

Places to go for help include: *(continued)*

RCMP	1-800-709-7267
RNC St. John's	709-729-8000
RNC Labrador West	709-944-7602
RNC Corner Brook	709-637-4100
Mental Health Crisis Line	1-888-737-4668
Sexual Assault Crisis Line	1-800-726-2743
Victim Services	709-729-7970, collect
SeniorsNL	709-737-2333
Toll Free (NL)	1-800-563-5599

SeniorsNL Information Line is answered 8:30-4:30, Monday through Friday, by Peer Support Volunteers who can provide you with information so you can make informed decisions. They will help you to connect with those offering programs and services locally, provincially, and federally.

info@seniorsnl.ca
www.seniorsnl.ca

For more information on elder abuse, please see the NL Network for the Prevention of Elder Abuse's website at www.nlnepea.ca



RESOURCES • INFORMATION • CONNECTION

Elder Abuse

Can be an act (abuse) or a failure to act (neglect) that harms an older person.

Types of Elder Abuse

Emotional
Material/
Financial
Physical
Sexual
Neglect

**Elder abuse shatters
lives and relationships**

Sexual Abuse

Unwanted touching of or sexual activity with a senior without his/her consent or full knowledge. Sexual abuse of older persons is often ignored because seniors are not thought of as being sexual.

Signs:

- Pain, swelling, or bleeding in the genital or anal area
- Other bruising, grip marks, or wounds that point to sexual assault
- Fear of being near or alone with a certain person

Examples:

- Sexual abuse can range from unwanted kissing or fondling to forced sexual acts
- Unwanted verbal (jokes, rude remarks) or visual acts (showing private parts or pornography)

Emotional Abuse

Any word or act that decreases an older adult's sense of self-worth.

Signs:

- Shows fear (around the abuser)
- May be unsettled and upset
- Isolated
- Puts herself/himself down
- Has feelings of guilt and blame
- Shows signs of depression, low energy, changes in sleeping or eating patterns, feeling hopeless

Examples:

- Jokes about the older person
- Frightens the senior on purpose
- Treats the senior like a child
- Attacks senior's pride/dignity
- Threatens or takes away love and affection or emotional support
- Prevents a senior from practising his/her religion (for example, won't allow him/her to go to church)

Neglect

Failure to meet the needs of an older adult who cannot meet these needs on his/her own.

Active Neglect is refusing to provide for the basic needs and/or care of an older adult.

Passive Neglect is the failure to provide care to a senior because of a lack of experience, information, or ability.

Self Neglect occurs when a senior does not care for himself/herself due to choice, poor health (mind or body), loss of friends/relatives, depression.

Signs:

- Dirty clothing, unclean hair, uncut nails, or body odour
- Poorly kept living space
- Lack of food in the cupboards
- Dehydration or malnutrition
- “Invisible” homelessness, such as when a senior sleeps on a couch or in a garage

Examples:

Neglect is when a caregiver doesn't:

- Provide basic needs like food, water, suitable clothing, or safe and clean shelter
- Attend to personal care like washing
- Provide social contact

Physical Abuse

Causing injury, pain, or discomfort through violence or rough handling.

Signs:

- Repeated “accidents”
- Injury for which the reason given does not make sense
- Unexplained injuries such as bruises, burns, cuts, swelling, grip or rope marks

Examples:

- Slapping, pushing, pinching, or kicking
- Rough handling
- Giving too much or too little medication
- Confining someone to a bed, chair or room