

## Elder Abuse Prevention Tips

### PREVENTION SUGGESTIONS FOR OLDER ADULTS

1. Plan for your own future while you are well, healthy and still independent.
2. Do not deed or will your house or other assets to someone who promises to keep you out of a nursing home or to take care of you at home should you become disabled.
3. Make a will and review it annually. Do not revise your will without careful consideration or without speaking with someone you trust.
4. Do not give up control of your property or assets until such time that you feel unable to manage them any longer.
5. Have your pension or other cheques deposited directly into your bank account.
6. Do not leave cash, jewellery, or prized possessions lying about. Make your home burglar-proof.
7. Do not rely solely on family members for your social life and care. Seek outside contacts. Develop friends of all ages.
8. Stay active in the community as long as possible.
9. Do not allow adult children to return living at home without carefully considering the situation.
10. Don't be too proud to ask for help when you need it.
11. Don't be intimidated in seeking your rights because of your age.
12. Do not place expectations on your children without their consent.

\*\* You have a right to privacy and confidentiality.

\*\* You also have the right to refuse intervention.

\*\* You have the right to live the way you choose.

