

NOT IN MY FAMILY: WORKING WITH FAMILY CAREGIVERS TO REDUCE ELDER ABUSE



BC CENTRE FOR ELDER
ADVOCACY
AND SUPPORT



Project Partners



**Family Caregivers
of British Columbia**



**Seniors Come
Share Society**

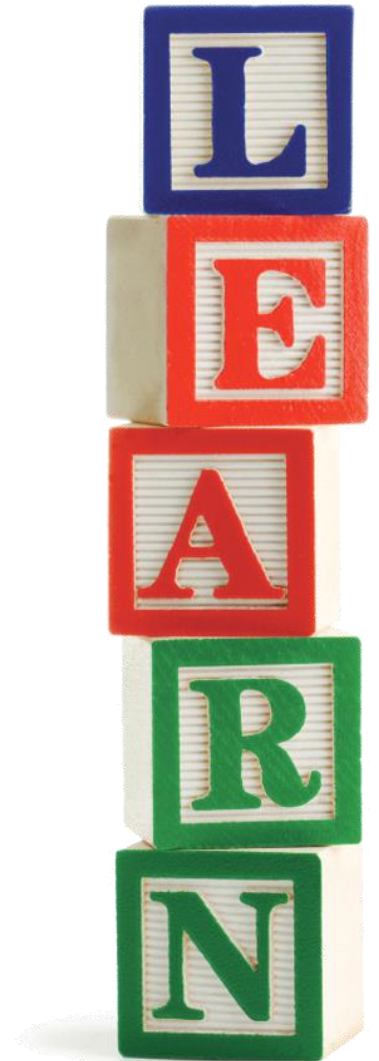
Alzheimer Society
BRITISH COLUMBIA



**ELDERCARE
FOUNDATION**

Learning Goals

- Recognize signs of abuse/neglect
- Stay healthy while caregiving
- Stay socially connected with others
- Resources

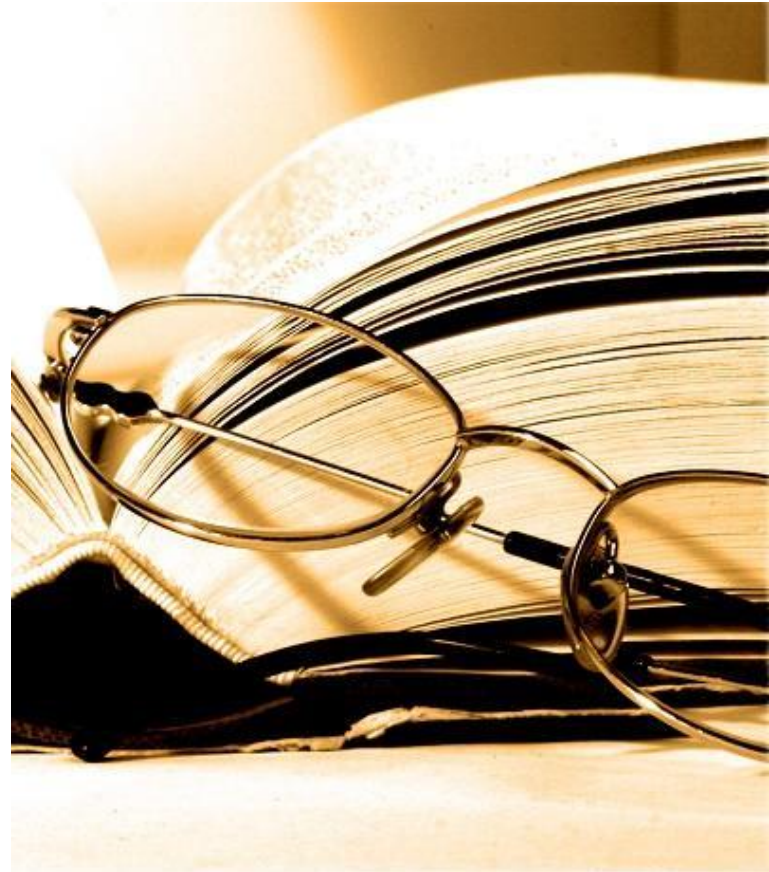


Workshop Norms

- Confidentiality is essential.
- Every group member is welcome to provide feedback.
- Each person has the right to take part in the discussion or not.
- Be aware that experiences expressed are unique and may not reflect your own.

