The current crisis is creating situations that could lead to the elder abuse. At this time it is especially important to take care of each other. As a close friend, neighbor, or family member, you can take action and make a difference in stopping abuse.

1. **Keep an eye open:** Be sensitive to the signs and cues to look for, and be a good listener.
   
   **Some clues to look for.** The person:
   - Has injuries;
   - Anxiety;
   - Is isolating;
   - Complains of discomfort;
   - Does not have enough money for essential needs;
   - Changes in behavior or habits.

2. **Approach the subject:** Talk openly with the person without rushing him/her, wait for the right moment (safety and respect), then validate and verify your concerns with the person.
   
   **Examples of questions to ask:**
   - How are you doing?
   - Should I be worried about you?
   - Is someone making you uncomfortable?

3. **Remain open:** Listen without judgment, maintain contact, and respect the person’s pace. Trust the person if they confide in you and accompany them to services if they wish.
   
   **Examples of actions to take:**
   - Ask if the person agrees to talk to someone they trust, their doctor, a priest, a friend, etc.;
   - Suggest accompanying the person to local services (elder’s rights organization, community worker, etc.);
   - Leave a reference number (Info-Social 811, the Elder Mistreatment helpline);
   - Let them know that you are available at any time.

**Need help?**

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