Elder Abuse

Elder abuse can happen to anyone, but there are ways to prevent or respond to it. ***Abuse is not okay. Help is available.***

Centre for Public cplea Legal Education Alberta

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Our resources increase awareness and understanding of the law and empower Albertans to take action and, ultimately, gain better access to justice.

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Introduction to Elder Abuse

A 2022 report by the Canadian Longitudinal Study on Aging noted that up to one in ten Canadian adults aged 65 and older experience elder abuse each year. The study also supports concerns that elder abuse often goes unreported.

The information in this booklet is for older adults who are or may be at risk of experiencing elder abuse, as well as their loved ones and caregivers. It describes the different types of elder abuse as well as suggests ways to prevent elder abuse from starting or to stop if from continuing on. The law can be complicated but understanding how it can help doesn't have to be.

Source: Abstract for "Elder abuse prevalence and risk factors: findings from the Canadian Longitudinal Study on Aging", dated September 2022 and available from **pubmed.ncbi.nlm.nih.gov/37118505/**

What is elder abuse?

Elder abuse is any action or non-action done on purpose that harms an older adult. Abuse can happen once or many times.

Abuse can occur to any older adult. It can happen to anyone regardless of gender, age, income level or ethnic background.

The person causing abuse may be a family member, close friend, caregiver or stranger. There is no typical person who causes abuse.

Elder abuse includes various behaviours. Common types of elder abuse include:

- Sexual abuse
- Physical abuse
- Psychological abuse or coercive control
- Financial abuse
- Legal abuse
- Neglect

Learn more about each type of abuse on pages 6 to 11.

If you are experiencing abuse, know that it is not your fault. ***Abuse is not okay. You are not alone. Help is available.***

How to prevent or stop abuse?

There are legal tools available to an older adult and their loved ones to prevent abuse from happening or to stop abuse from continuing if it's already started. Which tools are available depends on whether the older adult still has or has lost capacity.

Capacity is the ability to understand and appreciate the nature of your decisions.

The chart below shows which tools are available in different situations. Learn more about each tool on pages 12 to 19.

	Tools to PREVENT abuse	**Tools to STOP abuse**
... if the older adult **still has capacity**	• make or change an estate plan (page 13) • get help making personal decisions (page 14) • prepare a Goals of Care Designation (page 15)	• talk about the abuse (page 12) • make or change an estate plan (page 13) • get help making personal decisions (page 14) • demand an accounting from their attorney (page 15) • prepare a Goals of Care Designation (page 15) • get a protection order (page 17) • report their concerns to police (page 19) • report to Alberta's Protection for Persons in Care office (page 19)
... if the older adult **no longer has capacity**	• get a guardianship and trusteeship order (page 16)	• talk about abuse (page 12) • make a complaint about an agent or attorney (page 16) • get or change guardianship and trusteeship orders (page 16) • get a protection order (page 17) • report their concerns to police (page 19) • report to Alberta's Protection for Persons in Care office (page 19)

Types of Elder Abuse

The next few pages describe different types of abuse as well as signs to look for that may suggest an older adult is experiencing abuse. However, it is important to consider the signs in the context of each situation.

For example, an older adult with dementia may fall often or be paranoid that someone is taking advantage of them. While these can be signs of abuse, the older adult may not actually be experiencing abuse but rather showing symptoms of their medical condition or side effects of medication.

If you suspect abuse, look into the situation further, including diagnosed and undiagnosed medical conditions. When deciding if a behaviour is abuse, ask yourself "Is this being done to benefit the older adult or to benefit someone else?"

Sexual abuse

Sexual abuse is any sexual activity a person does not consent to. It can be violent (involving physical force) or coercive (not involving physical force).

→ **Examples:**

- forcing or threatening the older adult to do something sexual that they don't want to do
- forced oral contact such as kissing or oral sex
- grabbing or groping
- genital contact
- vaginal or anal penetration
- forcing the older adult to watch pornography

Things to look for:

- ☐ pain, bleeding or bruising in their genitals, breasts, buttocks or other body parts
- ☐ being fearful, withdrawn, anxious or depressed
- ☐ sleeping more or less than usual
- ☐ not wanting to trust others
- ☐ using drugs or alcohol to mask their pain
- ☐ having flashbacks of the event
- ☐ harming themselves
- ☐ lower self-esteem

Physical abuse

Physical abuse is causing physical harm to another person on purpose.

