

Reach out. Listen. Show you care.

Older Nova Scotians – why it's important to stay in touch.

In the era of COVID 19, many of us are feeling socially isolated. And among those of us who are older, some of us may be vulnerable to abuse, especially now.

Abuse can be financial, emotional, psychological, physical, or sexual. Abuse can also come in the form of neglect – when somebody fails to provide the necessities of life, such as food, clothing, safe shelter, medical attention, or personal care. Neglect can be intentional or unintentional.

It is possible we know someone experiencing abuse. Abuse thrives in secrecy, in isolation, and in silence. Abuse of older adults is more common than many of us realize. It often occurs within a relationship where there is an expectation of trust.

“Ageism” includes attitudes and beliefs that cause people to treat older adults as if they were less important or less valued because they are older. These attitudes are a factor in abusive situations. These attitudes allow people to believe that they have the right to ignore, harm, control, or make decisions for an older adult.

Abuse is never the fault of the person being abused.

How can you help?

Keep in touch with the people you think may be lonely or feeling isolated. Pick up the phone and call. Ask how they are doing. Acknowledge that being isolated is hard. Share your own experiences. Listen. Even a small connection can make a big difference to someone.

If you think that you or someone you know is experiencing some form of abuse or dealing with a situation that could be going better, help is available. Call 211 or reach out to the Seniors' Safety Program in your area to get advice and information.

The Department of Seniors' booklet *Understanding Senior Abuse* is available at www.novascotia.ca/seniors. To receive a printed copy of the booklet, please call 1-844-277-0770.

Who can I call?

Call 211 or reach out to the Seniors' Safety Program in your area to get advice and information.

Western Region	Central Region
<p>Kings County Seniors' Safety Society Michelle Parker 902-542-3817 michelle.parker@rcmp-grc.gc.ca www.kingsseniorsafety.ca</p>	<p>Halifax Regional Municipality Seniors' Safety Program VON Greater Halifax Branch Esther Suh 902-455-6393 esther.suh@von.ca</p>
<p>Annapolis County Seniors' Safety Program Sharon Elliott 902-665-4481/902-824-0848 seniorsafetyannapolis@gmail.com</p>	<p>Eastern Region</p>
<p>Digby Town and Municipality RCMP Seniors' Safety Program Dawn Thomas 902-308-0544 seniorsafety@digby.ca</p>	<p>Hants County Seniors' Safety Program Karen Crowe 902-798-7173 hantsseniorsafety@gmail.com</p>
<p>Association des seniors en sécurité de Clare/ Clare Senior Safety Program Hélène Comeau 902-769-8790 helene.comeau@rcmp-grc.gc.ca clareseniorsafety@gmail.com</p>	<p>Cumberland County Seniors' Safety Program Trishe Colman 902-664-4540 cumberlandseniorsafety@gmail.com</p>
<p>Yarmouth County Seniors' Safety Program 902-881-4099</p> <p>Municipality of the District of Argyle (bilingual) Peggy Boudreau peggyboudreau@munargyle.com</p> <p>Municipality of the District of Yarmouth Ashley Rhyno ashley@district.yarmouth.ns.ca</p>	<p>Pictou County Seniors' Safety Program Barbara Smith 902-755-2886 crimeprevention@bellaliant.net</p>
<p>Shelburne County Seniors' Safety & Services Society Shawna Symonds 902-637-8158 ssymonds@barringtonmunicipality.com</p>	<p>Colchester County Seniors' Safety Program Doug MacDonald 902-897-3277 dlMacDonald@truro.ca</p>
<p>Queens County Seniors' Safety Program Shelley Walker 902-350-0231 qcssa19@gmail.com</p>	<p>Northern Region</p>
<p>Lunenburg County Seniors' Safety Program 902-543-3567 / 902-521-1506 Chris Acomb chris.acomb@bridgewaterpolice.ca Carole Hipwell Carole.hipwell@bridgewaterpolice.ca</p>	<p>Antigonish Town and County Seniors' Safety Program Anita Stewart 902-863-6500 / 902-318-0372 seniorsafetycoor@gmail.com</p>
	<p>Richmond County Seniors' Safety & Social Inclusion Michele MacPhee 902-587-2800 ext:5 seniorsafetycoordinator.dkmchc@gmail.com</p>
	<p>Victoria County Seniors' Safety Program Cassandra Yonder 902-295-3672 seniorssafety@countyvictoria.ns.ca www.victoriacounty.com</p>