

Elder Abuse Prevention Tips

PREVENTION SUGGESTIONS FOR FAMILIES & CAREGIVERS

1. Find out how your ageing parent or relative wishes to be cared for if they should become dependent or require medical care. Find out how they want their assets spent or maintained.
2. Don't take in any older relative for a long period of time on the spur of the moment due to guilt or in a crisis situation.
3. Carefully examine your own ability to provide care for an increasingly dependent relative.
4. Consult with other family members about caring for a parent or relative. How will the care giving affect your spouse and children?
5. Examine the physical realities of the home into which the older adult may move.
6. Learn about all the community resources available to older persons and the family. Don't be afraid to use them!
7. Do not assume that a tenuous relationship will miraculously improve when the parent or older adult comes to live with you.
8. Respect each others privacy. Remember that all relationships require individual time as well as together time
9. Maintain a sense of humour.
10. Don't feel you have failed if you are unable to continue to provide home care and must seek an alternative.

