



# Avoiding financial abuse

A Canadian Bar Association series supporting legal wellness

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This Legal Health Check offers tips to avoid financial scams that can happen to anyone. If you're finding it difficult to manage your finances, ask your lawyer about appointing someone to help, or speak to your banker or a trusted family member or friend.

## Scams to watch for:

- Family or friends who...
  - Ask to borrow money and avoid paying you back. Write a repayment plan before lending money
  - Misuse your power of attorney, joint bank account, or bank or credit cards, or copy your signature
  - Pressure you to make or change your will, or transfer property. Use a lawyer to prepare your will and only make changes after careful consideration
- Online scams with...
  - pop-up ads and links in emails from unknown senders
- Phone scams presenting...
  - offers that sound "too good to be true," or pretending to be from Canada Revenue Agency or a collection agency
- Investment seminar scams offering...
  - free meals, vacations, etc., but requiring you hear their sales pitches
- Sales scams involving...
  - people at your door with genuine sounding offers or wrong information about you

## Tips:

- Arrange for regular income and bill payments to automatically go into or out of your bank account
- Do not be exploited for your good manners – say "no" to people and opportunities you distrust
- Keep your documents safe and records in order. Monitor your savings and ask questions
- Ask a lawyer about a Power of Attorney to make sure your wishes are followed. You can also have that Power of Attorney monitored by another third party
- Do your research before investing or giving your information

If you think you have fallen victim to financial abuse, report it to local police, or to the Canadian Anti-Fraud Centre. Learn more about protecting yourself online at the Canadian Anti-Fraud Centre and in the Little Black Book of Scams.

For links and resources, visit [cba.org/healthcheck](http://cba.org/healthcheck)



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Contact or referral info here.