## Recognizing Signs of Abuse & Exploitation

**What is on the Contract**

- Work full-time for 24 months
- Sponsor own family to permanently settle
- Affordable housing or transportation to Canada
- Minimum wage and limits on working hours
- Mandatory employer-paid benefits
- Accommodation
- Termination & resignation terms
- Provision of proof that a child or relative is accompanied

**What actually happens**

- Some feel “degraded”
- Many risk losing work permits
- Some work 14-16 hours a day, 6 days a week, with no medical separation
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## Abuse

### Physical

- Tied to a home
- Have what seems an unvarying routine
- Are not allowed to interact with the public
- Are not allowed to communicate with friends

### Emotional

- Have unmet mental health needs
- Feel stress
- Experience prolonged isolation
- Have a constant state of anxiety

### Sexual

- Some are at risk for sexual exploitation

### Financial

- Some have unmet financial needs
- Do not report earnings
- Live in poverty

## We found that many caregivers

- Do not report
- Do not seek help
- Do not report earnings
- Have unmet financial needs

## What You Can Do

- Try first to find a caregiver
- Make friends recognize signs of abuse
- Help support caregivers
- Provide proof that a child or relative is accompanied
- Provide safe working hours
- Do not report
- Do not seek help

## What to Do Next

- Call the Assaulted Women’s Helpline
- Contact the Office of the Canadian Human Rights Commission
- Contact the Immigration and Refugee Board
- Contact the Ministry of Labour

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**Differing Expectations for Employers & Caregivers**

- Caregivers support each other by...