

## WHAT IS NEGLECT?

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Abandoning or failure to provide an older person with adequate provision of physical requirements, eg. food, medical care, housing, medicine, clothing, physical aids. Also, inadequate provision of hygiene, supervision/safety precautions, or assistance with activities of daily living.

### Signs and Symptoms...

- Malnourished, dehydrated
- Inadequate hygiene, open skin sores, soiled clothing/linen, unpleasant odours
- Being left alone though assistance/supervision required
- Not taking an elder to medical appointments
- Missing or broken glasses
- Missing dentures or hearing aids

### HELP IS AVAILABLE

- Home support workers may be able to come into the home to help with personal care and household chores.
- Lambton County has several adult day programs that could be accessed on a regular basis to provide relief to the caregiver and socialization to the senior.
- Retirement Homes and Long Term Care Facilities offer "respite care." This allows for your loved one to spend time away from home for a pre-arranged stay that could last a few days to a few weeks.
- Support or self-help groups help you to see that other caregivers are experiencing the same feelings as you are. Because group members are usually strangers, it's a safe place to share thoughts, vent anger or talk about feelings you might be ashamed of. Two programs that offer support include:
  - Lambton Elderly Outreach provides support and transportation to individuals. Call 845-1353 or 1-800-265-0203.
  - Alzheimer Society offers caregiver support for Alzheimer clients call 332-4444 or 1-800-334-8529.

Remember, even the best caregivers need help. You should not consider it a failure if you do. For more information on the suggestions above, please call the Community Care Access Centre at 337-1000.