

## Who should you call for help?

### Senior Abuse Line: 1-877-833-3377

Call the Senior Abuse Line for information or to talk about a situation of abuse. Your call will be kept confidential.

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### Police: 911 for emergencies only

Abuse may be a crime and fall under the Criminal Code. Call your local police station for information or to report abuse. If the situation is an emergency or if it could be dangerous, call 911.

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### Adult Protection: 1-800-225-7225

If you know of a senior in need of protection, call Adult Protection Services at the Department of Health. Adult Protection workers can intervene and offer services to help those in need of protection.

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Every situation of abuse is unique... there is no one single response to senior abuse.

For general information about programs and services available for seniors, contact:

Nova Scotia Seniors' Secretariat  
1740 Granville Street, 4th Floor  
PO Box 2065  
Halifax, Nova Scotia  
B3J 2Z1

Phone: (902) 424-0065  
Toll-free: 1-800-670-0065  
E-mail: [scs@gov.ns.ca](mailto:scs@gov.ns.ca)

The Secretariat's website has a wide range of information about senior abuse:  
[www.gov.ns.ca/scs](http://www.gov.ns.ca/scs)

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Giving Nova Scotia Seniors a Voice

  
NOVA SCOTIA

# Senior Abuse

## Respect

Nova Scotia's Seniors

Senior abuse is any action or inaction that threatens the health or well-being of an older adult. Abuse can happen to anyone... regardless of age, gender, living arrangements, health, ability, sexual orientation, financial status, education, or culture.

## Who might abuse a senior?

Most often, it is someone the senior knows— a spouse, relative, friend, care provider.

Sadly, much abuse occurs within relationships where there is an expectation of trust.

## What are the types of senior abuse?

**Physical Abuse** – includes slapping, hitting, inappropriate medication and physical restraint.

**Sexual Abuse** – includes unwanted sexual touching or being coerced into sexual acts.

**Emotional Abuse** – includes insulting, frightening, threatening, ignoring or isolating a senior.

**Financial Abuse** – includes misusing money or property, or putting pressure on seniors to gain access to their funds or property.

**Neglect** – includes leaving seniors without food, adequate shelter, assistance or personal care.

**Violation of Rights** – includes withholding information, interfering with mail, or confining a senior to an institution or hospital against her or his will.

## How can you prevent senior abuse?

### If you are a senior ...

- stay active within your community
- keep in regular contact with friends and family
- know your rights
- plan ahead and make your wishes known
- ensure your legal and financial matters are in order

### If you know a senior ...

- give her or him the opportunity to talk about abuse
- discourage age discrimination or ageism; treat seniors with respect
- encourage her or him to seek support and assistance when required
- educate yourself about senior abuse



Respect Nova Scotia's Seniors