

EMOTIONAL ABUSE

WHAT IS IT?

- Name calling and ignoring
- Threatening an older person
- Intimidation
- Isolation
- Scolding and shouting
- Provoking fear
- Humiliation
- Treating an older person like a child

Signs and Symptoms...

Noticeable in the Older Person

- low self-esteem
- agitation
- difficulty sleeping or needs excessive sleep
- withdrawal, passivity, resignation
- tearfulness
- feelings of hopelessness/helplessness
- unexplained fearfulness, particularly in the presence of the caregiver
- significant change of weight
- exclusion from family gatherings with the intention of isolation from possible supports
- no visitors/outings

Power of Attorney

A Power of Attorney is a legal document that gives someone (the attorney) the right to do things or make decisions on your behalf. There are two types:

- a) A **Power of Attorney for Property** authorizes your attorney to do anything with your property that you could do. "Property" includes your money, your home (if you own one) and your possessions. Your attorney can act for you in financial dealings such as banking, signing cheques, buying or selling real estate, and buying consumer goods. Power of Attorney for Property takes effect as soon as it is signed and witnessed, unless you state in the document that you want it to take effect at a later date. For example, if you want it to take effect only if you later become incapable of managing your finances, ask your lawyer to help you make this clear.
- b) A **Power of Attorney for Personal Care** gives someone the power to make personal care decisions on your behalf only if you become mentally incapable of making them yourself. Personal care decisions are decisions about your health care (including medical treatment), diet, housing, clothing, hygiene and safety. Having a Power of Attorney for Personal Care gives you a chance to say what you want and do not want. For example, if you don't want certain medical treatments in the event of serious illness, you can make this clear in your Power of Attorney.

It may be possible to revoke a Power of Attorney if the person appointed is not doing a good job. There are also ways to remove or replace attorneys. This may involve the Public Trustee or the Police. The first step is to get legal advice.

On the internet: The office of the Public Guardian & Trustee
www.attorneygeneral.jus.gov.on.ca