Examples:

- forcing or withholding medication
- forcing the older adult to eat or withholding food
- purposely exposing the older adult to severe weather
- confining the older adult to a certain space
- hitting, punching, slapping, choking, burning, pushing, shoving or any other forceful act the older adult does not consent to

Things to look for:

- ☐ unexplained marks or injuries
- ☐ repeated falls
- ☐ frequent medical visits
- ☐ delaying or refusing medical treatment for injuries
- ☐ being confused or tired from over-medication
- ☐ continuing to suffer from a medical condition due to undermedication
- ☐ not being able to move well or at all
- ☐ being fearful, anxious or depressed, especially around certain people
- ☐ locks on the doors or where food is kept
- ☐ unusual marks on furniture from restraints

Call 911 if you are in immediate danger or if you think someone else is in immediate danger of physical harm.

Psychological abuse or coercive control

Psychological abuse, also known as emotional abuse or coercive control, is when someone uses words or actions to scare, control or harm another person's feelings and self-esteem.

→ **Examples:**

- bullying, humiliating, threatening, yelling, blaming, shaming, ridiculing, disrespecting or criticizing the older adult
- controlling what the older adult can or cannot do
- threatening to commit suicide
- threatening to injure or kill the older adult, someone else, or a pet
- using beliefs (or the person's interpretation of religious or cultural beliefs) to manipulate, dominate or control the older adult
- forcing the older adult to socialize or keeping them isolated
- treating the older adult like a child
- not allowing the older adult to make decisions for themselves
- making the older adult doubt their own memory, feelings or sense of reality to gain control over them, often called "gaslighting"

Things to look for:

- ☐ being afraid of or anxious around certain people
- ☐ becoming withdrawn, passive, agitated, anxious, apathetic or depressed for no obvious reason
- ☐ unexplained paranoia or fears
- ☐ unusual weight gain or loss
- ☐ refusing to talk openly
- ☐ saying inconsistent things or making excuses
- ☐ waiting for someone else to respond rather than responding for themselves
- ☐ noticeable changes in their behaviour, including avoiding eye contact
- ☐ low self-esteem
- ☐ trouble sleeping or needing a lot more sleep
- ☐ being treated like a child by another person

Financial abuse

Financial abuse, also known as material abuse, is when someone controls or takes another person's money, property or financial choices for their own benefit and without the other person's permission.

Remember, an attorney named in a valid and active Enduring Power of Attorney or a trustee named in a trusteeship order has legal authority to manage the older adult's finances. However, they must do so in the best interests of the older adult.

→ **Examples:**

- stealing the older adult's money, belongings, credit cards or pension cheques
- forcing the older adult to give them access to banking and investment accounts without having legal authority to do so
- forcing the older adult to make or change an Enduring Power of Attorney or a Will
- forging the older adult's signature on personal cheques or legal documents
- holding back money from the older adult without legal authority
- convincing the older adult to invest money in a scam
- convincing the older adult they are in love with them so the older adult gives them money and other gifts
- forcing, convincing or tricking the older adult to sell a home or belongings or to pay for unnecessary services
- abusing responsibilities as an attorney, agent, guardian or trustee for the older adult

Things to look for:

- ☐ being confused about finances
- ☐ signing a document without knowing what it's for or its consequences
- ☐ not making their own financial decisions
- ☐ other people moving in with them without an agreement or without sharing costs
- ☐ unusual bank transactions
- ☐ belongings disappearing
- ☐ sudden or unexplained difficulty in paying bills
- ☐ refusing to spend money without someone else's approval

Legal abuse

Legal abuse is when someone misuses the legal system to harass, control or punish another person rather than to resolve real legal disputes.

