

Don't Get Tricked: Protecting Yourself from Senior Scams and Fraud

SSAI workshop participant summary

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Scams can happen to anyone. Recognizing warning signs and checking with someone you trust can help protect your money and personal information. You always have time to pause before responding.

Common scams covered

Phone scams and phishing: Fake bank or government calls, emails and delivery texts seek money or personal details.

Grandparent scams: Someone poses as a loved one in trouble and urgently asks for money and secrecy.

Lottery and prize scams: You are asked to pay a fee to receive a supposed prize. Never send money to claim a prize.

Romance scams: An online contact builds trust, then asks for money.

Tech support scams: A caller or pop-up claims your device has a problem and asks for payment or remote access.

AI fraud and deepfakes: Artificial intelligence can imitate familiar voices or create fake videos of public figures to make a scam seem real.

Warning signs

Pressure to act immediately, threats, requests for secrecy, offers that seem too good to be true, and demands for gift cards, wire transfers or cryptocurrency are red flags.

How to protect yourself

Pause and verify. Hang up and contact the person or organization using a number you already trust. Caller ID, voices and videos can be faked. Agree on a family code word to help verify emergency calls.

Protect your information. Do not share your SIN, banking details, PINs, passwords or security codes in response to unexpected requests. Avoid unexpected links and remote access requests.

Ask someone you trust. Check with a family member, friend or caregiver before sending money. It is always okay to say, "Let me check with someone first."

If you suspect fraud

Stop contact. If you sent money or shared financial details, contact your bank immediately. Save messages and receipts. Tell someone you trust and report to local police and the Canadian Anti-Fraud Centre. There is no need to feel embarrassed or face it alone.

Canadian Anti-Fraud Centre: 1-888-495-8501

Report online: reportcyberandfraud.canada.ca