What You Can Do When Abuse or Neglect Is Happening to an Older Adult in Your Life

You have a right to be safe and to be free from abuse or neglect. Sexual abuse should be reported to the police. If the person you are worried about is invulnerable, do not take risks; contact the police or other authorities.

You have a right to have a life you enjoy. A life without abuse is a better life. People in abusive relationships often have no choice about the abuse. They may not be able to stop the abuse on their own. They may not feel safe if they try.

You have a right to have your safety respected and your freedom to live your own life.

You have a right to have your abuser respect your life.

If you see someone you know being abused, you may feel uncertain about becoming involved. You are not alone. It is understandable to hesitate, but you will need to find a way to overcome your hesitation.

Once you see abuse, you may feel uncertain about becoming involved. You are not alone, it is hard to ask for help. If the person you are worried about does not want help, you may feel that you did not do enough. You may feel guilty for not doing more, especially if you saw signs of abuse.

You might make things worse. Doing nothing leaves the person alone in a situation that may get worse without help. It's not that bad because it's only one warning sign. Trust your instincts when something doesn't feel right. It may be more serious than you think. Trust the people you live or work with. They are your friends and colleagues.

You don't know what to say. You can say that you care and are concerned. If you are worried about a neighbour or a friend, you should talk to them about what you see. It is not your responsibility to "make" the abuse stop, but you can help older adults find support and resources to help them.

You feel it's none of your business. Abuse causes great harm and suffering to older adults. Most older adults who experience abuse are healthy and capable of making their own decisions.汽油 is abuse if someone uses their influence or ability to limit or control the rights and freedoms of an older adult.

What You Can Do When You Suspect Abuse of an Older Adult

If you see a warning sign, say to yourself, “It’s Not Right!” This will help you move to action. You may feel uncertain about becoming involved. It is understandable to hesitate, but you will need to find a way to overcome your hesitation.

When you see a warning sign, say to yourself, “It’s Not Right!” Don’t try to figure it out yourself. Keep the lines of communication open. Assure them they can talk to you anytime. Find out what local services are available in your area. Learn about safety planning. Don’t confront or accuse the abusive person, who may take it out on the older adult after you speak. Look for other ways to support the person by encouraging others to help. Encourage them to talk to someone who can provide help and guidance. Find a local violence service, local health centres. Offer to go with them to talk to family and friends. If they have to go to the police, court or a lawyer, offer to go along for moral support.

What You Can Do to Keep Yourself Safe from Abuse

Keep your distance. Avoid people or places where abuse is happening. When you speak to the person who is being abused, describe just the facts of what you witness. It is not your responsibility to “make” the abuse stop, but you can help older adults find support and resources to help them.

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