→ **Examples:**

- trying to become a guardian or trustee for the older adult who still has capacity to gain control of their finances or personal decisions
- challenging court decisions about the older adult, not to protect the older adult's best interests but to exhaust them or others supporting them
- filing lawsuits to pressure the older adult to change their estate plans or to intimidate the older adult's family members
- threatening to take the older adult to court to force them to sign documents or transfer money
- seeking unnecessary court orders that drain the older adult's money, such as orders about property ownership, joint accounts or debts
- forcing the older adult to pay legal costs through frivolous (trivial and baseless) litigation
- applying for restraining orders or emergency protection orders against the older adult, based on false claims, to isolate them from family or community supports
- refusing to disclose financial documents, property records or care information to drag out court proceedings and drain the older adult's health, patience and money
- intentionally missing court appearances to further drag out court proceedings

Things to look for:

- ☐ having to constantly deal with legal issues, often with the same person
- ☐ comments about constantly having to go to court
- ☐ paying lots of money to a lawyer
- ☐ not having enough money to meet their basic needs even though they should have enough income or savings to do so
- ☐ being fearful, withdrawn, anxious or passive, especially when talking about legal issues
- ☐ being isolated from supportive family or friends because of court orders
- ☐ someone else making decisions for them even though they seem capable of making their own decisions

Neglect

Neglect is failing to provide proper care, attention or support for a person that another person has a responsibility to look after. Neglect can be intentional (such as placing the older adult in an unsafe environment) or unintentional (such as not having the skill, information or interest to provide care).

→ **Examples:**

- not giving the older adult enough food or water
- not giving the older adult their medication
- not providing a safe living space or washroom for the older adult
- not helping the older adult care for their body, such as bathing
- not giving the older adult proper clothing to wear

Things to look for:

- ☐ signs of hunger or starvation such as dry lips, pale skin or excessive weight loss
- ☐ inappropriate clothing for the season
- ☐ lack of needed medication, dentures, hearing aids, mobility aids or glasses
- ☐ rare bathing, poor hygiene or untidy appearance
- ☐ incontinence
- ☐ physical or mental decline with no medical reason
- ☐ being confined or left alone, or wandering dangerously

Tools to Prevent and Stop Elder Abuse

The next few pages describe different tools to prevent and stop abuse. If you're not sure which tools are right for your situation, review page 5 to learn more about ***when*** to use each tool. Then, come back here to learn more about ***how*** to use each tool.

Remember, how an older adult wants to respond to abuse is up to them if they still have capacity. They may choose to take action or to do nothing. It's their choice.

If the older adult does not have capacity, their attorney named in an Enduring Power of Attorney (EPA) or their trustee named in a trusteeship order can decide how to respond based on what they believe is in the older adult's best interests.

Talk about abuse

Talking about abuse can be tough, both for the older adult experiencing abuse and for someone who believes an older adult is being abused.

If you believe a loved one or someone in your care is experiencing abuse, there are ways you can help. Taking the first step may save the older adult's life.

If you are experiencing abuse, know that it is not your fault.
Abuse is not okay.
You are not alone.
Help is available.

Ways you can support an older adult who is experiencing abuse include:

- **Start a conversation.** Do it somewhere safe and private, away from the person you believe is causing harm. Ask questions that show you are concerned, supportive and someone they can talk to.
- **Talk about specific behaviours or incidents you know of.** For example: "I noticed the way your son reacted the last time I saw you and mentioned you looked unwell. He seemed to get very angry and defensive about your appearance. It seemed strange to me that he would react that way. Does he respond this way often?" Often a person experiencing abuse will defend the person causing harm. Let them know you're concerned about them.
- **Offer resources and information.** Remember though, you may not be able to fix the situation. Connect the person with resources that can help them.

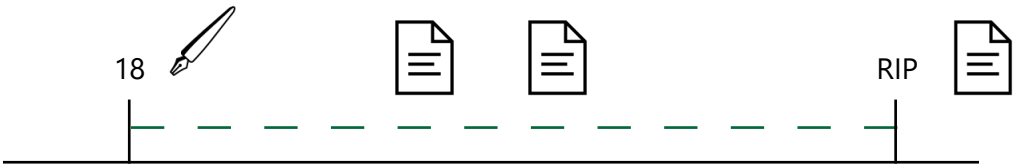
NEXT STEPS: If the person experiencing abuse does not have capacity to speak up or make decisions for themselves, there are legal tools available to help stop the abuse. Keep reading to learn more.

