
Emotional Abuse

Definition: Acts of confinement, verbal assault, humiliation, intimidation, insults, threats, inappropriate control of activities, or any other treatment that may diminish the sense of identity, dignity, and self-worth.

Ned's Story

For 35 years, Ned enjoyed teaching high school students. His students loved and appreciated him for his care and understanding of them. Ned raised his three boys with the same care.

But since his retirement, Ned found that two of his adult sons were treating him like a child. They scolded him if he forgot to shave or wasn't dressed to their satisfaction. The boys yelled at him and constantly told him what to do. They never listened to what Ned was saying. Ned could not understand what he had done to make them treat him like this. He did not know what to do or how to deal with this ongoing problem.

Ned remembered seeing a brochure about the Seniors Resource Centre, so he called them for advice. With the Centre's help, Ned was eventually able to talk with his sons about how they were treating him.



The boys explained to Ned that they were concerned for his well-being and were frustrated at not being able to do more for him.

Now Ned and his sons are getting along better. Ned is happier and is volunteering his time with the Seniors Resource Centre by being a presenter to older adults about communication skills.

Examples of Emotional Abuse

- Treating an older adult like a child
- Removal of decision-making power when the person is still competent
- Forced isolation from grandchildren, family, and friends

Signs of Emotional Abuse

- Fear (particularly around the abuser)
- Withdrawal from activities
- Unusually passive
- Low self-esteem

For Assistance and Services – Regional Resources

Emergency shelters (for women of all ages)

- Iris Kirby House (St. John's) 753-1492
- Shanawdithit Shelter (St. John's – also takes men) 726-5970
- Cara House (Gander)..... 1-877-800-2272
- Transition House (Corner Brook).....
..... 1-866-634-4198
- Grace Sparks House (Marystown)
..... 1-877-774-4957
- Hope Haven (Labrador City).... 1-888-332-0000
- Libra House (HV-Goose Bay) ... 1-877-896-3014
- Nain Safe House (Nain) 1-866-922-1230
- Nukim Munik Shelter (Sheshatshiu).. 497-8869

(See back for more resources)

