

PREVENTION:

There are ways an older adult can help reduce his/her risk of being a target of elder abuse:

- **STAY CONNECTED** to positive friends, community groups and family members. People are more vulnerable when they are isolated
- **MAKE LIFESTYLE CHOICES** that help you to stay healthier, fitter and more independent longer — you will be less vulnerable
- **CHOOSE CAREFULLY** who will assist you with decisions or assets before you are no longer able
- **KNOW YOUR RIGHTS!** You have the right to make choices; to receive fair treatment; to keep assets; to have appropriate shelter, food, clothing, medical care and community ties; to be safe and to live without fear
- **TELL PEOPLE YOU TRUST!** When you are feeling uncomfortable about how you are being treated, and ask them to help you get help
- **FIND OUT ABOUT RESOURCES** before you need them – we have many supports in Lethbridge for older adults
- **GET LEGAL AND PROFESSIONAL ADVICE** prior to entering into agreements or signing documents. Professionals can help ensure the documents are legal, and they talk with you about the benefits and pitfalls
- **HAVE A CAREGIVER PLAN** – caregivers who have support and who reach out for help are less likely to abuse
- **CALL THE POLICE!** if you believe you are a target of a crime/abuse

LOCAL RESOURCES THAT CAN HELP:

LEARN COORDINATOR:
403-394-0306

Alberta Seniors and Community Supports: 403-381-5469

Chinook Health Services Access Center:
403-388-6380

FCSS, Community & Social Development, City of Lethbridge:
403-329-7396

Harbour House Emergency Shelter, 604 8th Street South: 403-320-1881

Legal Aid Society of Alberta:
403-381-5194

Lethbridge Legal Guidance Society:
403-380-6338

Lethbridge Regional Police Service:
403-328-4444 (To Report)

Nord-Bridge Senior Citizens' Association: 403-329-3222

Office of the Prevention of Family Violence: 403-310-0000, and then 780-422-5916

Protection of Persons in Care (Institutional Abuse): 1-888-357-9339

Royal Canadian Mounted Police (Lethbridge Detachment, Information):
403-329-5080

Alberta Health Services – Seniors Mental Health: 403-752-3316

Funding provided by:

The City of Lethbridge – Community & Social Development, FCSS Fund

Alberta Ministry of Justice & Solicitor General

WHEN IT COMES TO ELDER ABUSE

WHAT IS ELDER ABUSE?
Elder Abuse is any action or inaction by self or others that harms the health and well-being of an older adult. The abuser is someone in a position of power or trust.

SOME EXAMPLES ARE hitting, pushing, name calling, neglect, taking money or property, threats, withholding medication/care, and/or unwanted touching/sex



ALBERTA
ELDER ABUSE
AWARENESS
NETWORK

**FOR MORE
INFORMATION
ABOUT ELDER ABUSE**

www.albertaelderabuse.ca

At the AEAAN website, you'll find a wealth of information on elder abuse, tools and resources to help, educational materials for professionals, current events, and a blog for people and communities to post their own stories and events.

SILENCE IS NOT AN OPTION

LEARN

LETHBRIDGE ELDER ABUSE RESPONSE NETWORK
SUPPORT • PREVENTION • EDUCATION



SIGNS TO LOOK FOR WHICH MAY INDICATE ELDER ABUSE:

- Fear, anxiety, sudden depression, withdrawal, cowering
- Change in emotional state such as confusion, agitation or lack of mobility
- Caregiver speaking on behalf of older person
- Physical signs of isolation and lack of social contact
- Unexplained injuries such as bruises, burns or bites, missing hair
- Untreated medical problems or irregular medical appointments
- Inappropriate or dirty clothing and/or poor hygiene
- Dehydration
- Sudden onset of incontinence
- Unsafe or unhealthy living conditions
- Standard of living not in keeping with income or assets
- Missing property
- Unusual or suspicious activity in bank accounts or financial documents
- Force or trickery used in the signing of wills or releasing of property
- Overdue bills; and limiting a senior's access to his or her own accounts
- Pain, bruising or bleeding in the genital or chest area
- Sexually transmitted disease

LETHBRIDGE ELDER ABUSE RESPONSE NETWORK:



OUR MISSION: The Lethbridge Elder Abuse Response Network (LEARN) is a collaboration of human services organizations that provides education, awareness and advocacy for network and community members in Lethbridge and area. The Network helps reduce elder abuse by building a closely connected, effective group of professionals responding to elder abuse.



CONTACT THE LEARN COORDINATOR AT:

: 403-394-0306
: learn@lethseniors.com

MONDAY – FRIDAY, 8AM – 4PM
Located at the Lethbridge Senior Citizens Organization (LSCO)

LEARN COORDINATOR:

If you are, or someone close to you is, an older adult who has been victimized by a family member, spouse, partner, friend, caregiver or other person in a position of trust, we can help!

It is a free and voluntary service that works closely with the client, his/her support system and community to ensure safety in elder abuse situations. The Coordinator works with a steering committee that includes: Lethbridge Regional Police Service, Alberta Health Services – Seniors Mental Health, Alberta Health Services – Social Work, City of Lethbridge Family & Community Support Services, and Lethbridge Seniors Citizens Organization.

ACTIVITIES & SERVICES INCLUDE*:

- Responding to complaints or concerns of elder abuse
- Making contact with suspected victims
 - Arranging a home or office visit, if possible
 - Assessing risk and making a safety plan
 - Assisting in determining needs and setting goals
 - Providing emotional support
 - Consulting with other professionals and referring to organizations and support
 - Following up with clients to ensure continued safety and connection to community

Referrals can be anonymous but it is important to include enough information so that the individual can be reached including full name, address and phone number. In all cases where the individual is in danger or a crime has been committed, it is always best to contact Lethbridge Regional Police Services or Royal Canadian Mounted Police.

FOR EDUCATION INFORMATION, PLEASE CONTACT:

MARLENE VAN EDEN, Support Services Coordinator, Lethbridge Senior Citizens Organization: 403-320-2222 ext. 25

CST. LES VONKEMAN, Diversity Resource Team, Lethbridge Regional Police Service: 403-330-5133

*PLEASE NOTE: These services are for residents of the City of Lethbridge and County of Lethbridge who do not reside in government funded housing facilities. (Call Protection of Persons in Care: 1-888-357- 9339) These services are not mediation services for peer or neighbour conflict or for investigation of commercial complaints or contractor fraud.