

# Elder Abuse



## Types Of Abuse

- **Physical Abuse:** Using physical force that causes pain, injury, or harm to an older adult.
- **Emotional/Psychological Abuse:** Actions or words that cause fear, distress, humiliation, or emotional pain.
- **Sexual Abuse:** Any unwanted sexual contact or activity involving an older adult.
- **Neglect:** Failing to provide necessary care such as food, medical help, shelter, or assistance with daily needs.
- **Financial Abuse:** includes taking money, property, or pressuring someone to change wills.



## Warning Signs

- Signs may include sudden financial problems, fear of a caregiver, unexplained injuries, or social isolation.
- If something feels wrong, trust your instincts and seek help.



## Getting Help

- For additional resources visit Peel Elder Abuse Prevention Network.
  - [https://eapon.ca/networks\\_profiles/peel-elder-abuse-prevention-network/](https://eapon.ca/networks_profiles/peel-elder-abuse-prevention-network/)
- In Ontario, seniors can call the Seniors Safety Line **(1-866-299-1011)** for confidential support.



## Stay Connected With Others



- Staying socially connected can help reduce the risk of elder abuse.
- Regular contact with family, friends, neighbours, or community groups helps others notice when something may be wrong.
- Join local senior centres, cultural organizations, or religious groups to build supportive friendships.
- Participate in community programs, volunteer opportunities, or social clubs to stay active and connected.



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