

Elder abuse is **preventable** - and everyone has a role to play.

we can help ensure that older people live in safety - **without fear of being hurt, exploited, or neglected.**



The public can:

- Watch for signs of elder abuse
- Learn how to get help and report abuse



Older people can:

- Stay connected to family and friends
- Learn more about their rights
- Use professional services for support where available
- Make sure their financial and legal affairs are in order



Family and informal caregivers can lower their risk of committing abuse by learning ways to cope:

- Get help from family or friends
- Take breaks
- Get support from local health and social services