

Seniors Abuse

SUPPORT LINE

1-888-896-7183

TOLL FREE 24 HOURS

Additional services that may be of interest to seniors though:



Klinic Services Information204-784-4090
Health Services Appointments204-784-4090
Volunteer Information.....204-784-4006
Drop-In Counselling204-784-4067
SPEAK (Suicide Prevention Education Awareness Knowledge).....204-831-3610
Post Trauma/Family Violence Counselling.....204-784-4059
Manitoba Farm & Rural Support Services.....1-866-367-3276

24-Hour Telephone Services:

- Manitoba Suicide Line Toll Free.....1-877-435-7170
- Crisis Line204-786-8686
Toll Free1-888-322-3019
- Sexual Assault Crisis Line204-786-8631
Toll Free1-888-292-7565
- TTY Deaf Access Counselling.....204-784-4097
- Problem Gambling Help Line1-800-463-1554

Other resources and websites:

- Age & Opportunity Inc.
www.ageopportunity.mb.ca
- Canadian Coalition for Seniors Mental Health
www.ccsmh.ca
- Manitoba Network for the Prevention of Abuse of Older Adults
www.olderadultabuse.mb.ca
- Protection for Persons in Care Office
204 788-6366
www.gov.mb.ca/health/protection
- Manitoba Public Trustee
204 945-2700
www.gov.mb.ca/justice/publictrustee
- Manitoba Seniors and Healthy Aging Secretariat
www.gov.mb.ca/shas/index.html
- Partners Seeking Solutions with Seniors
<http://solutionsforseniors.cimmet.ca/cim/29.dhtm>

Seniors Abuse

SUPPORT LINE



abuse hurts

at any age



1-888-896-7183

TOLL FREE • 24 HOURS



Just Care

Senior abuse

is any action or inaction by a person in a position of trust that causes harm to an older adult.

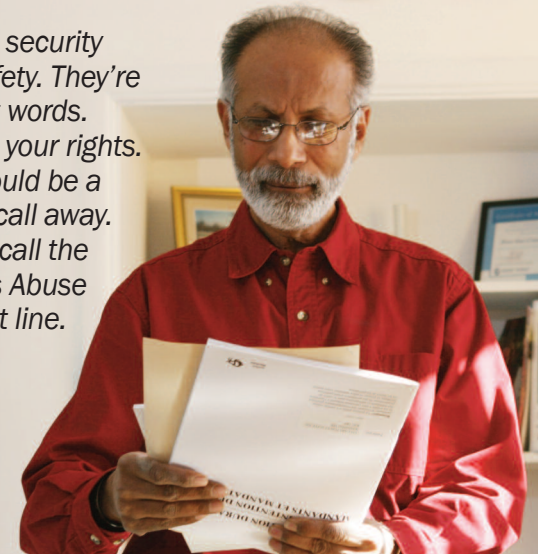
Senior abuse happens to an older adult when someone they know and often someone they care about **limits or controls their rights and freedoms**. The older adult is unable to freely make choices because they are afraid of being humiliated, hurt, left alone or the relationship ending. Abuse can be a hard word to accept and it can happen to anyone.

Why do people remain silent?

Older Adults being abused often feel trapped and conflicted about asking for help or telling others about what is happening. Some of the reasons are;

- They live with the person that behaves abusively and do not know where else they can go.
- Feeling guilty and responsible for the abuse.
- Feeling embarrassed or ashamed.
- Feeling protective of and responsible for the person that is mistreating them.
- Feeling that they will not be believed if they tell someone.
- Feeling afraid that the relationship will end and they will be alone.

Dignity, security and safety. They're not just words. They're your rights. Help could be a phone call away. Please call the Seniors Abuse Support line.



Most often abuse of older adults occurs within the family by adult children, grandchildren, or a spouse or partner. When someone is abused by a spouse or partner we call this domestic abuse. Other relatives, friends, neighbours, caregivers, landlords, spiritual and financial advisors or anyone in a position of trust or authority can also act abusively to an older adult.

The Seniors Abuse Support Line is here to listen and to help.

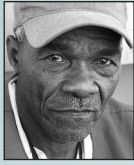
1-888-896-7183

More services, resources and links can be found at www.seniorsabusesupport.ca

This project is funded by the Manitoba government.

 Age & Opportunity Inc.
204-956-6440
1-888-333-3121





"Sometimes my son becomes angry and grabs me. I started to feel afraid in my own home. I love my son and didn't want to get him in trouble. I finally decided to talk to my doctor and am glad I did."

■ **Abuse is physical** if someone hits you or handles you roughly.



"My granddaughter moved in with me because she couldn't support herself. She often calls me names like stupid and selfish. I started to really doubt myself. Even though I felt foolish I spoke to my sister about what was happening."

■ **Abuse is psychological** if somebody threatens and insults someone, calls them names, humiliates or embarrasses them, intimidates them, treats them like a child or does not allow them to see family and friends.



"The caretaker in my block made me feel uncomfortable in the way he would talk about sex in front of me. Even though I felt embarrassed I discussed it with my neighbour and together we talked to the building manager."

■ **Abuse is sexual** if someone forces someone to engage in sexual activity. This may include verbal or suggestive behaviour, not respecting personal privacy, inappropriate touching and sexual intercourse.



"I started to give my homecare worker small gifts and now she comes to expect them and has asked for money. I was afraid to stop giving her money, she's a single parent and I felt guilty. I finally discussed things with my minister and he helped me come up with a plan."

■ **Abuse is financial** if somebody tricks, threatens or persuades someone out of their money, property or possessions. Sometimes they might influence or force a person to change their will, sign a power of attorney or cash your cheques without their knowledge.



"My son takes money from me to buy my groceries but never spends all that he takes on food. He says I eat too much and can get by with less. There is never enough food in the house and I often feel hungry. I wasn't sure who to talk to so I called the Seniors Abuse Support Line."

■ **Neglect** is when a caregiver or somebody else in a position of trust withholds care, food and/or emotional support. Neglect may be intentional or unintentional. Sometimes those trusted to provide care do not have the necessary knowledge, experience or ability to carry out their responsibilities.

**Even if you're not sure if it is abuse,
call the Seniors Abuse Support Line 1-888-896-7183**



1-888-896-7183

Calls are free, confidential and telephone counsellors are trained to help with issues facing seniors.

What do older adults need to know?

- Everyone has the right to be safe and free from abuse. A person's value and feelings do not become less important with age. Abuse at any age is wrong.
- The person being abused is never responsible or to blame for the abuse.
- People who behave abusively towards an older adult can still love and care about them. They need help. Abuse does not go away and often gets worse over time.
- No one who is being abused is alone. Help is available.

Where can someone go for help?

- Call the 24 hour Seniors Abuse Support Line, **1-888-896-7183** and speak to one of our trained and caring counsellors.
- You can call the Seniors Abuse Support Line even when you are not sure that what you are experiencing is abuse. We can help.
- Talk to someone you trust; a physician, lawyer, elder, clergy, public health nurse, police officer, neighbor or a trusted friend or family member.

**To learn more about seniors abuse,
and about staying safe, visit
www.seniorsabusesupport.ca**