informed of local senior services by attending local health fairs.
- Establish a Power of Attorney, Living Will, and engage in advance care planning. These documents will protect your health and financial decisions.
- Do not lend your bank card or give your PIN or passwords to anyone.
- Read legal documents before signing.
- Watch for warning signs of abuse, and report/seek help from a public health nurse, social worker, lawyer, police, or doctor when required. This is an important step for both seniors and community members.
- Seek help for your physical and mental health.
- Treat seniors with dignity and respect.





Strategies to Deal with Abuse

- Watch for warning signs of abuse, and report/seek help from a public health nurse, social worker, lawyer, police, or doctor when required. This is an important step for both seniors and community members.
- Leave the situation if you are in immediate danger.
- Keep a detailed daily record of what is happening. This can help document the abuse and help you seek help.
- Do not blame yourself.
- Take legal action.
- Use community supports.



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Community Supports

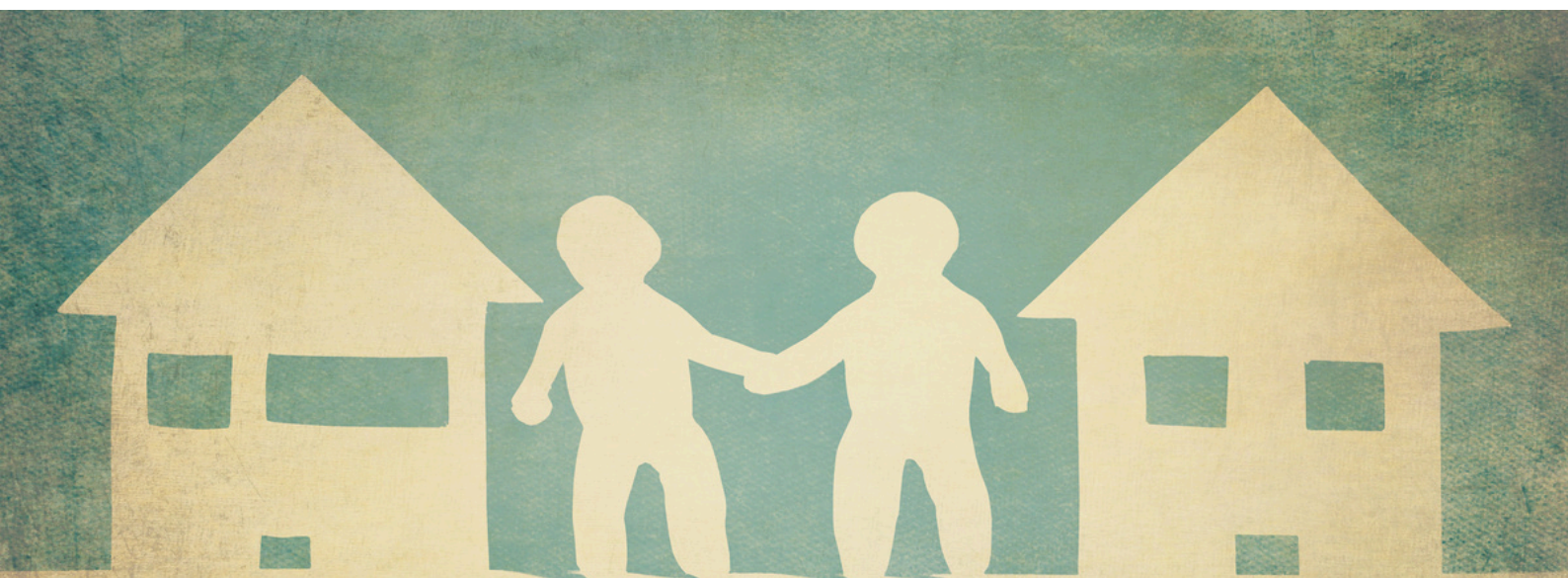
If you or someone you know is being abused, you can seek help from the following organizations:

In the event of an emergency, dial 911.

- **Non-Emergency Police Numbers:**
- **Peel Regional Police**
- 905-453-3311
- **Ontario Provincial Police (Caledon)**
- 1-888-310-1122

Community Supports:

- Senior Safety Line (1-866-299-1011)
<https://www.awhl.org/seniors>
- Family Services of Peel (Intake: 905-453-5775)
<https://fspeel.org/>
- Catholic Family Services of Peel-Dufferin: 905-450-1608
<https://cfspd.com/>



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Frauds and Scams

Fraudsters and scam artists often target seniors. Beware of the following frauds:

Grandchild Emergency Scam

- An upset person may call you claiming to be your grandchild. Their voice may even sound the same as your grandchild's voice. They may ask you to send them money because they are in an emergency. Another person claiming to be a police officer or lawyer may take the phone, instructing you how to send the money.
- Never lend money or reveal your grandchild's name. Check with your grandchild's parents first! The fraudsters are smart. They may already know your grandchild's name, call using their voice, and mimic their phone number. Be wary!



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Home Repair/Service Person Scam

- Repairmen may offer a free inspection or check your home's phone or gas lines. They may claim that immediate repairs are required and ask for advance payments.
- Door-to-door sales in Ontario are no longer allowed, unless you initiate the conversation by calling or asking the company to visit you.
- Avoid opening doors to strangers. Always confirm the service person's identity, phone, and company. Look up the information yourself and call the company to check.



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Medical Fraud

- A person may email or call you about health deals that are too good to be true. If you are interested, take down the telemarketer's information and ask your physician for advice before purchasing anything. Even legitimate products can be sold by illegitimate vendors, so always be careful.