Make or change an estate plan

Estate planning is the process of organizing how the decision-makers a person chooses will manage their assets and affairs if they lose capacity and when they pass away. ***Capacity is the ability to understand and appreciate the nature of your decisions.***

A complete estate plan includes three important legal documents:

1. **Personal Directive (PD)**
2. **Enduring Power of Attorney (EPA)**
3. **Will**



A PD and EPA are used when the person is still alive, and a Will is used after the person passes away. In a PD, the person names an agent to make personal decisions for them when they no longer have capacity, meaning they can no longer make decisions for themselves. In an EPA, the person names an attorney to make financial decisions for them. An EPA says when it comes into effect – when the person loses capacity or on a specific date the person chooses. A Will names a personal representative (executor) and sets out the person's wishes for their property after they pass away. The attorney, agent and personal representative can be the same or different people.

Any person 18 years and older who has capacity should create an estate plan. A person can also change their estate plan at any time that they still have capacity. For example, if a person made a Personal Directive when they were younger that named their sibling as their agent but now wants to name their adult child as their agent, the person can revoke (cancel) their old Personal Directive and make a new one.

Making or changing an estate plan tells the person's loved ones who they want to make decisions for when they no longer have capacity to do so themselves. It can prevent abuse by creating legally binding documents that others must follow.

NEXT STEPS: Learn how to make or change a Personal Directive, Enduring Power of Attorney and Will in CPLEA's **Estate Planning 101** booklet: www.cplea.ca/estate-planning-101.pdf

Get help making personal decisions

If an older adult still has capacity, they can appoint someone they trust to help them make personal decisions. Remember, a Personal Directive or guardianship order only comes into play once the older adult no longer has capacity.

Note that these tools are not available for help with financial decisions. The older adult should make an Enduring Power of Attorney to name an attorney to manage their finances and property.

Supported Decision-Making Authorization

This option is for adults who have capacity to make their own personal decisions but would like help from someone they trust when making or communicating these decisions. The adult, called the supported adult, completes a **Supported Decision-Making Authorization** form. Their supporter must also sign the form. No one needs to go to court.

The supported adult then makes personal decisions with their supporter's help, though all decisions are their own.

Co-Decision-Making Order

This option is for adults who do not have capacity to make all personal decisions on their own but could with the help of someone else. The adult, called the assisted adult, applies to court for an order naming someone they have a close relationship with to be their co-decision-maker. The co-decision-maker must agree to the order.

The assisted adult and the co-decision-maker then make personal decisions together. If the assisted adult and the co-decision-maker cannot agree on a decision, the assisted adult makes the final decision.

NEXT STEPS: Learn more about these tools and the steps to put them in place in CPLEA's **Adult Guardianship and Trusteeship Act** booklet: www.cplea.ca/AdultGuardianshipAndTrusteeAct.pdf

Demand an accounting from an attorney

If the older adult's Enduring Power of Attorney (EPA) is in effect but the adult still has capacity, they can demand an accounting from their attorney.

An EPA comes into effect in the way the document says. For example, some EPAs say they come into effect when the adult has lost capacity. Others say they come into effect on a certain date or event. Once the EPA is in effect, the named attorney can make decisions for the adult.

To demand an accounting means the attorney must provide a record of all decisions they've made for the older adult. If the attorney doesn't provide this information, the older adult can ask the court to order their attorney to do so.

NEXT STEPS: If you have concerns with the attorney's accounting or if the attorney won't provide an accounting, get legal help. See the list of legal support resources at the end of this booklet.

Prepare a Goals of Care Designation

A **Goals of Care Designation (GCD)** is a medical order that guides a person's healthcare team in caring for them. A doctor or nurse practitioner completes the document after getting to know the person and understanding their wishes for their future medical care.

