



HANDS LIFTING HEARTS
INITIATIVES SOCIETY
RESOURCE 15

HONOURING OUR ELDERS.

Respect, care and safety in multigenerational homes

For African, Black and Caribbean families,
youth, and caregivers in Alberta

**Elders carry our history.
Every generation deserves
dignity, a voice and safety.**

Family Violence Prevention /
Breaking Silence, Building Safety

Sponsored by the Ministry of Children and Family
Services, Government of Alberta
CONTACT US | admin@handsliftinghearts.ca

Alberta
Government

Many generations, one home

Grandparents often come to Canada to help raise children. They may leave behind friends, status and independence. Caregiving can also exhaust the adults looking after them. These activities help every generation feel respected and safe.

Make this your own

Tick boxes and type in the spaces, or print and write by hand. Use a PDF reader that supports forms. You can skip any question, pause, or return later. There are no scores. Save only if it is safe to keep your answers.

Privacy matters. A completed workbook may contain personal information. Use a device and storage location you trust. If someone monitors your device, consider using a safer device or completing the activities without recording answers.

Choose an activity

What changed for our elders

Signs of mistreatment

Sharing the load

An elder's own voice

Our household agreement

Support you can choose

Safety first: Older adults have the same right to safety as anyone else. Mistreatment can come from any family member, including a well-meaning one under stress.

What changed for our elders

Ask the older adult about their own experience. Tick what they identify, rather than assuming what they need.

- ☐ Does not speak English or French well
- ☐ Cannot drive or use transit alone
- ☐ Has no friends or community of their own here
- ☐ Depends on family for money
- ☐ Does most of the childcare
- ☐ Feels they have lost respect or authority

One way we could help them build their own life here

One thought or next step I want to keep

Signs of mistreatment

Mistreatment of older adults can be hard to see. Tick any you recognise.

- ☐ Their pension, savings or documents are kept from them
- ☐ They are pressured to sign papers or give money
- ☐ They are shouted at, insulted or ignored
- ☐ They are kept from visitors, phone calls or worship
- ☐ Their medical or personal care needs are neglected
- ☐ They seem afraid of a family member

If you are worried about an older adult, call the Abuse Helpline (1-855-443-5722) or the Family Violence Info Line (310-1818). Both offer interpretation.

One thought or next step I want to keep

Sharing the load

Caregiving can be exhausting. Plan breaks and shared support; stress never excuses mistreatment or neglect.

Task	Who does it now	Who else could help
Appointments and medication		
Childcare by grandparents		
Cooking and cleaning		
Outings and company		

One break each caregiver will get this week

An elder's own voice

For an elder to complete, with an interpreter they trust if needed.

What I enjoy about living with my family

What I miss

What I would like to decide for myself

Who I would talk to if I felt unsafe

One thought or next step I want to keep

Our household agreement

Complete with willing family members. No one signs under pressure.

- ☐ We will ask our elders before decisions about their money and health.
- ☐ Each person has private time and space.
- ☐ Childcare by grandparents is agreed, not assumed.
- ☐ We will speak respectfully across generations.

When we will review this together

One thought or next step I want to keep

Support you can choose

You do not have to complete this workbook alone. In immediate danger, call 911. Click a service name for its official information.

Family Violence Info Line

Call or text 310-1818. Available 24/7; phone support in 170+ languages.

Hands Lifting Hearts Initiatives Society

admin@handsliftinghearts.ca | handsliftinghearts.ca

Kids Help Phone

Call 1-800-668-6868 or text CONNECT to 686868.

ShelterSafe

Find women's shelters and support services across Canada.

211 Alberta

Call or text 211, or use online chat to find local services.

Plan for your safety

Government of Canada safety planning information.

Abuse Helpline

Call 1-855-443-5722, 24/7; interpretation available.

Elder abuse support

Calgary: 403-705-3250 | Edmonton: 780-454-8888.

One support option I may want to explore

Sources and further reading

[Alberta elder abuse supports](#)

Support information checked October 15, 2026. This workbook is not a substitute for personalised safety planning, legal advice or professional support.

Prepared as part of the Hands Lifting Hearts Initiatives Society Family Violence Prevention: Breaking Silence, Building Safety Toolkit. Images are AI-generated and do not depict participants.