Canada Revenue Agency (CRA) Fraud

- Fraudsters may phone, email, or text you claiming they are from the CRA or Immigration, Refugees, and Citizenship Canada. They may demand immediate payment or claim you have a refund. They may seek your personal and banking information to process the transaction.
- The CRA will never send refunds by e-transfer or text. They will never demand payment by e-transfer, bitcoin, prepaid credit cards, or gift cards. They will not threaten to deport you or put you in jail. They will never ask for your personal or financial information in a voicemail or email.





General Safety Tips for Seniors

- To stay safe around the house, practice the following strategies:
- Consider purchasing an emergency button or alarm that you can wear as a pendant or bracelet. In case of a fall, you can press the button to have emergency services for you.
- Do not rush to answer the phone and risk a fall. Have a cordless phone or cellphone, or let it go to voicemail.
- Wear non-slip footwear on smooth surfaces.
- Use a cane or walker if you have one, rather than holding to furniture or walls.
- Make sure your home is well lit and free of clutter.
- Use rails and banisters when using the stairs.
- Have grab bars installed in the bathroom.
- Use rubber mats in the bathroom to prevent slips.





General Safety Tips for Seniors

- Keep medications in original containers, and do not mix them up.
- Ask your pharmacist to use large print labels for medications.
- Do not share private information, social insurance numbers, banking information, or passwords with people you do not know.
- Do not get pressured into making purchases or signing contracts.
- If your memory is declining, set up automated bill payments to pay bills on time.
- As health conditions change, you may need to give up driving and rely on public transportation.
- Keep lists of emergency numbers handy.



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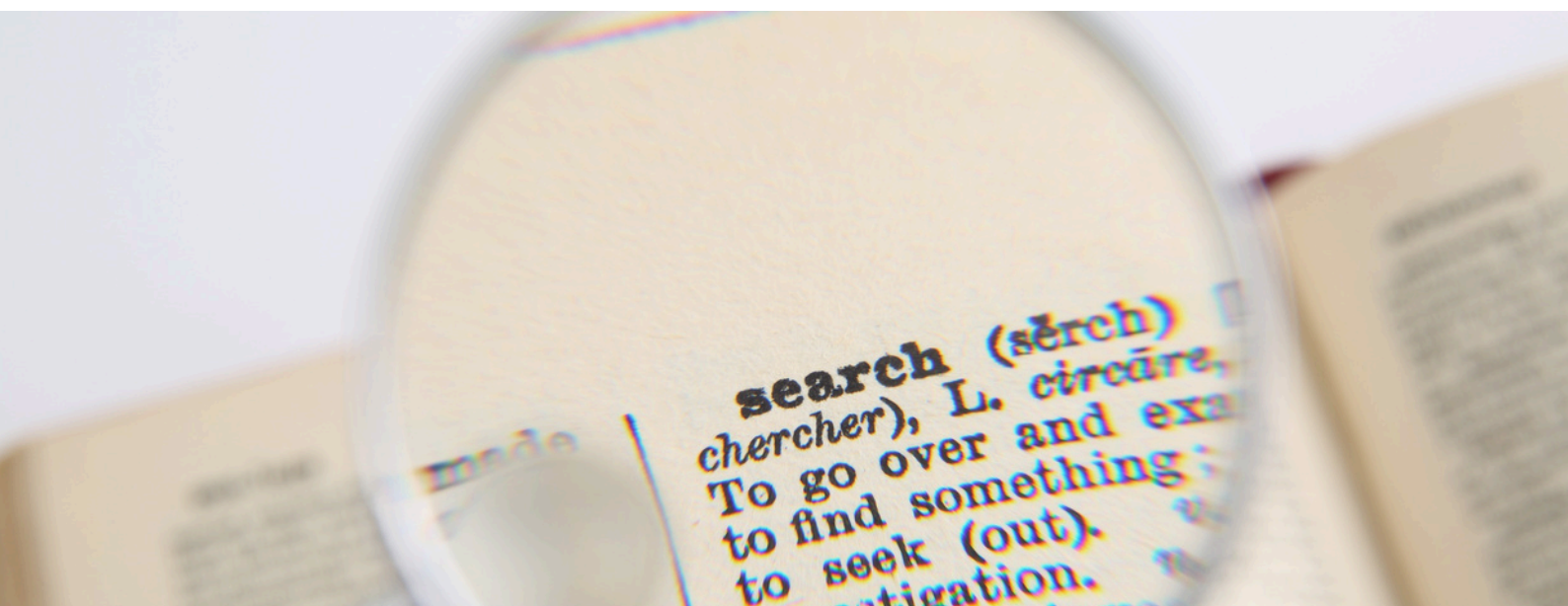


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Resources and References

- To learn more about issues affecting seniors, visit the following websites:
- Elder Abuse Prevention Ontario: <https://eapon.ca/>
- Peel Police Seniors Safety
<https://www.peelpolice.ca/en/safety-tips/seniors-safety.aspx>
- Canada Revenue Agency (CRA) Scams:
<https://www.canada.ca/en/revenue-agency/corporate/scams-fraud/recognize-scam.html>
- Home Safety Tips for Older Adults:
<https://www.healthinaging.org/tools-and-tips/tip-sheet-home-safety-tips-older-adults>
- Government of Alberta Elder Abuse:
<https://www.alberta.ca/get-help-elder-abuse>



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