



Seniors Safety Programs in South West Nova

**HELPING SENIORS. SUPPORTING FAMILIES.
MAKING CONNECTIONS.**

We have a shared responsibility to promote the safety of all members of our society. Everyone has a role to play.

If you are concerned that an older adult in your life may be experiencing abuse, you can contact the Seniors Safety Program in your area for support.

The terms “elder abuse” or “senior abuse” are often used to describe the experience of older adults who are abused, usually by someone they know and often by someone they care about.

If an older adult is *unable* to freely make choices because they are afraid of being humiliated, hurt, left alone, or of the relationship ending- this is abuse. It is abuse whenever someone *limits or controls the rights and freedoms of an older adult*.

It is important to recognize the ways our society discriminates against older adults. “Ageism” is the term that refers to attitudes and beliefs that cause people to treat older adults as if they were less important or less valued just because they are older.

Ageist attitudes are a factor in abusive situations because they allow people to believe it's acceptable to ignore or control the older person. Ageist attitudes can also prevent people from recognizing and responding to the problems of older adults—including signs of abuse or neglect.

Our attitudes about aging can make us more vulnerable to abuse and more likely to behave abusively. Discriminating against people because they are older (or younger) is wrong. We have a shared responsibility to challenge ageist attitudes wherever we see them—both within ourselves and in other people.

Abuse can happen to people of all ages from all walks of life. By staying involved with people and activities, you are less likely to be abused.

Stay connected. Reach out. Get support. Contact the Seniors Safety Program in your area to talk about your concerns and get support.

Did you know?

- The Seniors Safety Program in NS has been recognized as a leading approach to Elder Abuse Prevention in Canada.
- Seniors Safety responds to 1000's of calls each year in SWN.
- The service is free and not limited to those over 65 years of age.
- Coordinators help connect clients to appropriate resources in the community.
- Elder Abuse files can be referred to Seniors Safety Programs.

The SSP provides information on a broad range of topics to seniors and their families, including:

Personal Safety
& Home Security

Consumer Frauds & Scams

Identify Theft Prevention

Legal Information For
Seniors & Their Families

SENIORS SAFETY COORDINATORS IN SOUTH WEST NOVA

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