Once a person has a GCD, they should put it in their **Green Sleeve** and store it on top of their fridge where first responders know to look for it. A Green Sleeve is a green plastic pocket that holds important documents about advance care planning, including a Personal Directive and GCD.

NEXT STEPS: Talk to your doctor to learn more about and prepare a GCD, as well as to get a Green Sleeve.

Make a complaint about an agent or attorney

If the person causing harm is a decision-maker named in a valid and active Personal Directive or Enduring Power of Attorney (EPA), there are steps an older adult's loved ones can take to help protect the older adult from continued abuse.

- Friends, family and healthcare providers can make a complaint about an **agent** named in a Personal Directive to the Office of the Public Guardian and Trustee (OPGT). If the OPGT cannot resolve the issue, they can ask the court to do so.
- Any interested person can apply to court to get help with an **attorney** named in an EPA who is not working in the older adult's best interests. The court can demand the attorney provide an accounting of all their decisions or terminate the EPA and direct someone else to apply to be the older adult's trustee.

NEXT STEPS: For concerns about an agent, contact the Office of the Public Guardian and Trustee. For concerns about an attorney, get legal help. See the list of legal support resources at the end of this booklet.

Get or change guardianship and trusteeship orders

If an older adult has lost capacity, an interested person can apply to court for guardianship and trusteeship orders for the older adult. A guardianship order names a guardian to make personal decisions for the older adult. A trusteeship order names a trustee to make financial decisions for the older adult. The guardian and trustee can be the same or different people.

If the older adult has a valid Personal Directive and Enduring Power of Attorney (EPA), they usually do not need a guardian or trustee. However, there are two situations where a guardianship order and/or trusteeship order may be necessary even if the older adult has a Personal Directive and/or EPA:

- if the decision-makers named in the Personal Directive and/or EPA do not want to or cannot act, ***or***
- if the court cancels one or both legal documents and directs someone to apply to become the older adult's guardian or trustee.

If the guardian or trustee is the person causing harm, any interested person can apply to the court to review the guardianship or trusteeship order and appoint a new guardian or trustee.

NEXT STEPS: Learn more about guardianship and trusteeship orders and how to get them in CPLEA's **Adult Guardianship and Trusteeship Act** booklet: **www.cplea.ca/AdultGuardianshipAndTrusteeAct.pdf**

Get a protection order

Protection orders are court orders that order one person to stay away from another person. They help stop abuse from continuing on.

If the older adult has capacity, they can ask the court for the order for themselves. If they no longer have capacity, their attorney, agent, guardian or trustee can apply on their behalf, depending on the situation.

There are different types of protection orders, depending on how urgent the situation is and the relationship between the older adult and the person causing harm.

Emergency Protection Order (EPO)

An EPO is appropriate if the person causing harm is a family member and the situation is urgent or an emergency. It can order the person causing harm to stay away from and stop contacting the older adult and move out of the family home. Apply for an EPO 24 hours a day, 7 days a week without giving notice to the person causing harm.

King's Bench Protection Order (KBPO)

A KBPO is appropriate if the person causing harm is a family member, but the situation is **not** urgent or an emergency. It can order the person causing harm to stay away from and stop contacting the older adult and move out of the family home. Apply for a KBPO during regular court hours. You must give advance notice to the person causing harm.

Exclusive possession order

This order is available if the older adult is living with their spouse or adult interdependent partner who is causing harm. This order gives the older adult the right to live in the family home without the other person (sole possession) and orders their spouse or adult interdependent partner to move out.

Restraining order

A restraining order is appropriate if the person causing harm is not a family member. Instead, they may be a friend, former romantic partner that the older adult did not live with, landlord, caregiver or stranger.

This order directs the person causing harm to stay away from and not contact the older adult. Apply for a restraining order in emergency situations without giving advance notice to the person causing harm. In non-emergency situations, you must give advance notice to the person causing harm.

