



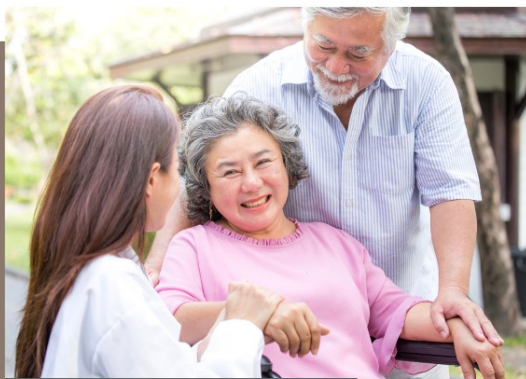
Together for Safe Aging – Awareness, Action, and Advocacy.

ELDER ABUSE AWARENESS & PREVENTION NEWSLETTER

ISSUE #6

SPECIAL EDITION – WORLD ELDER ABUSE AWARENESS MONTH

World Elder Abuse Awareness Day is a reminder that every older adult deserves to live with respect, safety, and independence. Elder abuse can happen to anyone, and it is never your fault. Learning about elder abuse is one way to protect yourself and others in your community.



If You Need Support

1. BC Seniors Abuse and Information Line (SAIL)
1-866-437-1940

Free, confidential support in over 150 languages.

2. NEVR Website
Visit the [Elder Abuse Awareness & Support Resources](#) page for free guides and prevention tools.



Elder abuse can include:

- **Emotional abuse:** yelling, threats, insults, or controlling behaviour
- **Financial abuse:** taking money, pressuring you to sign documents, or misusing bank accounts
- **Physical abuse:** hitting, pushing, or rough handling
- **Neglect:** not providing needed care, food, or medication
- **Sexual abuse:** unwanted sexual contact or attention

YOU HAVE THE RIGHT TO FEEL SAFE

You have the right to:

- Make your own decisions
- Be treated with respect
- Say no to things that make you uncomfortable
- Ask questions and take your time
- Get help without fear or shame

On this World Elder Abuse Awareness Day, we encourage you to seek support, stay informed, and know that help is available when you need it.

You deserve safety. You deserve respect. You deserve dignity.

STAYING SAFE AND SUPPORTED

Here are some simple steps that can help:

- Stay connected with people you trust
- Keep important documents in a safe place
- Ask questions before signing anything
- Check your bank statements regularly
- Speak up if you feel pressured or unsafe
- Staying informed and connected can reduce the risk of abuse.