



## What To Do If You Suspect Elder Abuse

### For the Person Experiencing Abuse:

- Call 911 if you are in immediate danger.
- Find a safe person or place (friend, family, shelter, neighbor).
- Tell someone you trust what's happening – abuse is not your fault.
- Keep evidence safe: Save texts, emails, or letters, write down incidents, take photos of injuries or unsafe conditions.
- Contact Support Lines: Seniors Safety Line offers support in 150+ languages (1-866-299-1011) or CHATS Team (1-877-452-4287).
- Talk to professionals: Doctor, nurse, pharmacist, or Legal Aid Ontario (1-800-668-8258).
- Be ready: Pack medications, ID, cash, and keys in case you need to leave quickly.

### For Friends, Family, or Neighbors:

- Believe them if they share their story.
- Stay calm and supportive.
- Never confront the abuser directly (it could increase danger).
- Encourage them to get help and offer to go with them.
- Call 911 if you believe someone's life is at risk.
- Educate yourself on available resources. Explore the links below to learn more.
  - CHATS Resources: [chats.on.ca/resources/](https://chats.on.ca/resources/)
  - Ontario Government: [www.ontario.ca/page/information-about-elder-abuse](https://www.ontario.ca/page/information-about-elder-abuse)

### Quick Emergency Resources:

Resource	Phone
Police (Emergency)	911
CHATS	1-877-452-4287
Seniors Safety Line offers support in 150+ languages (24/7)	1-866-299-1011
Women's Support Network (24/7)	1-800-263-6734
Legal Aid Ontario	1-800-668-8258
Crime Stoppers	1-800-222-8477