Peace bond

Also known as a recognizance, a peace bond is an order by a criminal court judge saying someone must "keep the peace", meaning they must not break the law. Peace bonds are available in two situations:

- where a person is likely to commit a crime, but the police don't believe the person has already committed the crime, ***or***
- to resolve criminal charges. For example, if the person causing harm is charged with assault, the Crown prosecutor may agree to withdraw the charges if the person agrees to a peace bond.

NEXT STEPS: Learn more about these different protection orders and how to get them on **WillowNet** – CPLEA's website about abuse and the law in Alberta: www.willownet.ca

When someone doesn't follow the order

Call the police if the person causing harm is not following the order. The older adult should always have a copy of the order with them so they can show it to the police when necessary.

The police will decide whether to arrest and charge the person with disobeying a court order. If the person is charged, they will appear in court and be prosecuted by a Crown prosecutor. If the person pleads guilty or the court finds the person guilty of breaching the order, they will be fined or jailed, or both.

Report to the police

Anyone can report non-urgent concerns to their local police by calling the non-emergency number. You can report a crime to police even if you are not directly involved.

Call 911 if you are in immediate danger or if you think someone else is in immediate danger of physical harm.

The police can investigate concerns of abuse and neglect. If they think the person causing harm has committed a crime, they can lay charges against them under Canada's Criminal Code. The accused then goes through the criminal justice system. The Crown prosecutor will likely ask the person experiencing abuse to be a witness in their case against the accused.

Examples of crimes related to elder abuse include:

- assault, which includes attempts or threats to harm another person
- harassment, which includes threatening behavior that makes another person fear for their safety
- uttering threats, which includes threats to kill or physically harm someone, destroy or damage property, or kill or injury an animal belonging to someone

NEXT STEPS: Learn more about going to the police on **WillowNet** – CPLEA's website about abuse and the law in Alberta: www.willownet.ca/going-to-the-police/

Report abuse of a person in care

If the person causing harm is a service provider who provides care or support services, anyone can report the abuse to Alberta's Protection for Persons in Care office.

Service providers providing care or support services include those at publicly funded:

- supportive living facilities
- hospitals or mental health facilities
- continuing care or nursing homes
- facilities that provide housing for unemployed or Indigenous persons

NEXT STEPS: To report abuse, call 1.888.357.9339 from within Alberta or 780.422.1155 from outside Alberta or Canada on Monday to Friday from 8:15am to 4:30pm (except for statutory holidays).

Glossary

An **adult interdependent partner**, or **AIP**, is a person in an adult interdependent relationship.

An **adult interdependent relationship**, or **AIR**, is unique to Alberta and describes an unmarried couple who live together, with or without children. It exists in three situations:

1. Two people have signed an Adult Interdependent Partner Agreement.
2. Two people have lived together in a relationship of interdependence for three or more years.
3. Two people live together in a relationship of interdependence and have a child together, by birth or adoption.

A **relationship of interdependence** exists where two people share one another's lives, are emotionally committed to one another and share their home and finances.

An **agent** is a person named in a Personal Directive to make personal decisions for the maker.

An **attorney** is a person named in an Enduring Power of Attorney to make financial decisions for the donor.

Capacity means a person can understand and appreciate the nature of their decisions.

A **Crown prosecutor** is a lawyer who works for the provincial or federal government and represents the public interest in criminal proceedings. The prosecutor acts in the public interest and not on behalf of the victim. The prosecutor helps witnesses share their evidence in court. Crown prosecutors may also be called Crown attorneys, Crown counsel, or prosecutors.

An **Enduring Power of Attorney** (EPA) is a legal document that names an attorney to make financial decisions for the donor while they are still alive but do not have capacity.

Financial decisions are about buying, selling, managing or protecting property. They're decisions about anything a person can own, including a home, money and belongings.

A **guardian** for an adult is a person named in a guardianship order to make personal decisions for the adult.

A **guardianship order** is a court order that names a guardian for an adult and is made under Alberta's *Adult Guardianship and Trusteeship Act*.

Personal decisions are any non-financial decisions, including decisions about a person's healthcare, living situation, social activities, education and training, work, and legal proceedings not about financial issues.