Information

- NOT providing advice
- Information about options and rights



Are you at risk?

Research has found that risk factors for elder abuse include:

- The person being cared for is in poor health – physically and mentally
- Living with the person being cared for
- Lack of social support
- Holding negative view(s) of older adults (Ageism)
- Geography
- Strength of family bonds



You Are Not Alone: Isolation and Caregiving

Feeling isolated or alone is described as the...

“lack of social activities and relationships aside from the person they are caring for.”

- What kind of factors can contribute to family caregivers feeling isolated?



Mental Capacity and Elder Abuse

Vulnerability to abuse increases as a result of:

- Diminished mental capacity
- Ageist beliefs or actions by others



Mistreatment of Older Adults

- Action = Harming a person
→ *ABUSE*
- Not acting = Not providing care or assistance to a dependent person
→ *NEGLECT*

What does the Law say about Elder Abuse?

- There is no crime called elder abuse or neglect
- Some abuse is illegal
- Some abuse is not a crime



Many Types of Elder Abuse

- Physical
- Psychological / Emotional
- Sexual
- Chemical (medications)
- Spiritual
- Neglect
- Financial
- Forced Confinement

Elder Abuse Can Be Done by Anyone

- Family Member
- Partner / Spouse
- Child / Grandchild
- Neighbour
- Friend
- Caregiver
- Building Manager
- Doctor
- Lawyer
- Trustee
- Substitute Decision-Maker
- Legal Guardian

Elder Abuse Happens...



- At home
- In a hospital
- In a care facility
- In the community

Finding a Future for Ellen



1. How is Ellen at risk?

Finding a Future for Ellen



2. How is Margaret (Ellen's daughter) at risk?

Finding a Future for Ellen



3. What are some examples of elder abuse in the video?

Tips to Stay Healthy

- Take care of yourself
- Have realistic expectations
- Reach out and accept support
- Become informed
- Practice empathy



Strategies for Staying Socially Connected

What do you do in your life that connect you with others?

- emotional support
- technical assistance
- physical support
- etc.

A little effort goes a long way to maintain friendships and connections!



Communication Tips for Caregivers

- What do you need to get from the conversation
- Mind-reading is almost impossible!
- If you need to ask yourself, “Am I talking too much?” then you probably are
- Check your attitude at the door
- Listen and clarify
- Stay on task

Ways To Say “No” (Nicely!)

- Say ‘no’ and refocus on what you will or can do:
 - “I won’t be able to take you shopping today, but I’ll check with Bob to see if he might be free.
- Not this time: you are willing, just not now:
 - I’d love to come over for a visit with you, but I’m swamped with the kids’ activities. How about some other time?”

What Can You Do If You Suspect Elder Abuse?



- Check in with the older adult
- Call a Designated Agency
- Inform the Director of Care or Manager in congregate housing

What Can You Do If You Suspect Elder Abuse?



- Call the Public Guardian and Trustee of BC about financial abuse
- Report crimes to the police
- Call the Seniors Abuse and Information Line for support and resources

Resources



Designated Agencies

Designated Agencies mandated to respond to reports of abuse and neglect of adults under the *Adult Guardianship Act* include:

- Regional Health Authorities
- Community Living BC





PUBLIC GUARDIAN
AND TRUSTEE OF
BRITISH COLUMBIA

604-660-4444

1-800-663-7867

www.trustee.bc.ca

- Investigates allegations of financial abuse
- Makes health care decisions for mentally incapable adults
- Manages financial decisions
- Assists and provides resources to substitute decision-makers



Family Caregivers of British Columbia

Caregiver Support Line
1-877-520-3267

www.familycaregiversbc.ca

A non-profit society providing assistance for Family Caregivers through...

- One-on-one emotional support
- Help navigating the health care system
- Referrals and information on community resources
- Access to support groups



Seniors

Abuse and

Information

Line

A safe place for older adults, and those who care about them, to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention.



BC CENTRE FOR ELDER
ADVOCACY
AND SUPPORT

Seniors Abuse and Information Line (SAIL)

604-437-1940 | 1-866-437-1940 (toll free)

Available 8am to 8pm daily, excluding holidays

TTY: 604-428-3359 | 1-855-306-1443 (toll free)

Available 9am to 4pm Monday-Friday

Language Interpretation

Available 9am to 4pm Monday-Friday