

WAINWRIGHT COMMUNITY CONNECTOR

Courtesy of Wainwright & District Family & Community Services

902 5 Ave., Wainwright, AB

www.wdfcs.ca



#GoPurpleAB in November for Family Violence Prevention Month

Family Violence Info Line: 310-1818
alberta.ca/EndFamilyViolence



November is Family Violence Prevention Month

Quick Facts

- 1 in 4 violent crimes in Canada involves family members
- Children who witness family violence are just as affected as those who were physically abused themselves.
- In Canada, 8% of women and 7% of men report being abused by their partner in the last 5 years.
- 17% of Canadians have reported experiencing some form of emotional or financial abuse.
- Only 1 in 5 Canadians reports being abused.
- 8.9% of older adults in Alberta experienced 1 or more forms of abuse in 2015

Elder Abuse

Elder abuse is any action OR inaction by someone that jeopardizes the health/wellbeing of a senior. Common forms include: financial, emotional, physical, sexual, neglect, medication. The most reported forms in Canada are financial and emotional abuse. It is often committed by someone known to the senior that is in a position of power, trust, or authority.

Common signs of elder abuse:

- Confusion
- Depression/anxiety
- Unexplained injuries
- Changes in hygiene
- Seeming fearful around certain people
- Fear/worry when talking about money

If you think you are being abused:

- If you're in immediate danger, leave the situation. Go to a safe place (a neighbor, friend, or relatives) Call 911 if you're unable to leave your home.
- Confide in someone you trust—talk to someone you trust (family, friend, nurse, home care worker, doctor) about what is going on.
- Keep a record—write down what is happening to you. This will help you document the abuse and help others assist you.
- Take legal action—all abuse is immoral, some is illegal. You may want to look into getting a court protection order to stop your abuser from contacting you.
- Call the Family Violence Info Line (310-1818)
- Don't blame yourself. Know that it's not your fault and help is available. No one deserves to be abused.

From the Government of Alberta Alberta Seniors and Housing
Elder Abuse Fact Sheet 2017

Ten characteristics of a healthy relationship:

1. The partners in the relationship value themselves and each other. They understand each other's differences and they treat each other with respect and courtesy.
2. The partners are equal. They make decisions together. If they have children, they parent together.
3. When the partners disagree, they know that it's okay to talk about their differences. They work it out together. They find ways for both partners to get what they need.
4. The partners listen to and respect each other's viewpoints. They express their feelings and opinions. They do not make hurtful comments about the other person.
5. Each partner takes responsibility for themselves. They do not expect the other person to solve all their problems or always make them happy.
6. The partners each feel comfortable taking time alone if they need it. They feel okay about doing things separately.
7. There is no fear in their relationship. Healthy relationships are built on love, respect, caring and happiness.
8. The partners do not try to restrict or control each other. They encourage and support each other's growth.
9. Even when the partners are busy, they make time for one another and their relationship.
10. The partners have a circle of people who know them and support them as an individual and as a couple. They spend time with others who have strong and healthy relationships.

Did You Know?

- Victims of domestic violence can break their lease at no cost.
- There are supports available for individuals fleeing abuse.

Contact the Family Violence info line (310-1818) or visit [alberta.ca/Safer Spaces](http://alberta.ca/SaferSpaces) for more information



1 OUT OF 3 ALBERTANS OVER 65

1 OUT OF 2 ALBERTANS OVER 80

**WILL FALL
AT LEAST
ONCE
A YEAR¹**

November is also Fall Prevention Month

Some tips to prevent falls:

- Keep rooms free of clutter, especially on floors
- Use plastic or carpet runners
- Wear low-heeled shoes
- Do not walk in socks, stockings, or slippers
- Be sure rugs have skid-proof backs or are tacked to the floor
- Be sure stairs are well lit and have rails on both sides
- Put grab bars on bathroom walls near tub, shower, and toilet
- Use a nonskid bath mat in the shower or tub
- Keep a flashlight next to your bed
- Use a sturdy stepstool with a handrail and wide steps
- Add more lights in rooms
- Buy a cordless phone so that you don't have to rush to the phone when it rings and so that you can call for help if you fall.

Exercise can improve balance and prevent falls.

- Challenge your balance by doing toe and heel raises, stepping in different directions, doing step-ups or half squats.
- Try tai chi, yoga, or sports that challenge your balance.
- Build strength by doing squats, hamstring curls, and side leg lifts. You can use exercise bands or your own body weight.
- Try to do 30 minutes or more of moderate to vigorous activity 5 times per week—you can walk, dance, garden, bike, or swim, to name a few!

“Kindness is being joyful and sharing that joy with others.”

-RAKtivist

**FALLS ARE THE LEADING
CAUSE OF INJURIES
AMONGST SENIORS**



There were about 9,000 fall-related hospital admissions in 2016.

Important Dates

Bullying Awareness Week

November 12-18, 2018

Diabetes the Basics

November 19, 2018

9:30 AM-3:30 PM

Call 1-877-314-6997 to register

National Addictions Awareness Week

November 26-December 2, 2018

Need Support?

Child Abuse Hotline: 1-800-387-5437

Family Violence Info Line: 310-1818

Lloydminster Interval Home Crisis Line: 780-875-0966

Lloydminster Men's Shelter: 306-825-3977

Alberta Supports: 1-877-644-9992

Mental Health Helpline: 1-877-303-2642

Bullying Helpline: 1-888-456-2323

Bullying Online Chat: alberta.ca/bullying

If you are in immediate danger, please call 911