A **Personal Directive** is a legal document that names an agent to make personal decisions for the maker while they are still alive but do not have capacity.

A **trustee** for an adult is a person named in a trusteeship order to make financial decisions for the adult.

A **trusteeship order** is a court order that names a trustee for an adult and is made under Alberta's *Adult Guardianship and Trusteeship Act*.

A **Will** is a legal document that sets out the testator's wishes for their property after they pass away. It names a personal representative to deal with the testator's estate. It can also name guardians for the testator's minor children and what the testator wants to happen with their body.

More Resources

Hotlines

Family Violence Info Line

Available 24 hours/day, 7 days/week
in 170 languages

Get information on family violence and domestic violence, including available programs, services and supports. Operated by the Government of Alberta.

Call 310.1818 / Text 310.1818 / Chat online:
www.alberta.ca/family-violence-find-supports

Edmonton Seniors' Abuse Hotline

Available 24 hours/day, 7 days/week

Get confidential, non-judgmental and short-term crisis intervention, emotional support and resources. Operated by Canadian Mental Health Association (CMHA) – Edmonton.

780.454.8888

Calgary Elder Abuse Resource Line

Available 24 hours/day, 7 days/week

Get support, resources or request a shelter space. Operated by Unison.

403.705.3250

Protection for Persons in Care Reporting Line

Available Monday to Friday, 8:15am to 4:30pm (except for statutory holidays)

Report abuse of an adult receiving care or support services from publicly funded service providers. Operated by the Government of Alberta.

1.888.357.9339

Supports for Older Adults

211 Alberta

Find supports in your area, including crisis, housing, health and mental health supports.

Call 211 / Text INFO to 211 / Chat online: ab.211.ca/chat/

Sage Seniors Safe House

Emergency shelter in Edmonton for those 60 years and older.

780.454.8888

Kerby Shelter

Emergency shelter in Calgary for those 55 years and older.

403.705.3250

Alberta Elder Abuse Awareness Council

Read "Staying Safe: A Resource for Older Adults Living in Alberta", a detailed handbook:
heyzine.com/flip-book/stayingsafe

Find resources in your area for yourself or someone else experiencing elder abuse:
www.albertaelderabuse.ca/find-a-resource-in-your-area/

Legal Support

Free legal clinics in Alberta

List of legal clinics across Canada that provide free legal support to those who qualify.

www.cplea.ca/legalhelp/

Alberta Legal Coaches and Limited Services

Lawyers who provide coaching and limited services, for a fee.

albertalegal.org

Law Society of Alberta Lawyer Directory

Find a lawyer in Alberta by name, location, practice areas, language(s) spoken, gender and whether they offer limited scope retainers.

www.lawsociety.ab.ca/public/findalawyer/

Government & Court Services

Alberta Law Libraries

Free legal information and resources available at courthouse libraries across Alberta.

Some services are also available online.

lawlibrary.ab.ca

Government of Alberta

Government services and information about elder abuse.

www.alberta.ca/get-help-elder-abuse

Office of the Public Guardian and Trustee

An Alberta government office providing services and support for vulnerable Albertans and their families, including help with guardianship and trusteeship orders.

www.alberta.ca/opgt-supports

Alberta King's Printer

For free online and print copies of Alberta laws.

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Notes

Still have questions? CPLEA has you covered!

More on this topic

Check out more booklets, checklists, blog posts and videos from the Centre for Public Legal Education Alberta (CPLEA) about abuse, including:

- WillowNet.ca – CPLEA's website about abuse in Alberta
- Capacity
- Adult Guardianship and Trusteeship Act (AGTA)
- Estate Planning 101
- Be an Attorney
- Be an Agent
- Be a Personal Representative

Visit **cplea.ca/elderabuse** and **cplea.ca/planning-for-future-care** to learn more!

Other legal topics

CPLEA also offers free legal information about other legal topics, including:

- Consumer, money and debt
- Family and relationships
- Housing
- Recreation
- Resolving disputes
- Work

Visit **www.cplea.ca** to get started!

Centre for Public cplea Legal Education Alberta